

## 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:

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## 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:

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### **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:

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### **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:

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### **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:

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
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## 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:

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