

Personal letter

My name is Selma A Dahl. I was born and raised close to Oslo and moved to Lund in 2018 to study behavioural science at Lund University.

Behavioural science is a broad subject that might be difficult to grasp because it can be used and explained in many ways. I like to explain it like this: behavioural science answers the question *What is the reason for people's behaviours?* through three different perspectives; psychology, sociology and pedagogy. I chose psychology as my major. So I would answer this question through psychological research and theories, but because the first year of the bachelor included all three perspectives I got an understanding for the other two perspectives as well. And I therefore know there are several ways to explain human behaviour and this gives me an open mind regarding the matter. When you can argue for reasons why people act, think and say what they do you can also influence the behaviour to some degree. In my experience this is what behavioural scientists can contribute to at a workplace.

My education so far includes 15hp pedagogy, 15hp psychology, 15hp sociology, 15hp scientific methods, 30hp social psychology, 15hp project management, 15hp conversation and interview technique, and 30hp internship.

Earlier work experiences are connected to sales, service and sports. My passion at the workplace has always been the people, both colleagues and customers. This is also why I chose to get an education where I could develop my skills.

In addition to people and behaviour I have a passion for sports, nature, traveling and art. I got involved in several sports growing up, but my main interests lay with football, cross country skiing and downhill skiing. Because of my love for nature and exercise, my family and I went hiking across Hardangervidda in Norway in addition to several other hiking trips to the Norwegian mountains. Traveling has always been very interesting to me. Through traveling I experienced new nature, met new people and learned more about cultures. Before I started my bachelor degree I worked a year in Norway to be able to travel in Asia for 2,5 months. Art is also something that has interested me for most of my life. I also studied art at my gymnasium and continue to enjoy this hobby today.