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### What Drives You?

In a world where suicide is the second leading cause of death among young age demographics, I am driven to supply youth with the mental support and guidance they deserve. I grew up in a household that does not express emotions, and know what it is like to have bottled emotions clouding over the promised exciting teenage experience. The role of a therapist in a youth's life should not simply be a person to listen, but a friend to help. I am driven by the potential knowledge of psychology in order to establish what causes these mental barriers and furthermore how to break those barriers down.

Many children feel as if they have no place to turn to and end up bottling and hiding emotions. I have been to many therapists in my childhood and a large majority of them treated me as a "client" rather than a friend. They would consistently make me feel as though they didn't care about me beyond our hour sessions. The solution to problems with youth therapists is simply younger and more accessible therapists that can connect more with the child.

I am driven to help children in order to reduce the number of young people committing suicide because I have seen mental problems change my peers for the worse. Depression and

anxiety can take the wheel of children's lives and drive them into a pit of despair, and I see it as my duty to drive them out by becoming a therapist that these children can go to.

I also am driven to understand what causes these thoughts to originate in the first place. I have always had a fascination for the human mind, beyond the baseline level, for example, how does a child who is happy-go-lucky go from that to depressed in a matter of months. I believe that if we can understand what causes this sadness to root in children, we can prevent it for their childhood and thus for future adults, creating a better world overall.

My plan for the future is to go to the University of Nevada Reno and major in Psychology, then help children to get over mental obstacles preventing them from happiness. I have gone through the journey myself, and having someone who you know cares about the child rather than money goes a long way.