

Reflective Journal Essay 1

In the beginning of my school counseling program, my worldview was rooted in compassion and diversity in education. I believed that creating an inclusive environment where students from all diverse backgrounds felt valued and understood was the most important factor to student success. I focused on making sure each student had equal access to opportunities and that their individual circumstances were seen and respected. I believed empathy and cultural responsiveness were the driving forces of student development and growth.

As I progressed through the program, I realized that compassion and diversity were important but not the foundation. I realized that the power of collective care and human connection were a sturdy foundation for an effective and supportive educational system. I've witnessed first-hand how creating strong support networks and meaningful connections in the school can create more sustainable and impactful student outcomes and that education is a shared responsibility.

Now I believe that collective care and connection are the most effective ways to support students holistically. By developing positive relationships among education staff and students and encouraging collaboration schools can become environments where students and educational staff can feel safe, supported, and empowered to succeed. In a nutshell, dysregulated working environments do not foster regulated teachers to help regulate and educate students. This shift in my mindset has changed how I approach school counseling. I am more committed to creating a culture of care and safety to build and strengthen connections that foster compassion and empathy that support and empower individual differences.