



## Graduate School Statement of Purpose #1

My academic goal is advanced graduate study in cognitive psychology with emphasis on memory processes and decision-making. This direction developed gradually through coursework, research exposure, and sustained engagement with experimental psychology. Over time, my interests narrowed toward understanding how cognitive load shapes judgment, learning, and recall across different contexts.

I completed a Bachelor of Science in Psychology at State University, where I built a strong foundation in cognitive theory, research design, and statistical analysis. Courses in cognitive psychology, learning and memory, and behavioral neuroscience shaped my academic focus and strengthened my interest in empirical research. Alongside coursework, I completed advanced training in statistics and experimental methods, which allowed me to engage critically with academic literature and research findings.

During my junior and senior years, I worked as a research assistant in a faculty-led cognition lab examining working memory performance under varying task demands. My responsibilities included participant recruitment, data collection, stimulus preparation, and statistical analysis using SPSS. I also contributed to literature reviews and assisted with manuscript preparation. This experience clarified my interest in research-intensive graduate study and taught me how theoretical models translate into measurable outcomes. I gained practical understanding of experimental controls, ethical research conduct, and data interpretation.

My academic preparation continued through an independent research project completed during my final year. I designed a small-scale study exploring the relationship between attentional load and recall accuracy. The project required development of a research question, methodological planning, data analysis, and formal academic writing. The process strengthened my ability to structure research arguments and interpret results within existing literature. It also confirmed my interest in pursuing thesis-based graduate work.

The graduate program in psychology at the University of Northfield closely aligns with my academic direction. Faculty research focusing on attention, cognitive load, and decision-making reflects my interests and provides an environment suited for focused research development. The program's emphasis on quantitative methodology and experimental design supports my goal of strengthening analytical skills while contributing to ongoing research projects.

During graduate study, I intend to engage fully in laboratory research while completing a thesis centered on memory performance and cognitive interference. My short-term objective involves refining research skills and contributing to peer-reviewed work under faculty supervision.



My longer-term goal includes doctoral study and a career in academic research, with focus on cognitive mechanisms underlying learning and decision-making.

Graduate training at the University of Northfield offers the academic rigor, mentorship, and research environment necessary for sustained intellectual growth. My academic background, research experience, and defined research interests reflect readiness for advanced study and long-term contribution within the field of cognitive psychology.