

A Conversation with Skylar R.

Date: August 25, 2023

[Silent white screen fades into title card with a photo of Skylar, that reads: A Conversation with Graduate Skylar R.]

[Transition to a blue title screen that reads: Pursuing a Masters in Psychology]

[Alumni: Skylar speaking in a classroom]

Skylar R. [00:00:09] I just wrapped up my first year at Western University in their Master of Arts in Counselling Psychology program.

[Information card comes on screen that reads: Skylar R. – Pursuing graduate studies – Graduated 2019]

Skylar R. Once I finish that up, I can register as a psychotherapist. So when looking at different master's programs, I think counselling is the one that really stood out to me because I sort of had done work as an intake associate, sort of getting people into the counselling process. And that sort of made me really want to continue to be able to connect with people, to build relationships with people, to empower them and work with them sort of through their mental health journeys.

Transition to a blue title screen that reads: An Education in Psychology]

[Alumni: Skylar speaking in a classroom]

Skylar R. [00:00:46] I think the psychology program really prepared me with having the workplace experience that you get in your third year, because at that point I wasn't quite sure what I wanted to do when I was done. So not only did it solidify my interest of wanting to work in the counselling field, but I also got a lot of great connections with that private practice that I volunteered with, who then provided me with some skills that helped me get into my masters. Also, I gained a lot of connections with professors at the University of Guelph-Humber, specifically my advisor that I worked with as a research assistant, Dr. Adam Stanford. He helped me with providing references and provided support and research opportunities to build up my CV to get that experience, which really helped me prepare to applying to master's programs that were research based.

Transition to a blue title screen that reads: Opportunity to Grow at Guelph-Humber]

[Alumni: Skylar speaking in a classroom]

Skylar R. [00:01:36] If I could sum up my GH experience, I would say it was I would say opportunity would sum it all up. Because it is such a close, small-knit community, I found that I had ample opportunities throughout my four years to get involved, whether it was work-study or volunteer positions. I had so many opportunities to connect with different professors and professionals in the field, and I had so many opportunities to learn about different areas of psychology, and to really be a part of the community and really immerse myself into the student experience.

[Fade to end card: white screen with University of Guelph-Humber logo with Toronto, ON (University location) in the bottom right corner of logo]

