September 4th, 2020

What is my relationship with money?

My name is Marie-Claude Desjardins and I am a student at the Québec University in Outaouais. I am starting my second year in the psychology program with a focus on fundamental research. My goal is to access doctoral studies in the clinical neuropsychology program in order to become clinical neuropsychologist. I returned to school in 2019 to pursue this long-standing dream. I am a criminologist by training, and my academic and professional experience allows me today to work as a human relations officer at the hospital in my region. I am fortunate enough to have a part-time job through which I can constantly learn and give back to my community. I assist people in need through psychosocial intervention with people at risk of suicide or experiencing psychological distress. I have also been working in the visual and social perception lab of my educational institution for the past year. My work as a research assistant in a psychology lab allows me to learn more about the field of neuropsychology, and contribute to ongoing research. My professional activities are very important to me and are an important part of my personal journey. They also represent my entire income since I do not receive financial benefits in other forms. It goes without saying that my paid activities are a necessity, and add a significant workload to my school schedule.

So my relationship with money is complex. It is because first of all, finances are a constant source of concern. I live in an apartment and have to provide for my basic needs independently. I have to cover the costs associated with my academic career since I do not receive government assistance for this purpose. Why have I never applied for loans and grants? Simply because I have the ability and the resilience to do it on my own. Some do not have this chance so I prefer to leave it available to the people who need it the most. My personal experience also allows me to manage my income efficiently. I can proudly say that my financial management is healthy, and that to this day I am able to educate myself and provide myself with adequate housing in a completely independent manner.

Secondly, money is also an important source of motivation. Having worked with people in extreme poverty for several years, I understand the important impact of incomes on the quality of life of individuals. This is one of the reasons why I want to acquire new skills and access a profession that will allow me to give back to my neighbour, while being able to support myself. Most people feel very uncomfortable when talking about money, but in reality, it is a central factor in the academic choices and career choices we make over the course of our lives. On the contrary, it is necessary to talk about it openly in order to educate oneself and to learn very early on the importance of adequate financial management. This is knowledge that I have personally learned from the people around me. We all make mistakes, that’s normal. The important thing is to learn from it and possibly be able to teach it to someone else.

My relationship with money is therefore complex because it makes me experience a very diverse range of emotions: fear, envy, joy, disappointment, sadness, compassion, surprise, and so on. The facts remain the same, it is essential to my survival, I would be happy to have a little more, but at the end of the day, I feel a lot of gratitude for what I already have. Certainly, receiving financial assistance would allow me to focus more on my academic career. This would particularly allow me to reduce my working hours and invest that time in my studies and research. My determination, community involvement, academic devotion and ability to manage my finances in a healthy manner make me an excellent candidate for this scholarship.

Marie-Claude Desjardins

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# Education

**BA in Psychology| Research profile 2019-2022**

Québec University in Outaouais, Gatineau, QC

## BA in Criminology| Honours in Criminology 06/2016

University of Ottawa, Ottawa, ON

## College degree in Penal Justice and Rehabilitation Services 04/2013

La Cité collégiale, Ottawa, ON

**Grants Received**

**Research grant 02/2020**

Supervised by Dre Caroline Blais, UQO, 1500$

**Undergraduate Student Research Awards summer 2020**

Natural Sciences and Engineering Research Council of Canada (NSERC)

Supervised by Dre Caroline Blais and Dr. Daniel Fiset, 5 625$

(Awaiting a supplement from the FRQNT, 1500$)

**Research Experience**

**Research internship NSERC summer 2019**

Supervised by Dre Caroline Blais and Dr. Daniel Fiset, UQO

**Undergraduate research assistant 09/2019-present**

Social and Visual Perception Laboratory, UQO

**Professional Experience**

## Centre intégré de santé et de services sociaux

## de l’Outaouais 07/2019 – present

### Human relations officer, 811 info social

## Montfort Renaissance-The Ottawa Withdrawal

## Management Centre 06/2019- 12/2019

Counsellor in withdrawal management

## Le Gîte Ami 01/2017-06/2019

### Users services director| 12/2017–06/2019

Liaison worker| 01/2017-11/2017

**L’appart Adojeune fall 2016–12/2017**

Youth worker

**Le Service d’aide à la recherche de logement 2015/2016/2017**

Community worker

**Office d’habitation de l’Outaouais 06/2013-09/2016**

Outreach worker| fall 2013 - fall 2016

Community worker| spring/summer 2014

Community guide| summer 2013

**Internship at Correctional Service Canada, Hull detention facility spring 2013**

Correctional Officer Intern

**Institutional Service**

**Member of the organizing committee of the annual congress of the Québec Psychology Research Society fall 2019-spring 2020**

UQO

**Delegate for the Visual and Social Perception Laboratory**

**at the UQO open day 02/2020**

Laboratoire de Perception visuelle et Sociale, UQO

**Community Involvement**

**Board member at the regional food bank 06/2017 – 06/2019**

La Manne de l’île

**Volunteer, prevention and outreach work 2016-2018**

Le Bureau Régional d’Action Sida

**Publications**

**Presentations by poster**

\* Blais, C., Lévesque-Lacasse, A., Charbonneau, C., **Desjardins, M-C**., Fiset, D., &

Cormier, S. (Accepted). A bias to underestimate pain is linked with mental representations of pain facial expressions. Vision Sciences Society, St-Petersburg, Florida. (Cancelled because of Covid-19)

\*Blais, C., Lévesque-Lacasse, A., Charbonneau, C., **Desjardins, M-C**., Fiset, D., &

Cormier, S. (Accepted). Le décodage de l’expression faciale de douleur. Société Québécoise de Recherche en Psychologie, Gatineau, Québec (Canada) (Cancelled because of Covid-19)