Hello, I am Dr. Gina Wong, Registered Psychologist, Professor, and Program Director here in the Graduate Centre for Applied Psychology at Athabasca University in the Faculty of Health Disciplines.

I am so pleased to Welcome you to our Program.

If you are seeing this video it means that you have entered into our program and have started your journey to becoming a counsellor and psychologist.

Many of you come from different paths and different walks of life with diverse background experiences.

But you all come together in your interest in the psychology of mind, and I do not know anybody who enters this career path who is not really fascinated by people and interested in the human mind.

In this program you will find that those understandings, the growth and reflection within yourself, and your understanding about others continues to flourish.

In this program you will be challenged to think in new ways, to sit in discomfort at times, and to stretch your ideas. When you graduate from this program, you will not be the same person you are today watching this welcome video.

So many students in our program speak to the growth within themselves and their greater awareness of the multilevel layers of influence upon us and individuals and as societies. Not only about the psychology of the individual, but also how that understanding intersects within our culture and the broader spheres of influence.

One memorable lifelong learning quote states: “Education is not the filling of a pail, but the lighting of fire within us.” That has certainly been the case for me. It is a privilege for me to be here to foster your growth and learning in our GCAP programs.

We have designed our program and developed curriculum in such a way that you are mentored and guided in your applied practice experiences of counselling to hone your skills in working with others.

You are here now, so you have already got what it takes to do this successfully.

We have a cadre of faculty, who are not only professors, but also highly esteemed in their areas of psychology. They are so looking forward to working with you and getting to know you. And you will be paired with one of them as your faculty mentor, who will be a touchstone as you progress in the program.

Becoming a counsellor and psychologist is a developmental journey, and I would have to say it is never-ending. I have been in this profession for 20 years. Every day still holds new learning and new opportunities. What are my blindspots? What is my edge to grow more? Where do I need to take time to process a way of thinking to deepen my learning.

Here, GCAP begins a process of challenging yourself and discovering more.

I am so excited and thrilled to have you on board with us. I look forward to meeting you and getting to know you more, and I wish you the best of luck.

As one Chinese Proverb asserts: "Learning is a treasure that will follow it’s owner everywhere!”