



WHAT'S YOUR MAJOR?



NAME: Melody

MAJOR: Psychology with Counseling Minor

CLASSIFICATION: Sophomore

TELL THE STORY OF HOW YOU FOUND THIS MAJOR:

During high school, I gained the opportunity to participate in a mentoring program. Against my expectation to become close with my mentor, I became close with the head of the mentoring program. She was a behavioral psychologist specializing in education. She gave me academic advice and began my interest in the field of psychology. From there I began to explore my interests and I discovered a passion for behavioral psychology, specifically in relation to cognitive behavioral therapy.

WHAT TIPS DO YOU HAVE FOR FIRST-YEAR STUDENTS:

The best advice I can give to first-year students is to set reasonable and obtainable goals for yourself. The transition from high school to college can be overwhelming, but having an idea of what direction you will be taking will help you navigate through those hardships.

