

What Is a Statement of Purpose?

A Statement of Purpose is a short piece of writing that helps us understand:

- Why you are interested in mental health
- What experiences have shaped you
- What you hope to learn or do in the future

We are **not** grading your writing. We care about your honesty and effort.

About You:

Name: _____

Age: _____

Date: _____

Section 1: Your Interest in Mental Health

What made you interested in mental health or helping others?

(You can talk about a class, an experience, a person, or something you noticed.)

Write here:

Section 2: Your Journey So Far

Tell us a little about your journey.

This could include school, life experiences, or challenges you've faced.

Write here:

Section 3: Why You Want to Join SpringBridge

Why does the CAARE Enrichment Program interest you?

What do you hope this program can help you with?

Write here:

Section 4: Learning in a Cohort

SpringBridge uses cohorts (small groups that learn together).

How do you think learning with others could help you stay motivated or supported?

Write here:

Section 5: Your Future Goals

What do you hope to do in the future?

This does not have to be a final plan — just what you're thinking about right now.

Write here:

Section 6: Anything Else You Want Us to Know

Is there something about you, your background, or your goals that you want us to understand?

Write here:
