



DOUGLAS COLLEGE

BA APPLIED PSYCHOLOGY

**SERVICE LEARNING
STUDENT: SADIA TARIQ**

My name is Sadia Tariq and I am currently in my last semester at Douglas College. I will be graduating in 2024 with a Bachelor of Arts in Applied Psychology, and concentration in Leadership and Management. My career focus is in Vocational Counselling and Human Resource Management. My goal is to help individuals, especially women, create a customized educational and career path aligning with their interests and values. Numerous women are getting higher education in renown colleges and universities, however, when it comes to choosing the right career, they may face obstacles which can hinder them from applying their talent in the job market. My goal would be to help fill this gap by providing new opportunities and valuable skills to help improve their self-esteem and to ultimately land their dream job!

My placement was with the Psychology department at Douglas College. I worked with Dr. Laura Dane and Dr. Karen Parhar as my supervisors. Together we created an Alumni Survey on Qualtrics software. The alumni survey provided valuable feedback about the quality of education and services and opportunities for growth and improvement. It is a survey created by students, for students! I learned the art of asking the right questions and to be more creative, think outside the box and become tech-savvy when creating the survey. It was a memorable experience as I felt I was making a positive difference. I feel lucky to be a part of this program and I am honoured to graduate with a Douglas College degree. I look forward to a bright and prosperous future where I can use the knowledge and skills acquired in my life ahead.