

Women of the World

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Thank You

First off, I would like to express my sincere gratitude for the scholarship. Thank you so very much for your generosity and support during my pursuit of higher education. I have successfully finished my graduate degree with master's in social work from Brigham Young University.

The 2020, Women of the world Displace Women's scholarship has increased my self-reliance and voice in the community in the following ways.

Carrier improvement: Since the returned from serving as missionary for The Church of Jesus Christ of Latter-Day Saints, my desire to become social worker was strongly developed. I had achieved my BSW from BYU-Hawaii and after graduating from there, I was able to attend BYU for my MSW. The education learning was challenging for someone who has English as second language yet very satisfying to learn skills, gain knowledge, and build a network of social work field. This has helped me improved the skills on what it is needed to become a true social worker in the field of addiction and mental health field. I have gained knowledge and skills on how to listen, have empathy, self-care, handling with secondhand trauma, helping people who have trauma, to work as a team with my clients.

It did not increase my annual income yet, but it did help me received the additional knowledge and education that I need for the field of mental health and addiction recovery. With

that knowledge I will be able to navigate my skills in a needed field to help people who are suffering from addiction and rehab. I will be able to do group counselling, individual therapy, and family therapy in the field that is needed. I will be able to educate and advocate for the population who need social justice and voices in their community.

Paying forward: I have help/interned/volunteered in the field of mental health and addiction recovery field for people who can't afford to pay on their own, the refugee population and youth in the past and I am planning to do so in the future as well within my capacity and licensure allowance. I have been helping people who are in needs, having financial crisis, and motivated by organizing variety of funding such as sales craft, advising, finding them resources, connecting them with people who are willing to help the recipients and I will continue to do so especially for women and youth who are having their lives turned in unexpected ways and trying their best to stand up on their own feet again.

Plan for the future: I am planning to go back to Myanmar as soon as the circumstances allows which include the pandemic being over, having stable government, having citizenship on hands, financially stable (paid off student's loans) to establish social services in the country. In Myanmar, there is no social services let alone no resources for counselling and therapy in the country. I want to and will start counselling agency there to help people who are suffering from mental health and fighting against addiction and build recovery center there. I will establish a safe haven, a place of refuge for people who are socially and economically abandoned by their own society due to their mental health and socioeconomic status in the country. I want to develop a program for youth to have higher education. If the youth are able and willing, I want to let the youth know anything and everything that they have dream of can be achieve with their will power, hard work and an assistance from someone who can supports them. I will find people

who are generous and will like to invest on youth to have better future and connect them with the youth. I will organize scholarship program, workshop, and vocational training program to provide the fund that needed for my plans. I know these things are achievable. The programs will help not only the immediate population, but it will and can change the future of Myanmar and it's people on generation to generation. My favorite quote from our prophet Gordon B Hinckley once said, "when you change one person, you are not only changing that person's life but the whole generation to come". I believe that statement to be true. My life has changed because of the education I have received through the help of people like your organization and many others, family sacrifices and personal hard working. This not only change my life in a better place but it will also help me change my own children and their children to come as well as many other people in my social work field.

Thank you again so much for all your supports, generosity, and kindness of a heart to support me during the difficult times to be able to overcome and accomplished and gain my goal. I hope that I will be able to do the same to people who are in the situation I was in the future. I hope that I will be able to repay your kindness in anyway. Please let me know if there is anything that I can do. Thanks.