

The first and foremost reason that made me have an extreme persistency on my beliefs, was the unshakable intentions I have toward my plans besides their decidability. Dreaming about helping others, especially the oppressed and the socially vulnerable, I cannot hesitate to apply for the Master of Science in psychology (Culture, Human and Health Development) at the University of Saskatchewan.

Dreaming about helping people in need has always been a driving force to define an action plan to make them come true. Thus, as a person who is deeply concerned about the suffering of the others, I joined the Red Cross organization through a high school call when I was 16. This decision provided the space in which I found studying humanities in high school as the right choice to get closer to my next step toward my inspiring dreams. I finished high school after three years, and consequently, I decided to study Educational Sciences.

Having achieved a great rank among 300/000 competitors, I was awarded a tuition weaver to study as one of the most prestigious universities in Iran, the University of Ferdowsi. Before graduation in 2014, I had had my horizons broadened, with a personality that could be called extrovert, sympathetic, and empathetic. This evolution in my personality was not just because of studying at the university, but for using all the chances I was privileged to have by studying in a top rank university. Working voluntarily in Hesse Haftom NGO whose aim was to facilitate education for those impoverished and poverty-stricken students in rural areas. While working there as a teacher, I also had the chance to work simultaneously at Taak NGO, which was also a volunteer job. At Taak, the main concern was disabled people especially the blind or visually impaired students studying at the Ferdowsi University, to achieve an equal condition in their studies. One of the achievements was facilitating their commute to and from the university.

With the birth of my daughter in 2014, I had no choice but to abandon my studies, although I had been accepted in a master's program. Instead, and due to my incentives about being involved in my plans, I decided to work in one of the branches of Meftah Schools for about two years. At Meftah School, I was responsible for recognizing students with learning disorders and evaluate their abilities to offer their mothers supportive counseling.

As my daughter reached 2 years old, it was now time to return to the road with higher determination. Due to my past experiences, I realized that studying psychology and family therapy can accelerate achieving my dreams to help as many people as I can. Hence, I took part in the university's entrance exam and was admitted to a master's program in psychology and family therapy at Azad University. I had no plan to discard all the action plans for expanding my social activities. Therefore, in partnership with Dr. Shahed Masoudi, one of my professors at university, I conducted a research project for the state welfare organization about women living in shelters. It was after finishing this research that Dr. Masoudi agreed to be my thesis supervisor because I was one of her best students. Beside working with her as a teacher assistant, I started to work on my thesis entitled *The Prediction of Acceptance Wife Abuse base don Helplessness, Body Image, Gender Stereotypes on Women Referred to the Forensic Organization*. I finished the thesis under the advisory of Dr. Laleh Kouhestani. Working with a class of society who were hurt by the oppressive patriarchal gender rules, turned to be a diverse, shaking, and colorful experience. It is safe to say that working on my thesis made me even more concerned about the social issues and the high potentials left behind to help more people and alleviate their pain caused by the constructive social and gendered forces. Consequently, I started to work on a paper with Dr. Masoudi which is published in a journal at **Mashhad University** (University of Ferdowsi), beside two other ongoing research projects. In 2018, I finished this stage of my life and graduated with a master's degree with a high average.

After participating in counseling supervision workshops under my supervisor's scrutiny, I officially joined the Iranian Psychologists and Counsellor's Organization. Such membership made a certified counselor working in Rasa Clinic with a special focus on abused women.

It has always been concerned about empowering every person possible to have a better life and this quality has shaped my personality. Achieving this altruistic personality led to my empowerment as well. I have grown up to be committed to my goals, and be an oriented person with clear and bold visions. Thus, it is not surprising that I found the Saskatchewan University of Canada as the best place to apply where I can interact with its pleasant diversity and democratic education programs leading to a culturally productive and scientific life.

It might have been obvious how much I concern about equality, and that's why the issues of women and gender or queer minorities concern me. Thus, my ambition to continue my studies is aligned with the desire to have a more inclusive, diverse, and equal society that can empower its citizens. Studying at Saskatchewan University as one of the best universities, is indeed a great help to make the abused and queered people feel less about being Other and its inclusive and diverse environment helps me to extend my knowledge in my research interests and achieve a more profound and scientific view. It is based on this view that studying a master's degree for the second time can provide me the opportunity to study in the field extensively and have the chance of working with international organizations like UNESCO to raise the global awareness about the inalienable rights of the Others beside all oppressed people. Such opportunities, indeed help me to follow my ambitions, and all of my action plans to help all people around the world to have a better life.