

10<sup>th</sup> February 2019

To,  
The Visa Officer,  
Australian High Commission,  
New Delhi, India

## STATEMENT OF PURPOSE

I am grateful to write this statement of purpose (SoP) which includes my academic backgrounds, ambitions, reason choosing particular country and my education providers, the relevance of the course to my future career and my educational plans. The reason behind writing this SoP is to seek permission for the enrolment in **Excelsia College, Sydney Australia to pursue Graduate Diploma of Counseling leading to Masters Degree of Counselling**. Hence, the details here depict my motives during my studies and future plan right after the completion of Masters Degree along with, financial details.

### **About me**

My name is Santa Bahadur Jirel, youth of 24 years. Born at Jiri, Kharayoban, Dolakha in 1994, I am the second child of my parents, Mr. Bhakta Bahadur Jirel and Ms. Somimai Jirel. As shared by my parents, I was an adorable child being loved and cared by everyone in the family. In the beginning my parents were engaged in agriculture for livelihood but later on they migrated in Kathmandu, temporarily for our education. My parents put their hard effort so that my elder brother and I could get quality education in the capital city.

I have many dreams; graduating from a renowned college to be a successful person in my area with interest.

## **Educational History**

Academically, I completed my school level education (School Leaving Certificate) from Laligurans English Secondary School with 78.8% under Nepal Board in the year 2009. In the same year, I joined science stream at Caribbean Higher Secondary School as a part of further study. I completed my higher secondary school education with Physics and Mathematics as major subjects in the year 2011 with 66.30% in an aggregate.

Thereafter, in the year 2012 I took a break from my further study and I completely assisted my parents in Cafeteria Business. I decided to do so as there were limited staffs in the business. During that time, I got an opportunity to explore myself with new interest and capabilities. I was quite influenced by social service and other activities when I was a member of Nepal Scout during the school days. Eventually, I chose the course that matched with my interest; I joined Bachelor of Arts in Social Work at Kantipur College of Business Management and Humanities Studies in the year 2013. The course was theoretical and practical based with Psychology and Social Work as major subjects. Three years undergraduate course helped me to garner comprehensive knowledge on psychology and social work practice in the world and Nepal. In addition, 750 hours placement at different non-profit local and national level organizations enhanced my skills; communication, listening and observation, writing, presentation. During this period, my engagement as an intern at different organizations helped me to know the societal context, environmental issues, children and youth issues, development perspectives of Nepal and psychological issues prevailed in the community.

## **WORK EXPERIENCE (*gap justification*)**

I learnt handful of skills through volunteerism during my undergraduate placements at different local and national level organizations. After I joined my undergraduate, I was an active intern at youth organization named YATRA, later where I became one of the active members and Treasurer and Secretary for the year 2014-2016. At YATRA I was more involved in the documentation, program execution and organizational

strengthening. Likewise, in the year 2013, I joined Nepali Children's Education Project (NCEP) as an intern and was engaged in assisting in delivering education for disadvantaged and marginalized children in Kathmandu through a comprehensive scholarship and mentorship program. In 2014, as a part my internship I volunteered at Nepal Anti-Tuberculosis Association, Bhaktapur for spreading awareness about Tuberculosis in different schools in Bhaktapur District. These involvements assisted me to explore the societal and developmental issues in Nepal, as I mentioned earlier.

In the year 2015, I completed my undergraduate degree in Bachelor of Arts in Social Work with Psychology and Social Work as major subjects under Tribhuvan University. And in the same year in April, Nepal got hit by devastated earthquake taking the lives of more than 9000 and displaced many peoples. USAID funded, reconstruction focused 'Baliyo Ghar' program was launched by National Society for Earthquake Technology-Nepal (NSET) in three Districts namely, Dolakha, Dhading and Nuwakot. The objective of the program is to ensure disaster-resilient construction of houses through awareness, training, demonstration and support on code compliance. I got selected to work as Information and Documentation Assistant through written exam and interview for the post. Then, I chose to work at Charikot, Dolakha District.

During my stay at Charikot, I got an opportunity to visit various part of Dolakha District, where 'Baliyo Ghar' program was being implemented. The earthquake survivors faced traumatic situation during and post-earthquake. According to them, children and elderly persons encountered challenging time to co-op with the situations. There, I realized the need of social and psychological counselling needed to the earthquake survivors. This is how I became conscious about the role of various actors including the counselor in disaster hit community. I worked there for 19 months and came back to Kathmandu to join English class for IELTS exam. I joined English class, continued for three months and appeared in IELTS exam in February. I scored an overall 6.5 with an each band as follows:

Listening	Reading	Writing	Speaking	Overall
7.0	6.5	6.5	6	6.5

With the IELTS result in hand, I was planning to pursue my further study in foreign country. In between I joined a job at All Around Treks and Expedition as Supervisor to hone further skills and implement learnt skills in May 2018. At present at All Around Treks and Expedition, I am assigned to maintain administrative functions -inventory, employee attendance and counseling to the other staff members.

### **Reasons for not choosing Nepal**

While working with USAID funded program 'Baliyo Ghar' at National Society for Earthquake Technology-Nepal (NSET), I realized the importance and need of counselling among the earthquake survivors in the communities. Apart from basic needs, people need to have mental wellness or positive thoughts toward life. This is what competent counsellor does to survivors to overcome the traumatic situations. I had theoretical knowledge on Psychology and Counselling at my undergraduate year, which is not enough to act as a counsellor. So, I made a pivotal decision to pursue Masters Degree in counselling. However, I came to know about the limited educational institutions that offers the course from a thorough research. Likewise, hundreds of students go for competition for some limited seats. There are only two institutions that run counselling courses namely; Central Department of Psychology-Tribhuvan University (<https://bit.ly/2FiPfWR>) and Institute of Crisis Management Studies (ICMS) (<https://bit.ly/2TGvFqw>). But these institutions enroll only 80 students in each academic year.

Apart from that, it is the fact that, Nepal Government has little investment in education and hence has limited resources. The psychology and counselling field has less research and runs in a conventional manner. The rote-based education system lags proper human resources and infrastructures. The graduated students are compelled to roam here and there with their degrees and finally end with abroad job option or changing the field. The country needs skilled based manpower to deal with the psychological and counselling related problems. Under such circumstances, I cannot achieve my aim in my life and eventually made a pivotal decision to go for an international degree.

For a student like me I will be benefited in many ways with an international degree. The most important part is I will get an opportunity to experience different styles of education. By enrolling in a study abroad program, I'll have the chance to see a side of my major that I may not have been exposed to at home.

Once when I will finish my study abroad program and return home, I will return with a new perspective on culture, language skills, a great education, and a willingness to learn. Needless to say, all of these are very attractive to future employers.

### **Why Australia?**

From my research I found that Australia is one of the best educational destinations with best universities for international students. Besides this, Australia offers a wide variety of course and degrees with an aim to produce skilled manpower needed for. Furthermore, it is a country of opportunities for career, new culture and adventure. Australia is outstanding for its brilliant study practices framework. Actually, numerous colleges in Australia, much like in the USA and the UK are among the most elevated evaluated schools on the planet and get ready students for extraordinary professions in various fields. These schools and others enable students to gain a topnotch and a very much regarded training while at the same time studying in Australia. The next thing is the average cost for basic items is moderately low contrasted with that of the UK and a few sections of the U.S.

Australia has a well-established international education sector with over 1200 education providers delivering a high quality education to international students. For many years now Australia has been a world leader in protecting the tuition fees of international students studying in Australia on a student visa. Recent changes to the Education Services for Overseas Students (ESOS) Act have further strengthened protections for international students through the introduction of the Tuition Protection Service (TPS). The Tuition Protection Service (TPS) is an initiative of the Australian Government to assist international students whose education providers are unable to fully deliver their course of study. The TPS ensures that international students are able

to either: complete their studies in another course or with another education provider or receive a refund of their unspent tuition fees.

The Australian Qualifications Framework (AQF) is the national policy for regulated qualifications in Australian education and training. It incorporates the qualifications from each education and training sector into a single comprehensive national qualifications framework.

The users of the AQF span each education and training sector: schools, vocational education and training and higher education and include the accrediting authorities and institutions providing education and training. The many AQF stakeholders include industry and its representative bodies, unions, professional associations and licensing authorities and governments. Ultimately students, graduates and employers, both Australian and international, benefit from the quality qualifications that are built on the requirements of the AQF.

### **Factors for selecting Sydney**

I chose Sydney out of all other cities in Australia, like Melbourne, Brisbane, and Perth. The primary reason behind this is, the city has been indexed for the most livable city in the world by Economist Intelligence Unit (EIU) considering several factors like health care, infrastructure, education, culture, safety. Safety and education are the most important factors in this categorization. Sydney is one of the major economic hubs of Australia and this is a reason why the city is so busy yet serene. It is a city of equal opportunities, no matter from which place we are from. This makes the city a group of multicultural, multiethnic and multi linguistic people. Furthermore, Sydney hosts some of the top ranked universities in the world and offers a great variety of career opportunities that would allow me to cover some of my pocket money as well. To summaries, some of the reasons behind choosing, Sydney as my study destination are as listed below:

- World class education
- Education credentials recognized by international institutions and employers

- Student support services
- Diverse range of cultural and sporting activities
- Wide range of work opportunities and recognition

## **Reasons for choosing Excelsia College**

It is the fact that, there are hundreds of best colleges and universities in Australia and it is a Hercules task to choose from best of the best. I attended many seminars and educational fairs in Kathmandu and visited as many consultancies to grab the information about education providers and courses they offer. Likewise, I also went through Australian websites and finally chose Excelsia College to pursue Graduate Diploma of Counselling leading to Masters Degree of Counselling.

I have chosen Excelsia College over other institution for distinct reasons. The same course is also provided by other educational institutions like Australian College of Applied Psychology (ACAP), Victoria University, University of Queensland, University of Canberra. It took a little bit time to take information about these institutions and the different approaches of teaching methods. Excelsia College offers a wide range of courses including Music, Drama, Education, Counselling and Business. Many graduates have shared their study and living experiences; where most of them have described the institution as one of the best quality and practical based education providers in Australia. The QILT (Quality Indicators for Learning and Teaching) conducted in the year 2015, Student Experience Survey commissioned annually by the Federal Government Department of Education and Training, has resulted outstanding results. According to the result, Skills Development, Teaching Quality and Student Engagement achieved the highest rate score followed by Student Support and Learning Resources.

Likewise, I believe that Excelsia College provides a firm foundation for my personal and professional life. According to my knowledge the institution has a supportive environment with world-class academics and accomplished industry professionals who

are ready to stand beside me and encourage in my journey. The gifts and talents that I possess will be fostered by experienced and passionate academics. This ultimately assists in producing skilled manpower; this is what national and international institutions needed for. The comprehensive knowledge delivery followed by institution placements, career hub, group engagement, workshops and one-to-one careers coaching, and career mentorship program are the principal factors that has attracted me the most.

There is a good proverb that, 'Experience speaks itself' which applies with Excelsia College, since it has 34 years of experiences in Christian higher education in Australia. I am confident that, a dream I have dreamed is going to be true when I become a part of the education providers like Excelsia College.

### **Why Graduate Diploma of Counselling leading to Master of Counselling?**

The course I have chosen is especially intended for those, who are involved in helping professions. Actually, I was a scout in my school day, which later on developed a feeling of social service and volunteerism. My desire to help other in need advanced me to join Bachelor of Arts in Social Work in the year 2013. During my undergraduate year, the placement garnered my knowledge on social work practice and scenario of different social and psychological issues in the modern world.

In the year 2015, Nepal was hit by devastated earthquake killing more than 9000 and displacing thousands of people. As one of the consequences of disaster, children and young people faced the traumatic situation. An immediate intervention was needed to overcome such situation but due to lack of skilled manpower, resources and policies there was no such intervention. The point is Nepal needed more skilled manpower in the counselling field. The case is not just about Nepal and South Asia, the world needs more and more counsellors as millions of children and youth people are suffering from trauma, stress, depression and so on. This clearly indicates the pivotal role of counselling and counsellors.

I want to establish myself as a distinct counsellor in near future. For which I need to be competent with comprehensive knowledge on counselling and mental health and clinical skills to deal with the clients. During my undergraduate year, Psychology and Social Work were major subjects that helped to garner my knowledge on counselling at some extent. Furthermore, I want to have combine comprehensive knowledge on counselling and mental health; with a range of theoretical, therapeutic and clinical models and techniques acquiring an understanding of appropriate and professional approaches to supporting those in need and contemporary mental health issues and related life challenges.

In Nepal, the awareness about need and importance of counselling is very low as compared to neighboring countries in Asia. But here as well, people now understand the need to communicate their deepest feelings to a counselor inside of bottling them inside. Schools have started keeping a position of counselor who can deal with children who require counselling. This is quite an important step because the children are the future of the country and if some things are holding them back then they do need expert advice to break free and live a fully cherished childhood. It is true that complications and problems are inevitable in human life but we all acknowledge the fact that great disasters also hurt less if we have someone to support us. If someone feels emotionally tired and helpless, one must seek counseling from someone trustworthy people. Sharing problems does reduce the pain but if the issue is way too complicated then it would be better to seek an expert advice from a counsellor.

To be more specific Graduate Diploma of Counselling leading to Master of Counselling is a platform, from where I can broaden my horizon on different segments of counselling namely, Counselling, Mental Health Issues, Relational Dynamics, Ethical Issues and Practices and Research. Besides this, during the program, placement at various agencies helps to gain professional industry experience which will ultimately enhance my clinical skills on counselling. The Counseling degree at Excelsia is perfect for those who are seeking to act as counsellor at various institutions. It positions the student well for career advancement and higher income within the counselling field. As we all know that, Australia's educational system is known throughout the world for its

quality, students who graduate with a counselling degree from an Australian education provider will be accepted into international counselling positions. The customizable curriculum, the flexibility of the program and the focus groups would effectively improve my counselling as well as other skills required to dealing with clients. The degree is accredited to Psychotherapy and Counselling Federation of Australia (PACFA), which means upon the graduation one can practice as counsellor at any institution or as a private counsellor. Working alongside inspired individuals from across the globe by means of the Global Consulting Program, getting the perspective of the industrially relevant studies and being mentored by the prominent faculty would ensure that my time spent studying Counselling at Excelsia College would be fruitful for my career.

### **Course Structure of Graduate Diploma of Counselling and Master of Counselling**

Nested within the Master of Counselling program, Graduate Diploma comprises of 8 units of study, totally 48 credit points. It includes the following units: Counselling Practice I, II and III; Counselling Theories and Models, Development and Diversity, Ethical Issues and Practice, Mental Health Issues in Adulthood, and Relational Dynamics.

Similarly, Master of Counselling covers 16 units followed by 96 credit points. Some of the course includes the following units; Counseling and Christianity: An Integrative Perspective, Counselling Practice II: Narrative Therapy, Counseling Practice III: Cognitive-informed Therapy, Counseling Practice IV: Advanced Clinical Practice, Counseling Practicum, Counseling Practicum, Counseling Theories and Models, Development and Diversity, Ethical Issues and Practice, Introduction to Counseling Children and Young People, Introduction to Chronic and Complex Trauma Counseling, Introduction to Couples Work, Introduction to Grief Counseling, Introduction to Group Work, Introduction to Psychodynamic Psychotherapy, Introduction to Trauma-Informed Counseling, Mental Health Issues in Adulthood, Relational Dynamics, Research I: Method and Application, Research II: Research Project, Special Topics in Counseling.

Besides this, during the program students complete 16 units of study and gain professional industry experience (200 hours of face-to-face counselling in various agency settings) This practical experience is supported by group and individual clinical supervision (50 hours) and ongoing personal development (minimum of 25 hours), the cost of which is included in the course fee.

The Graduate Diploma of Counselling leading to Master of Counselling provides students with opportunities to develop advance counselling and psychotherapy knowledge and skills in specialized field of practice including trauma and grief therapy and group therapy. I am confident that, on completion of the degree, I will have attend the following attributes;

- Understand and analyze a range of factors impacting individuals' and communities' well-being and mental health
- Demonstrate communication skills for establishing rapport with clients, and with other professionals
- Demonstrate in-depth knowledge of a range of theories and processes of contemporary psychotherapy and counselling including individual and group therapy
- Critically compare and integrate counselling and psychotherapy theories
- Demonstrate advanced skills in assessment, case conceptualization and intervention planning
- Apply professional skills and sound clinical judgement in making appropriate referrals for clients with specialized needs

Similarly, as an outcome of the course, graduates will be equipped to work as counsellor and psychotherapists in the public, private and community sectors for example alcohol and other drugs counselling services, mental health services, victims of crime support services, community counselling agencies and in private practice offering counselling, psychotherapy and supervision services.

Some of the career outcomes from the course are Consultants, Rehabilitation counsellors, Specialized therapist (couples, group, family, children, addictions, etc.),

Counselling Lecturer, Psychotherapist, Counsellor at government agencies, academic counselors etc. The course fee of Graduate Diploma of Counselling for one year is AUD 22,573 and for Master of Counselling is AUD 21, 220 which means it costs AUD 43,793 for the whole course.

## Career Plan

I have a concrete future plan as a social worker on my return to homeland upon completion of my education. I am totally inspired from Ms. Puspa Basnet, the two times CNN hero, from Nepal who has been raising small children aged under 5 years old, whose mother is in jail via her Butterfly home. For all the Nepalese as well as for me her endeavors and achievements are absolutely praiseworthy. As a social worker, this factor triggers me time and again and I get motivated to work for the society as a counsellor focusing especially needy children.

Additionally, I am confident that the counselling degree hones me with comprehensive knowledge, therapeutical skills and mental health knowledge needed to practice and assist the clients in the counselling field. There are a wide variety of career options available to the graduates of counselling all over the world. With the completion of counselling degree, I want to gain professional work experience in Australia for sometimes. Then I want to return back to my home country, since I have my dream projects. My dream project is give back to community that is to help the needy people with my expertise once I get recognized in my area. I want to establish my own institution to help the community people. I will try my best to implement the learned skills in the helping profession as I have planned. Likewise, international degree holders are given ample of opportunities with good pay to implement their learnings at renowned institutions in Nepal. My primary target would be to work at national and international level institutions like, Transcultural Psychosocial Organization (TPO) Nepal, Center for Mental Health and Counseling – Nepal (CMC-Nepal), Autism Care Nepal, The Terre des hommes (Tdh) Foundation, Maryknoll Nepal, The Centre for Victims of Torture, Nepal (CVICT), B.P. Koirala Institute of Health Sciences, Norvic International Hospital. Apart from having the profession, I have chosen I will also have

financial stability by earning the salary in between NPR.60000-70000 per month at the beginning. Later on, my salary would increase to NPR 1, 50000 to 2, 00000 per month once I gain more experience. In Nepal, I can apply for job through various jobsites for an instance JobsNepal.com. After gaining experiences and establishing oneself in the counseling field I will go back to rural places of my country to work for the benefits for community people. As I mentioned earlier I will set up my own institution that help the needy people in the community people. I will join hands with other likeminded people that work for the benefits of community people. Helping does not mean to provide the financial aids only, it also means to provide the counselling services when are in vulnerable states. Most probably I will be spending the remaining time with community peoples.

### **Reasons to return my Homeland**

As the second son in the family, I have a huge responsibility towards my parents. From the beginning of my life, they have been the primary source of inspiration. They moved from rural part of Dolakha District to capital city Kathmandu and struggle a lot, so that we can get quality education and establish oneself in respective field. This time too, my parents are the primary sponsors for my education and living cost while staying in Australia. So it becomes my responsibility to look after them once they will be retired from their work. Once I will be graduated with degree there will abundance opportunities in my home country in comparison to Australia. I will be competent in the job market to implement my skills. This leads to good earning and helps me to be a successful person in life. And I have my dream project to set up an counselling institution to help the needy people in the rural community of Nepal.

### **Financial Support**

In connection with finance, my family members are extremely supportive, friendly and have always been an inspiration of my life. My family has a sound financial background in the form of assets and private firm. At present my parents run a poultry farm business, which is quite a reliable source of income in Nepal. Likewise, Mr. Nabin Jirel, my elder brother is employed at Transguard Group as Warehouse Operator, since 2016. So, my parents and elder brother are the

primary sponsors for my education and living in Australia. The total annual income of my family is NPR 1,94,8144.38 that is AUD \$ 23,579.57. The total annual income is from different sources like from business, land lease and salary. My father Mr. Bhakta Bahadur Jirel operates an agro farm named Nawayug Bahuuddesiya Krishi Farm and my brother Mr. Nabin Jirel has the foreign employment in Transguard group. I have also taken an educational loan from NCC bank, Kathmandu, Nepal which amounts to NPR 40, 00000. Thus, I strongly believe that there will not be any financial difficulties for me and my family to pursue my higher education in Sydney. They have full support and encourage me tremendously for pursuing my further education in Australia. The robust financial status of my parents clearly signifies that I will not have a single problem in paying tuition fees, accommodation, nourishment and travel costs.

Regarding my accommodation, after getting my visa confirmation, I will either book the accommodation through various websites like [www.semesteraustralia.com](http://www.semesteraustralia.com), [www.unilodger.com](http://www.unilodger.com) and so on or share an apartment with my friends living in Sydney. There are various accommodation websites that provide living arrangements for international students. However, shared accommodation is the best for international students who are studying in Sydney. Furthermore, my preference is to find a place near Excelsia College.

### **Visa Conditions**

I am aware about the rules and regulation that Australian government has made for the international students while studying and staying in Australia. I would like to inform you that I am duly conscious about the Visa circumstances which fall under visa subclass 500 are as follows:

- I need to maintain minimum 80% of attendance and must be accepted as a full-time student by the university
- I am allowed to work 40 hrs. per fortnight on part time basis which I will be doing for my accommodation and living expenses
- I must abide by the Australian law and rules set by the university.
- I cannot change the University for 6 months upon enrolment.

- I need to maintain health insurance until I remain in Australia and have Overseas Student Health Cover (OHSC)
- I must notify to University/DHA within 7 days if I change the address/contact details etc.

For the time now, I am single and carry on my study alone. My parents are supporting me for my college fee and living cost, for the time now. Likewise, my elder brother is also lending me a supportive hand while I will be studying and staying in Australia.

## Conclusion

I am young and energetic youth and have confident to success my aim to graduate if I am given an opportunity to enroll at Excelsia College. I believe that comprehensive knowledge and clinical skills will help me to grow and work with great efficiency in the counselling field. I would also like to ensure that, I will follow all the rules and regulation that the Australian Government has for the international students in Australia. After the completion of entitle degree, I will definitely return to my home country so that, I can implement my learnings in Australia for the betterment of my society and country.

To sum up, I would like to thank you for going through my statement and would like to ensure you that the provided proof of evidence is all genuine and my intention to come in Australia is purely for my higher education.

Sincerely Yours,

Santa Bahadur Jirel

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