

United Nations Intern Application Form - Entry #2767

Your First Name

Motunrayo

Your Last Name

Adu

Your Email

adumotunrayo3@gmail.com

Your Phone Number (with country code)

(+234)8062761277

Please indicate your current educational institution and year of graduate study (e.g. 1st year, 2nd year, postdoc, etc)

Lead City University , Ibadan, Oyo State. 1st year

Please describe your field of study

Psychology is the scientific study of human thoughts, emotions, and behaviours. My field focuses on understanding how individuals interact with their environment, develop across their lifespan, and respond to challenges. Through my studies, I explore key areas such as mental health, cognitive processes, and social influences, aiming to apply this knowledge to real-world problems. I am particularly interested in leveraging psychological principles to promote well-being and foster inclusive, supportive communities globally.

Alternate - upload Statement of Interest Here

 [Statement-Of-Interest.pdf](#)

Upload the Your CV

 [Adu-Motunrayo-CV.pdf](#)

Name and Email of Faculty Member who will provide a letter of recommendation for this activity

Dr. Ojo Adeshina. Email: pivotwws1@gmail.com

Faculty Recommendation Letter



[UN-INTERN-LETTER.pdf](#)

[International Council of Psychologists](#)

My interest in serving as an International Council of Psychologists United Nations intern stems from my deep commitment to understanding and addressing global issues through the lens of psychology. As someone pursuing a degree in psychology and actively engaged in leadership and voluntary roles, I have developed a profound appreciation for the intersection between human behaviour and sustainable development.

My academic and leadership journey has allowed me to engage with challenges related to mental health, education, social inequalities, and community development, all of which align closely with the United Nations Sustainable Development Goals (SDGs). For instance, my work as a Student Mentor for two years involved supporting underrepresented students, fostering inclusivity, and promoting education (SDG 4: Quality Education) while addressing their mental health needs (SDG 3: Good Health and Well-being). Additionally, my leadership as the President of the Faculty of Management and Social Sciences enabled me to champion initiatives that encouraged gender equity and student empowerment, reflecting my dedication to SDG 5: Gender Equality.

While I may not yet have direct international experience, I have consistently demonstrated an awareness of global issues and their local implications. My role as a class representative for four years, representing a diverse cohort, required fostering unity and inclusivity among students from various cultural backgrounds. This experience honed my ability to navigate cross-cultural communication and collaboration, essential skills for addressing global challenges.

Furthermore, I am particularly drawn to the role of psychology in achieving the SDGs, especially in addressing mental health disparities, reducing inequalities (SDG 10), and fostering peaceful and inclusive societies (SDG 16). I am passionate about leveraging psychological research and principles to inform policies that promote well-being and social justice worldwide.

This internship represents an opportunity to contribute meaningfully to global mental health and social initiatives while gaining firsthand experience in the application of psychology to international development. I am eager to work within a multidisciplinary team, contribute my skills, and deepen my understanding of the UN's mission to create a more equitable and sustainable world.

Dr. Ojo Adeshina,
Faculty Of Social Sciences,
Department Of Psychology,
Lead City University,
Oyo State.

pivotwws1@gmail.com.

28-12-2024.

To Whom It May Concern,

I am pleased to write this letter of recommendation for Motunrayo Helen Adu, who has been an exceptional student in the Department of Psychology at Lead City University. As her Lecturer and mentor, I have had the privilege of observing Adu's academic and personal growth over the years. It is with great confidence that I recommend her for the United Nations internship with the International Council of Psychologists.

Motunrayo is an outstanding individual who has demonstrated exceptional diplomacy and cultural sensitivity, qualities that make her an ideal candidate for this prestigious internship. In her leadership roles, including serving as the President of both the Department of Behavioral Sciences and the Faculty of Management and Social Sciences, she consistently exhibited the ability to navigate complex situations with tact and respect for diverse perspectives. Her role as a student mentor for two years further highlights her skill in fostering inclusive environments, where all voices are heard, and students from different backgrounds feel valued and supported.

Motunrayo's ability to work independently is another strength that sets her apart. She has consistently demonstrated excellent time management, organization, and self-discipline in both academic and extracurricular pursuits. Whether working on group projects, leading initiatives, or managing her own academic workload, Motunrayo is able to independently prioritize tasks and complete them to the highest standard. Her initiative and autonomy were particularly evident in her role as the General Secretary of the Department of Psychology, where she took ownership of the department's administrative functions and ensured that all tasks were completed on time and with precision.

In addition to her strong work ethic and independent drive, Helen's listening, writing, and analytic skills are of the highest caliber. She has always been attentive and receptive to feedback, using it constructively to improve both her academic work and leadership effectiveness. Motunrayo has demonstrated the ability to communicate complex ideas clearly and persuasively, whether in academic papers or through correspondence with fellow students and faculty members. Her analytical skills are equally impressive, as she consistently approaches problems with critical thinking and a methodical approach, ensuring well-thought-out solutions. These skills were particularly evident in her contributions to departmental projects, where her ability to assess different viewpoints, and make informed decisions led to tangible improvements in the department's operations and student engagement.

Motunrayo's capacity for diplomacy, cultural sensitivity, independent work, and her strong communication and analytical abilities make her an ideal candidate for this internship. She possesses the qualities necessary to thrive in an international and multicultural environment, and I have no doubt that she will bring the same level of commitment, excellence, and passion to her work with the United Nations and the International Council of Psychologists.

It is without reservation that I highly recommend Motunrayo for this internship opportunity. Should you require any further information, please feel free to contact me at (+234)8074425271.

Sincerely,
Dr. Ojo Adeshina,
Lecturer,
Department Of Psychology.

ADU, MOTUNRAYO HELEN

adumotunrayo3@gmail.com | No14, Araromi Street, Felele Straight, Ibadan | 08062761277/ 08094992645

PROFESSIONAL

SUMMARY

- Dedicated Psychology student with a strong academic background in psychology coursework and hands-on experience as an intern in a psychiatric and rehabilitation hospital.
- Proficient in research methodologies and passionate about applying psychology principles in the workplace.
- Eager to learn, explore and contribute to the field of psychology through an internship opportunity.
- A CGPA of 4.80

EDUCATIONAL

HISTORY

Lead City University, Ibadan.

Sept. 2021 - July

2025 Bachelor of Science (B.Sc. HONS) Psychology

Saint Peters Unity Secondary School Akure,

Sept. 2017 - July 2020

Senior Secondary Certificate Examination (SSCE)

Saint Peters Unity Secondary School Akure.

Sept. 2014 - July 2017

Junior Secondary Certificate Examination (JSCE)

EXTRACURRICULAR

ACTIVITIES

Leadership Positions Held

Lead City University

Department Of Behavioral Sciences (Psychology, Criminology, Sociology and Social work)

- President

2024 - 2025

- Led a team of 21 executives to organize 7 academic and social programs, benefiting more than 500 students.
- Advocated for departmental funding resulting in a 25% increase in budget allocation for student-focused initiatives.
- Assistant General Secretary 2023 - 2024
- Worked closely with executives to facilitate smooth departmental operations, achieving a 95% success rate in meeting event goals.
- Streamlined documentation processes, reducing administrative errors by 15%

Department Of Psychology

- General Secretary 2023- 2025
- Played a vital role in planning and executing three major events, attended by over 300 students
- Managed communication channels, increasing student participation in events by 30%
- Assistant General Secretary 2022 - 2023

Class Representative

2021 - 2025

- Successfully represented a class of 80 students, ensuring effective communication between students and the faculty
- Played a key role in resolving student concerns, with a 90% resolution rate, while maintaining a supportive and inclusive classroom environment.

Faculty Of Social Sciences

- President 2024 - 2025
- Supervised the activities of 8 departmental presidents and fostered collaboration across the faculty, impacting over 2,000 students.
- Assistant General Secretary 2023 - 2024
- Supported the leadership team in organizing six events, each with over 500 attendees
- Strengthened interdepartmental collaborations through timely dissemination of information, improving the efficiency of administrative processes by 20%

Voluntary Services

Lead City University

Student Ambassadors Team - Ushering Unit

2022 - 2023

- Assisted in Ensuring Smooth Organization and Management Of 6 Campus Events with up to 600 attendees each
- Coordinated guest seating, registration and inquiries, achieving a 95% satisfaction rate based on post-event surveys.

Student Mentor - Department Of Psychology

2022 - 2024

- Helped mentees improve their academic performance, with 80% achieving higher GPAs after mentorship.
- Mentored over 20 students across two years, providing academic guidance and personal development support.

Faculty Of Social Sciences Registration Team

2023 - 2024

- Collaborated with a team of 12 to resolve student issues, achieving a 98% resolution rate
- Reduced registration time by 30% through efficient workflow management and proactive communication.

Debate club - Faculty Of Social Sciences

2022 - 2024

- Collaborated with team members to research and prepare arguments for competitions
- Developed strong public speaking and critical thinking skills
- Represented the faculty at the student union interfaculty debate competition and emerged the winner.

Academic Achievements

Lead City University

- Recognized as one of the best students in the department of psychology
- A CGPA of 4.80
- Winner of the first ever SAT academic tournament 2022/2023 session
- Representative of the faculty of management and social sciences in the Lead City Voices inter faculty debate for the 2023/2024 session

SKILLS

- Excellent communication skills
- Team work
- Proactiveness
- Leadership skills
- Proficiency with google workspace

- Emotional Intelligence
- Adaptability
- Conflict Resolution
- Public Speaking

REFERENCES

Available upon request