**Name:** *Samantha Carto*

**What year did you graduate***:*

*2014-2015. (December 2014, but technically convocation is not until June 2015).*

**What are you doing now**:

*I am working toward the completion of my Master of Arts in Counselling Psychology (through Yorkville University) and gaining invaluable experience as a supervised clinical counsellor and administrative assistant with Mindteams Solutions, Inc., a remarkable counselling agency in Kamloops, BC. I am truly blessed and grateful for their support.*

**How did TRU help you get into grad school, find employment, etc.?**

*TRU prepared me for grad school by encouraging and supporting my academic excellence, providing a helpful perspective on what it takes to succeed, and offering career education courses and a variety of personal and professional development experiences.*

**What did you enjoy about TRU/What did you do while at TRU?**

*While attending TRU I travelled to Costa Rica with International Student Volunteers to support the Marine and Coastal Science Masters Program by volunteering on an endangered species preservation and habitat restoration project. I presented two, one-hour workshops about a mastermind group concept at the Canadian Conference of Student Leadership in Ontario. I attended The Association for Psychological Sciences 5-day conference in San Francisco learning about current research findings and broadening my knowledge and skills in the psychological sciences field. I was the Community and Events Co-odinator for the TRU Psychology Club, searching out and creating opportunities for students to get involved on campus, expand their network, and feel supported. And I was a Faculty of Arts Recruitment Ambassador speaking about my experiences at TRU to a group of high school students at the Faculty of Arts Open House.*

*TRU is a beautiful campus with a strong sense of community. It was a pleasure to learn from many wonderful and engaging professors and feel well-supported on my journey.*

**If current students have questions would you be willing to be contacted:**

*Yes. Please feel free to email me at* [*sam.carto5@gmail.com*](mailto:sam.carto5@gmail.com)*.*