Sophie’s Blog



Hi my name is Sophie. I’m a second year Psychology student at the University of York aiming to go into clinical therapy. I enjoy going to the gym and painting in my spare time and when at home I work as a care assistant (which I love).

My future plans are to continue my education specialising in clinical and behavioural therapy then get a job as a clinical therapist. However, I have not yet decided whether I would prefer where to work but I am leaning towards jobs in a correctional or mental health facility.