

Name: Lauren Barrett

I owe the Psychology department a lifetime of thanks as I can honestly say TRU was the place where I gained invaluable experience, learned from knowledgeable mentors, and discovered myself. Although I did not take the “path most travelled” (and probably not the one of “least resistance” either), I ended up going in the right direction. I began my Master’s degree in Occupational Therapy at the University of Alberta after I graduated from TRU in 2012. This professional program has a different structure than the traditional Master’s I was prepared for but I constantly utilize skills I gained in my undergrad.

During my years in the Psychology department I completed my Honours project and a Directed Study. I also worked as a research assistant for one professor. This research experience proved an asset in my graduate degree. I had a resume loaded with research experience. I can happily say the work I completed in the Psych department landed me a rare primary research opportunity I might otherwise not have received.

While at TRU I also attended many conferences. I often participated in the TRU undergraduate conference by presenting posters and joined my classmates for larger international events (Association for Psychological Science Conference). The time and effort from months of work compacted into a single poster taught me commitment and focus. This perseverance is essential for grad school. I took a job with the Work Study program in the Psych department as well. As part of my position, I researched the process of how to apply to graduate school. This knowledge was invaluable when I began completing my own application form later in the year.

The relationships I formed with the Psychology department became the most important resource for my grad school resume. Their support and guidance aided me while I wrote my applications and tried to gain control of my future. Reference letters are the key to a strong program application. My resume would have been nothing without their encouragement. There were countless times when I needed their reassurance as I waited, nails bitten to the bone, for a response.

TRU gave me the skills and tools to put my best foot forward in Graduate School!

