

Psychology

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Hello! My name is Lucy, and I am currently a second-year Psychology student at Ulster University. Overall, my experience of studying Psychology has exceeded my expectations. Psychology has always been something I have been interested in, and that passion has grown from AS to A level, which led me to apply to Ulster University. I did not know quite what to expect going into first year, but thankfully, Mrs Duke prepared me well! Year 13 and 14, do not underestimate the value of those constant tests. It is short term pain for long term gain! Inevitably, there were aspects of the course I found challenging, particularly statistics (ironic, daughter of a Maths teacher). However, the teaching staff in the School of Psychology really encouraged me. They read every panic email and created the time to meet with me one-to-one to run through my concerns. Also, I was incredibly blessed to encounter a God send of a final year student. I had participated in her study, and we ended up connecting personally. She went over and above to help me in the aspects where I struggled. I found I could really identify with her through our shared passion for the

subject.

What has also been super helpful is actually doing something which is related to my course and what I want to do in the future. Long story short, I want to be a counsellor, who specialises in adolescent mental health as I wanted to utilise my own experience for the benefit of others. This year, I have had the privilege of volunteering with Reach Mentoring. As a mentor, I am assigned a select number of kids who I am to mentor throughout the term/year. Reach really focuses on creating comfortable, safe spaces for young people to express their concerns, whether that be concerns regarding school, home, friends etc. Through having the opportunity to apply what I have learnt has and will continue to drive me towards that end goal. Reach has also taught me the importance of stepping out of your comfort zone. No doubt I have been challenged through doing this work, but it is incredibly rewarding, and I am honestly so proud of myself that I did not give into the apprehension, but just went for it.



Thank you for taking the time to read this article. My final piece of wisdom is trust in the paths which have been paved for you. This is especially important for all of you who are doing your A Levels. What is for you, won't go by you. I know there is uncertainty about the future, but you have no control over it. The only thing you can control is the effort you are putting in right now. Do your best. Doing your best will always pay off, maybe not always in the way you expect, but your effort is eventually worthwhile!



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