Self-Reflection

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School Counselor

As a little girl I know that I love to help others and that I would find a job that will make me feel whole inside that I forget that I am at work. When I grew older and was in middle school, I told my mother that I wanted to be a nurse and when I got to high school, I was able to take my regular class and nurse classes. What made me change my mind is when I went to the nursing home and could not deal with seeing patients so ill and lonely. I remember running to my guidance counselor and crying because I did not know what I wanted to do with my life and that is when we did an online career quiz. It gave a list of career choice that would suit me which was nurse, counseling, and teacher. I know from reading the list that school counselor was the best career for me. Within this text I will talk about graduate school to become a school counselor and the feedback I received from my professor, Christian worldview, self-care, and next step for skills.

Feedback Received

Based on my group evaluation of me from the beginning of this course is that I was rushing the session and rocking while the client was talking. I did not notice that I was doing that until the end of my session. One thing that I will say that help me to improve is going back to watch my own session. I say that because I am my hardest critic, and I was able to pause and rewind if needed. Further along in the session I would ask a lot of question and those question would be close ended question.

My professor pointed that out and at the time I was trying to make sure the client understood what I was asking. So, the next session I made sure to breathe and use active silent when it is appropriate that way, I can gather my thoughts. I also change the chair that I was

sitting in to help me not to rock back and forth during the session. Also, over time my eye contact improves which just took time and practice.

Christian Worldview

On this journey to become a school counselor I have learn quickly that you cannot prepare for every scenario, but it is best to be prepared for the ones that come to mind. I do feel that I gain any further insight and clarity on how to counselor someone who is a different religion. I learned that just because I may feel uncomfortable about talking about a religion it would be unethical of me to not listen to the client because of my own issues.

With being a school counselor, I have learned that it is best to face you fear while learning that way I will not make those error while having a real client. Practice and research are the best way to improve and gain knowledge for further counselling session. I plan on having random counseling sessions with my family member for more counseling training. I will advise them to ack as if they are different religion and go on from there. At the end of session, I would get feedback from them based on how they felt during the session. I feel that face to face session will be different than the virtual ones that took place in this classroom.

Self-Care

With the knowledge that I have gained I know that counselor take on a great deal of responsibility and take a vow to keep client information confidential. With that being said it is very important for all types of counselors to be aware of self-care. Whether that mean going to the gym 3 times a week or just doing whatever makes you happy take time for yourself. Self-care means physical, mental, emotional, social, intellectual, and spiritual. I do feel like I need more knowledge on spiritual when counseling. For some student their beliefs are how they make

decision and how they treat others. I feel that I need to let the student know they are in a safe place and are free to speak how they feel using appropriate language. I would think that spiritual self-care is giving your spirit the energy. My ideal self-care would be making sure that I get the proper rest that I need as well as eating healthy.

Next Step for Skills

After rereading the evaluation, I feel that my main focus should be on working on not giving advice. Alethia was saying that a lot during our weekly practice session and again at the time I didn't see anything wrong with it. I found out later that it is best to have the client think of ways to solve their own issues out that way the counselor can glorify them for doing it. When the professor said that it was like a light bulb lit up above my head. I strongly feel that there is nothing called over prepared and that practice definitely make you better.

Therefore, I plan to practice more and more to gain more confident and be calm during my session. In one of my live sessions, I kept on saying absolutely when the client was talking, and she let me know that I need to change my word around because it sounds like I was definitely agreeing with the client. She also told me to lean into the discomfort of using silence. Sometimes this can cause your client discomfort which might help in terms of their disclosure. I understood what she was saying and applied to my next counseling session which was one during the week and they clapped for me.

Conclusion

Overall, I have learned a lot just within this one class alone and feel that the information that I learn will stick with me for life because I apply them and practice them. I was very nervous about this course in the beginning, but it turned out to be one of the funniest and

educational course so far. I have learned my flaws and the beauty of my own counseling skill, and I feel that I am on the right track to becoming the school counselor that I have dream of.