

Personal Statement



I am a guy who came to the United States at the age of 19, leaving my family for the first time. I am the only child in my family, and I am used to feeling my parents' support and care. However, I should adapt here, in a new country, and live independently from my family. Although, I am 24 now, I am missing my family, but I want to succeed in my new life experience and in my studies. It is very helpful to realize that the USA is a multinational country with a diverse population. During my first year of living in the United States, I studied at a public school as an exchange student. While studying at in a year, I continued my study at private Christian high school, and after that, I went to college. In spite of my experience in the United States, I feel rather different from Americans because of our cultural differences.

My intended major is psychology. Although I do not have experience in the field, I used to participate in some psychotherapy sessions such as marriage and stress counseling as an assistant of a therapist. After finishing my education in the USA, I plan to go back in China and implement my knowledge and experience there. I am planning to take part in volunteer work and participate in student activities and organizations. I am sure that these activities will help me to involve better into my future profession. Moreover, I am reading special literature concerning my major in the academic sites online.

My personal qualities vary and consist of many traits that identify my personality and character. First of all, I am a good communicator because I can easily make contacts with people, listening and talking to them. I can also to organize my thoughts and explain clearly my ideas and thoughts. I respect all

people regardless of their country of origin, socioeconomic status, religious beliefs, and others. My realization of having perfect leadership and management skills ensures me to organize people around me because I have a high self-esteem that allows me to inspire or motivate others to accomplish mutual goals. In general, I am proud of my personal skills because people respect me because of them.

Admittedly, I consider myself a brave person because I play Kong Fu, and it is more than look cool, get strong, or be healthy. It is also about accomplishing yourself, becoming better you. I am proud of this; it gives me a sense of unique and helps me to overcome different challenges in life. Playing Kong Fu for four years, I realize my personal power that encourages me to achieve my goals. I am an organized person who wakes up very early to accomplish many things during the day. Some people feel strange about my activities but I know what to accomplish in my life. For this reason, I tend to be accurate and reliable with others and with myself.

As I have mentioned above, I have good leadership opportunities that distinguish me from others. I used to have leadership skills from my early age when I inspired my peers and community for different activities. Thus, a lot of my friends started to attend Kong Fu classes and provide volunteer work where we assisted old people in our community helping them with cleaning, shopping, and laundry. I also empowered my family members to live a healthy and active life. We refused from unhealthy food such as pizza and hamburgers for our daily food. I was also a provider of the healthy lifestyle in my family caring both about our health and the environment.

My major experience outside the classroom is mainly physical activities. I believe that physical exercises should be a part of a human's life because they prevent us from various diseases, obesity, stress and bad mood. Thus, my participation in the Kong Fu classes makes me stronger not only physically but

also mentally. I believe that they made me a happy person free from stresses and depression. I am full of energy and hope to involve it in the right direction. From my memories, I remember the days when I have a dog in my early childhood. I used to work with it every morning and every evening. My parents were always busy at work, so I had to take care of my dog on my own. It was my first life experience how to take care not only of myself but also of my family, friends, and relatives.

Due to our cultural traditions, every individual should treat others with respect and dignity, especially senior citizens. As I mentioned above, I used to organize my classmates to take care of elder people in our community. My parents were proud of me because of this activity. Chinese culture has rather specific peculiarities. For example, Chinese people appreciate family values more than any other cultures. I was taught to respect my parents and elder relatives. For example, I cannot make any valuable decisions without the approval of my family. Nowadays, I have to adapt to a new culture that possesses different values. However, I consider that living in a diverse culture, a person should be flexible and adaptive to others.

To sum up, I should admit that my life experience made me an honest and reliable person who can make decisions and accomplish them. Therefore, I hope that my desire to study psychology as my major will allow me to obtain future profession and implement my knowledge in my country. I want to get new experience in the United States, to communicate with diverse people, and learn a lot of new things.