

P2P Short Essay

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I have participated in the P2P Program for a total of four semesters so far. Through the P2P sessions, I have learned many new useful skills that brought many positive changes to my life. By participating as a helper in the P2P program for almost two years, I learned how to manage my time better, communicate more effectively, recognize others' emotions, and teach those younger than me.

Looking back to the first semester that I participated as a helper, as an only child without any siblings, I was not too familiar with dealing with people younger than me. Luckily, my first and second buddies were very bright and mature, so it was not too difficult for me to teach and help them. This year, however, I was paired with a first grade student, who was the most energetic, talkative, and extroverted buddy I have ever met so far. Trying to teach and not lose the attention of an energetic boy who loved talking about his Pokemon cards and Beyblades collections was quite a challenge. So, I have decided to implement strategies that might help me teach him more effectively and keep the session more interesting.

First, I tried to get to know more about my buddy's interests, learning style, and personality so I can tailor my teaching methods to his needs. Since I knew that my buddy was very enthusiastic about Pokemon and Beyblades I incorporated these interests into the lessons to make them more engaging and fun for my buddy. For example, I created math problems using Beyblades or Pokemon cards to teach vocabulary. Second, I created a schedule for each session, with specific activities planned for each time slot. I started with a quick game or warm-up activity, followed by a lesson, and then ended with a fun activity related to my buddy's interests. Third, I stayed patient and flexible. When my buddy was getting restless or distracted, we took a

quick break to stretch or have a snack, then returned to the lesson when he was ready. Lastly, I used some techniques I learned from my AP psychology class; I spoke clearly and used simple language when explaining something, and asked him questions and listened to his responses. I also provided positive reinforcement and praise for his efforts and progress.

As a student with the ambition of becoming a psychiatrist, I have found participating in the P2P program to be beneficial. Alongside medical knowledge, effective communication skills and the ability to keenly observe and recognize a patient's state are essential traits for psychiatrists. Despite my primary focus not being child psychiatry, the skills I have acquired through the P2P program are universally applicable and will undoubtedly prove useful in my future career. The program has provided me with valuable tools that will enable me to interact more effectively with patients and make accurate diagnoses. Overall, I believe that my participation in the P2P program has equipped me with an arsenal of skills that will aid me not only in my pursuit of becoming a successful psychiatrist but also in various other future undertakings.