

Personal Statement
Master's in Social Work (MSW)

I am enthusiastic to apply to the Master's in Social Work (MSW) program at Boston College. I strongly believe that this program is the next step on my path to being a mental health advocate for disadvantaged and underserved populations, a goal that has motivated me throughout my educational and professional experiences. As an undergraduate student at the University of Connecticut, I pursued vigorous curricula in the fields of psychology and human development, with a concentration in social policy and planning. This course of study allowed me to develop a strong knowledge base in development and behavior, family structure, diversity issues, and public policy. It was through these classes that I discovered my passion for serving vulnerable populations and promoting child welfare, which I have been able to further develop throughout my education, research, and work experiences.

My initial exposure to deeper exploration of mental health through research began during my position as lab assistant on a grant through the Child Health and Development Institute of Connecticut. The research team and I investigated the impact of mobile psychiatric services on emergency department services for behavioral health issues. For this project, we collected data on the individual characteristics of youth aided and the provided services in order to better understand the efficacy of emergency mobile psychiatric services. This provided me the opportunity to collect data on mental and behavioral health care utilization in the state of Connecticut, as well as to see changes in trends over time. I was dedicated to this project as I believe that a commitment to delivering evidence-based practice is imperative as a clinical social worker. It was made clear to me that research evaluating existing practices is vital in order to provide adequate care for communities and individuals. This opportunity nurtured my interest in mental and behavioral health care and has driven me to pursue work with children and families.

Personal Statement
Master's in Social Work (MSW)

The field of social work particularly inspired me due to its holistic perspective of the individual, working at the intersection of home, educational/occupational, and community settings to foster collaboration across support systems. I think that identifying barriers to social, emotional, and behavioral health, then subsequently breaking down these barriers using successful interventions is the foundation of social work. This motivates me to evaluate new and existing intervention strategies in order to identify the most successful evidence-based practices. My professional aspiration is to support child welfare through the identification of effective interventions across home, school, and alternative settings. Pursuing Boston College's clinical social work program with a concentration in mental health will allow me the opportunity to develop the skills necessary to achieve this goal.

During my time at the University of Connecticut, I worked at the Center for Students with Disabilities as both a note-taker and a personal assistant. These opportunities gave me first-hand exposure to the difficulties faced by students with a variety of different disabilities (such as learning disabilities, physical disabilities, ADHD, neurological conditions, etc.) and the barriers these students must overcome. The assistance I provided to students, such as supporting them in their activities of daily living and teaching them to organize their work and take effective notes, enabled them to live independently and thrive academically, which would not have been possible without individualized support. Becoming familiar with individuals with disabilities afforded me significant insight into the treatment of individuals with disabilities by society and the frequent misunderstanding regarding "invisible" disabilities. This realization motivated me to advocate for equality and resources for individuals who are in need of support and to increase awareness of the stigma facing those with all types of disabilities.

Personal Statement
Master's in Social Work (MSW)

After graduating from the University of Connecticut, I began working as a mental health worker at a residential treatment program, where I provided emergency stabilization and support to children experiencing emotional, behavioral, and psychiatric crises. The clients served by this organization were extremely diverse both in terms of background and experiences, and many had a history of trauma. This position taught me more about intervention strategies, common behaviors during crisis, and how to build my “toolbox” of flexible solutions. As I became more practiced, I participated in developing individualized treatments and worked as an integral part of a multidisciplinary team of clinical staff, caregivers, community resources, and school staff. We established intervention plans that spanned residential, home, and classroom environments and identified protective and risk factors as well as determined helpful strategies to support the child’s success. It was extremely rewarding to work in a systems approach with the team in order to achieve positive outcomes for each child. During my time in this position, I developed and disseminated effective therapeutic activities and valuable interventions to staff members throughout the program in order to improve quality of care. I carry that drive with me going forward and seek to expand my understanding through the social work program at Boston College. Completing the child welfare certificate program would allow me to gain a deeper understanding of the issues that these children may have faced, such as the impacts of trauma and victimization.

Boston College’s mission of educating social workers who will be catalysts for lasting change as well as scholars and leaders within the field resonates deeply with my professional and personal aspirations. I believe that my experience and drive will make me an asset to the MSW program and will prepare me to make an impact upon the field of social work and the communities around me. I look forward to speaking further about my interests and aspirations

Personal Statement
Master's in Social Work (MSW)

with the admissions committee, as well as to hearing about opportunities for service and professional development that Boston College has to offer.