

What personal accomplishment are you most proud of?

I would take my personality growth in the last four years as my biggest accomplishment in life. I have never expected that through service activities, I had developed empathy and the aspiration to help those in need. I realized that even through small acts of kindness, we could provide support and care to those in need and improve their lives. To me, success means making this world a better place for people, especially those less privileged ones. You need to nail down what personality growth took place and what triggered that personality growth in the last 4 years. Did your personality growth in the last 4 years make the world a better place for those less privileged? If not, don't preach about it

As a high school student, I was recruited by YMCA to join the Y's Ambassadors. My experience of working with young people who suffered Down syndrome had changed the way I perceive the world. When I was assigned as a group leader and role model for a group of young people with Down syndrome, I was anxious and a bit scared. **As I walked across the hallway, I saw Lillian, a teenaged girl sitting on an empty bench gazing into the air. When I tried to introduce myself and started a conversation, she ignored me. I tried to approach a small group of girls and boys but received no response from them. This is good as it talked about the situation itself.** Suddenly, I was struck by a guilty urge to leave. **However, as I force myself to stay and to observe, I realized that I need to make them feel at ease before establishing any type of communication. I played games with them as an ice-breaker and eventually, it became easier to teach them daily routines through interactions. This is good as it vividly describes what you did to make the situation turned around.** Ever since then, I could feel that we were building a bond with each other and some of them started to come towards me and gathered around me whenever I arrived. Towards the end of the program, Lillian and two others held my hands and tried to utter a few words. I could see from their eyes that they did not want to see me depart. This is good in the sense that it told the reader what changed because of prior actions and draw contrast with previous situation. I learned from this experience that there are people who cannot help themselves. They need our help. So, how does this reality be a world changing accomplishment as said in 1st paragraph? In fact, this is not an accomplishment

During the same period, I was enrolled as a member of the Hong Kong Red Cross, Youth Group YU 13 after a year's training. When we were assigned to organize an event for the promotion of respect and protection for elderly people, I was in the middle of a difficult academic year. It happened that all four subjects scheduled for the term required a lot of research and independent study projects in addition to the regular

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assignments and tests. The tremendous planning and getting to acquaint with the new team members together with the heavy school workload all seemed quite overwhelming at the time. The thought of quitting Red Cross had crossed my mind. One day, I talked to the Group supervisor who said, "Many of our members had similar experience. You should think through what you truly believe in." I stayed on, became a core member of the elderly program organizing committee. I learned in working as a team with students from other schools. As I talked to the elderly people and their family, I realized that there were still a lot of work to be done in the protection and respect for elderly people in Hong Kong. I also learned that when I truly believe my course, I could focus my energy and overcome obstacles. After the event, our supervisor said that was one of the most well attended event.

While I was a member of the Canadian International School (CDNIS) Interact Club, I took part in an effort to improve English Literacy for students in a Hong Kong district school. The first language for them was Chinese. My role was to teach these students in an English Enrichment Programme for three months so that they could improve their English. The school was run by a small district board and did not have many resources for improving the English standard of the students. I was surprised and anxious that I had to create and organize the teaching materials for the children who were aged seven to eight years. With no previous teaching experience, this was a challenging task. I decided to talk to two experienced teacher I happened to know. I learned specific information on the English curriculum and the methods of teaching. I then made plans about the content of my lessons as well as the methods in teaching. Subsequently, I selected teaching materials based on the plan. The response from the students and the school was very positive. During the lessons, the students were enthusiastic and asked many questions. I was thrilled when the principal actually thanked me for being a great help to them. At the end of the programme, I had achieved the target of teaching these younger children new words through listening and speaking.

These volunteer activities had made me appreciate how fortunate I am and how much lives of the needy can be improved. As I continue to learn and pave way for my future, these experiences will always stay with me. I hope that, together with others, I can further extend myself in making a difference to the world we live in.

[This essay is like counting your volunteering experience without being focus to demonstrate an accomplishment. Accomplishment is something to be achieved after trial and error. Therefore, you should pick one volunteering example to demonstrate your accomplishment.](#)

You also need to know what's important to the reader, things like when you acquire the volunteer experience and name of the volunteer experience is not that important unless it really means an accomplishment if you can get into such volunteer program

Follow the following structure:

1. state the accomplishment, how and where you acquired it at the very beginning
2. problem encountered initially
3. action you done to overcome the problem
4. result and how such lessons learned tied to accomplishment

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Ideas for accomplishment: find something related to communication as it deals with your intended major - psychology

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Please provide us with any other information that you feel is relevant.

Learning how to communicate with different people fascinates me and this is what I want to learn by being a psychology major and continuing to volunteer at the Hamilton community. I hope I can eventually apply both academic knowledge and experience in community service to work with people from diversified backgrounds. I believe that my compassion for others would help sustain efforts in meaningful service work.

As a prospective psychology student, I am hoping to apply theories that I acquired in the classroom to real life setting. I trust that the application of psychology is wide. My interest in Psychology grew as I learned how to communicate with different types of people in various community service work in order to get things done. While working with the Down syndrome children, I had a valuable lesson in communicating better with people who were different from me. I also learned that communication is two ways. To be effective, one needs to see things from other people's angle.

During the past few high school years, I have been helping those in need by offering my volunteer service on a project basis. **McMaster would be my first choice because of the interdisciplinary nature of its programs and strong relationships between academics and community involvement.** This is good because it states specifically what you like about McMaster's psychology program, to continue the flow of the essay, you should explain how you can fit into the interdisciplinary teaching method. For example, continuous involvement with the community, therefore you like seeing how theories applied in real world. Also, many diverse academic interest of yours perhaps can explain your fit with the interdisciplinary teaching approach I have been volunteering in the community throughout high school which has helped me to discover and identify my academic interests.

Last June, my father suffered a major car accident and was hospitalized in the United States for three months. While I was watching him going through rehabilitation in the hospital weeks after weeks, I was constantly amazed at the care and support with which the therapists and psychologists work with patients. I am so grateful that my father had recovered completely under the excellent care of the medical professionals. This unique experience at the hospital had showed me what it is like healing and caring for others. Upon trimming your paragraph, it now flows better with a more clear focus

While I worked with children and young people with the Down syndrome and autism in the past few years, I had explored alternatives in helping the orphans and handicapped children in China, where orphaned children had been a problem for

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Deleted: I swiftly learned how to manage my emotions and to stay on course in finishing my final exam during difficult times. I was deeply moved when I saw a few bedridden people rising from the wheelchair and stepped outside of the hospital.

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generations. The Hope Vision, for example, aims at taking care of the handicapped children under six months old by providing them a safe and caring environment. The Love without Boundaries organization also undertakes projects to help the orphaned children in China. Others like the Grace and Hope for children; Huaqiao Foundation also provide care and home for the many Chinese orphans. Before, I used to be overwhelmed by the problem of poverty in the developing nations and thought the problem would be too difficult to tackle. I believe that the impact of service work, no matter how trivial, can reap results in improving lives of many people in need. Admissions don't need you to educate them on NGOs that deal with world's children problems. ▲

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If I am accepted by McMaster University, I look forward to working and sharing my ideas with the others in making contributions to a meaningful course.

Not sure focus of your essay, is it on: why you should be a psychology major or how well you fit into McMaster's psychology program? I would suggest the 2nd approach as it such will complement better with your other essays.

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