

Perla Ruby Flores



This is Perla, a first-year promise scholar at the University of California, Santa Barbara, on a pre-major in the psychological and brain sciences department. A few of my hobbies include dancing, painting, and volunteering with animals. Intellectually, I enjoy learning about the human mind as my inner light bulb ignites whenever I explore human emotions. Any topic in the realm of behavior, instincts, and cognitive functioning in human beings completely fascinates me. My growing passion for psychological studies was nurtured throughout my life ever since I received the treatment I once lacked for my generalized anxiety disorder and major depressive disorder. Living in East Los Angeles, my community often lacked resources to help navigate those struggling with both physical and mental health disorders. Growing around a predominantly Hispanic community with old-town values, there was not much of a sanctuary to reach out for psychological assistance as it was heavily stigmatized. These circumstances allowed me to feel extremely grateful for the guardian angels that helped me navigate my thoughts, and I hope to someday be that guardian angel for several young people. I would consider myself to have a very compassionate and diligent character, which is why I seek to pursue a PhD in clinical psychology. My vision of success is a lifestyle where I utilize my emotional and educational skills to positively affect the lives of many and continue improving the quality of a social humanity.