February 1, 2022

Undergraduate and Honours Committee

Department of Psychology

University of Regina

3737 Wascana Parkway

Regina, SK S4S 0A2

Dear Undergraduate and Honours Committee,

I am seeking admission to your Psychology Honours Program for the Fall 2022 semester. I am currently a 3rd year undergraduate student completing a degree in Psychology at the University of Regina. The combination of my passion for psychology as well as my previous research and extracurricular experiences has prepared me well to complete an honours thesis project within the Department of Psychology. The opportunity to be mentored by a faculty member in designing and carrying out an honours thesis research project will provide me with opportunities needed strengthen my research skills. This opportunity to further develop my research skills will, in turn, allow me to pursue graduate studies in [...] or [...] psychology.

As I began my undergraduate degree, I chose to major in Psychology as I wanted to better understand myself and others around me. I quickly learned, however, that human behaviour is much more complex than I originally thought and that our knowledge of it is continuously changing and becoming further refined. Over the course of my degree, I have become interested in several psychological topics. My research interests include [...]. My specific interest in [...] began in my second year of undergraduate study when I learned about [...]. I became fascinated by the idea that [...]. The opportunity to be involved in research so as to better understand this side of human behaviour is the primary reason for which I am interested in completing an honours thesis project.

Over the past [#] years, I have been involved in many research and extracurricular activities. As an undergraduate student at the University of Regina, I have developed my research skills through [...]. I gained an appreciation for the dedication and combined effort involved in conducting research during my time as a research volunteer in the [...] Lab. Through my experience as a research assistant with [...] study on [...], I was able to gain hands-on research experience with adults living with mental disorders such as anxiety and depression. In this role, I recruited participants, collected data, and analyzed data. and performed experiments with participants. I am also currently a research assistant in the [...] Lab where I have been introduced to the structure and execution of a PhD-level research project.

Outside of these research activities, I have sought to gain experiences in [...] through extracurricular activities. My involvement with the University of Regina’s Psychology Students’ Association (PSA) has improved my [...] skills. As a team, we have begun study groups for various classes, began a peer-to-peer mentorship program, and run many social nights in our lounge. The opportunity has allowed me to develop stellar [...] skills along with mastering [...] skills. I also volunteered as a Mental Health Advocate at the Schizophrenia Society of Saskatchewan. As a Mental Health Advocate, I aim to reduce the stigma associated with mental disorders by presenting information regarding these mental disorders in schools and workplaces. As part of this role, I have also received training that has deepened my understanding of mental disorders. Finally, I have further refined my own writing and presentation skills by working as a Writing Tutor for the Student Success Centre at the University of Regina and being an active member of the Saskatchewan Elocution & Debate Association.

I would love the opportunity to continue to pursue my interest in psychological research through the Psychology Honours Program. Given my passion for psychology and previous research and extracurricular activities, I believe that I am an ideal candidate for the Psychology Honours Program. I appreciate your consideration and look forward to hearing from you.

Sincerely,

[...]