



# Cathy Bowers

## President

### National Patient Advocate



Have you ever wondered why students choose the path of a social worker?

During my second year of college, I took a sociology course and studied Erik Erikson's 8 stages of Psychosocial Development and like a lightning bolt I was struck by his 5<sup>th</sup> state Identity vs. Role Confusion (age 12-18)

I began to ponder "who am I?" and "what do I want to do with my life? The realization that in a few years I would graduate college and hopefully start a career began to gnaw at my inners. At that stage I lived at home, worked part-time, and had an adventurous social life. At 19, three of my female friends and I took off from NY and traveled the summer in California. I never returned to Queens College. Instead, with a friend moved to Denver and in the fall enrolled in Metropolitan State College -- never met with an advisor and did not understand that a semester system was not the same as a quarter system! I dropped out of school after I realized that one cannot take the same course load and prevail.

After moving back to NY, I entered SUNY at Buffalo in the winter semester. Finally, my career path was crystal clear and lo and behold I found my calling. Working part time, I went to school, volunteered, and enjoyed life. My various life experiences both paid and non-paid continue to fuel my passion to humbly help to make the world a better place.