



“I’ve had anxiety for a long time, since sophomore year of high school. I went to Alabama for Spring Break with some of my friends, and I had a lot of anxiety during the trip from being that far away from home and my dogs. I feel like a lot of people relate to anxiety and depression. Depression, everyone has it, it’s just that some people have it more. I’ve had friends and family members that have lost people from depression and suicide, and when I took my psychology and sociology classes, I felt like I understood more about what others are going through. I’ve always wanted to help people. I feel like once I took these classes, I’d be able to help anyone going through a rough time. My goal is to get my doctorate in psychology and open up my own practice where I help people going through anxiety and depression. I want to have my own practice where dogs can come in and help settle down their anxiety before they come talk to me. I feel like animals can put people in a better mood and can help them get out of depression. Animals really help with the negative things in life.”