



## **Graduate School Statement of Purpose Example for Social Work (942 words)**

Your statement of purpose is not only a celebration of your triumphs, but also a true reflection on the challenges and struggles you have faced. Remember, you cannot victimize yourself in the essay. Rather than simply talking about your difficulties, make sure to emphasize how you overcame them. Create a captivating narrative of how events in your life led to this moment - your decision to apply to grad school:

*My trajectory towards social work started with one of the largest challenges of my life. While attending X College, I received the devastating news that I had early signs of cancer, requiring invasive and immediate treatment. Shortly thereafter, I also lost my home. These hardships caused a shift in my focus, priorities, and ultimate trajectory of my educational path.*

*As I gained my footing after the surgeries, I paused my educational journey and started to work in restaurants, slowly advancing to a management position in a French bistro chain. My new position allowed me to offer personal mentorship, helping employees advance within the company and in the hospitality industry as a whole. This was incredibly rewarding for me, especially when I was able to see those who I mentored move on in their career to build enriched and financially stable lives. After experiencing poverty, debilitating anxiety and a decline in my own health I knew that creating a safe environment for people to thrive in was of the utmost importance to me. When I moved on from this company, I carried my ethos with me into my next endeavors.*

*When I made the decision to leave the hospitality industry, I left knowing that I wanted to help lift people out of difficult situations to generate stability, prosperity and fulfillment. I knew I wanted to be a mentor, a coach and a financial planner since I was privileged and honored to be in the positions I was granted in life, I wanted to share what I had learned with others.*

*In an effort to gain experience I have been honored to have the opportunity to volunteer as a crisis Counselor for Crisis Line. During my time working as a counselor, I have seen a common trend amongst people in crisis which resonated with me: lack of access to healthcare and financial disparity. This work, that I continue to do weekly, has shown me the fundamental need for people to not only have financial security but also have access to healthcare which includes mental health services. This experience furthered my understanding of how financial instability can cause a milieu of problems and can be at the root of anxiety, stress and affect mental health in an adverse way. Without access to channels that teach financial literacy and techniques to cope with stress on a continuous basis, I knew that any relief I did bring might be short lived. There is still a need for dependable, ongoing care that I would not be able to give unless I decided to continue my education and further my mission to help people live a stable and prosperous life.*



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*When I started looking into social work, X University was my first choice. I'm inspired to learn from the brilliant minds of professors at X School, whose work includes devoting tireless time and effort to social change, innovation and diversity. I feel that there are many like-minded professors that share my passions and goals within the school.*

*I am inspired by the idea of being in a school that allows me to gain real-life experience, paralleling my studies, and ultimately allowing me to explore the multiple facets that make up the large body of social work. I am confident that I will be able to fully devote myself to the program and will not have the added responsibility of working while I am in school. Should I be accepted, the X School is one I am confident will prepare me to meet my goals, give me the relevant field experience that I am seeking, and will prepare me to be a future leader in the field of social work.*

*What I am hoping to focus on while attending X University are the core challenges of building financial capability for all and reducing extreme economic inequality. Since financial literacy is an optional topic for California teachers to incorporate in their lesson plans, it has become extremely illusive in our educational programs statewide. Through higher education I am hoping to learn how to tackle this problem and implement financial proficiency not only for children and teenagers but also make it widely available and free for all adults who wish to benefit from this education.*

*While providing individuals and families with the resources needed for financial literacy, it will be increasingly important to also implement cognitive behavioral therapy that will aid them during this transitional period. I am hoping to learn how to help people through the anxiety of uncertainty so that they are able to approach and navigate their daily lives with collected confidence. I'm interested in learning about classic ways to approach anxiety and also new techniques and therapies such as the recent research on psychedelic therapies, mindfulness and nature-based therapies.*

*While my background and areas of interest might seem unorthodox, I am hoping that the experience and knowledge I've gained within the workforce has prepared me to seek higher education. I have been able to gain skills that are necessary when implementing change and facing a career of helping others; such as maintaining boundaries, possessing the ability to be empathetic in stressful situations and being able to plan and manage time and money far into the future. My experiences have inspired me to drive to fight for implementing resonating, impactful change, to ultimately help in the fight towards propelling the progress and growth of our global society and community forward. Should I be accepted, I am certain that I will gain exemplary knowledge and skill to become a future leader in the field of social work through the forward thinking, brilliant minds of the professors at X University.*



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