

# MISCHA MIRZAEI

## VP INTERNAL COMMUNICATION CANDIDATE



### Contact Me!

✉ mmirzae9@uwo.ca

📷 @m4ischa

### ABOUT ME

Hi! I'm Mischa, a first-year psychology student hoping to pursue an Honours Specialization BA in Psychology, and I've been part of the WPA as a First-Year Representative since the fall. When I first got to Western, I didn't know many people who were interested in psych the way I was, so joining WPA was one of the first things I did to find that community.

Being part of WPA has honestly been one of the best parts of my first year. Everyone on the team has been incredibly kind and helpful, and even though most of them are upper-years, I've never felt like my questions were annoying or that I didn't belong. I've learned so much just from being in the room, listening to people talk about courses, grad school, and career paths I hadn't even considered before.

I also take minutes for our Academics Committee, which has helped me understand how much thought and effort goes into everything WPA does, and it's made me want to take on more responsibility within the team.

### MY GOALS



Continue the helpful WPA emails with added “**Psych Student Tips**” and **quotes** from upper-years



Feature **blog article highlights** to promote our website and student voices



Promote more **resources** that help psych students thrive like the CPA, writing help, funding tools, and more

### WHY I'M RUNNING

When I joined WPA, I was a brand-new student, still trying to figure out what psychology at Western really looked like—what I could do with it, what opportunities were out there, and how to get involved beyond classes. One of the most unexpectedly helpful things for me were the emails sent by the VP Internal. They were simple but so valuable, with research openings, volunteer roles, events, and resources I didn't even know existed.

Through one of those emails, I learned about the CPA (Canadian Psychological Association) and ended up joining as a student affiliate. It may seem like a small thing, but having information like that delivered in a clear, friendly way made me feel more connected, more informed, and more confident about my future in psych.

Along the way, I've also gained experience with some of the VP Internal's responsibilities, like taking meeting minutes for the Academics Committee, and I've been involved in a number of clubs over the years, both at Western and in high school. Working with different teams has taught me how to communicate clearly and adapt how I share information so that it actually reaches and works for everyone involved.