



# Aimee Molina

*Class of 2018 at the University of Alberta*

*Bachelor of Arts – Major: Psychology, Minor: English*

*Member of Swan Lake First Nation*

Before Aimee attended post-secondary, she had the experience of working in an environment that she didn't find favourable, often finding herself feeling helpless and trapped. However, she knew that education would give way to opportunity and a newfound hope that she could succeed and move forward in a different way with her life. This was the fuel Aimee utilized to complete her post-secondary education.

Although she admits to struggling at times, the support she received from her family and friends, paired with her own personal determination, worked to push her to the finish line. Aimee states that it takes a lot of self-motivation and self-discipline to attend post-secondary but she knew that she was capable of completing her degree and she didn't allow anything to stop her.

Aimee went into her first year of university unsure of what she wanted to pursue. An Introduction to Psychology course stood out to her and she also enjoyed English,

especially critiquing and analyzing texts. As a result, she decided on a *Bachelor of Arts – Major in Psychology and Minor in English* degree. When considering future careers after post-secondary, she hopes to work in a field that will enable her to help others, specifically Indigenous peoples. She also plans to do some volunteering that will hopefully open doors for her career in the future. Aimee doesn't necessarily want to work in a field that is solely related to her degree, believing that psychology is all about learning and observing an individual's behaviour and that this can be applicable to any field of work.

Aimee took a well-deserved Mexican vacation following the completion of her degree, to "take it easy" after four tough years of university. She knew it was important to take a break while also searching for potential employment. Aimee currently works full-time at an assisted living facility where she worked part-time throughout the duration of her schooling.

Aimee encourages potential and current students in post-secondary to get involved and enjoy the real experience that education can bring, whether it be clubs or sports, with the added benefit of being involved within your school looking good on your resume. She encourages students to ensure that they are ready for the commitment that post-secondary carries and to be self-aware of what they can handle because nothing comes easy and it really does take a lot of hard work! When Aimee speaks of her time at the University of Alberta she says that one of the most important lessons she's learned is the necessity of being a lifelong learner.

*"School gives you self-confidence and you learn a lot about yourself. You become more of a critical thinker and you no longer take things at a surface level."*