

Reflective Essay 2: Goals

As I have moved through the school counseling program, I have grown as a person, a student, and a school counselor. I have become more self-aware, empathetic, and resilient. I feel I have enhanced my ability to navigate difficult conversations, provide positive support, and advocate for students in need.

As a student, I have deepened my knowledge of various counseling theories and techniques. My coursework and practicum experiences have provided me with a strong foundation in school counseling interventions, case management, and social-emotional strategies. I have also learned to adapt my own approach to meet the individual needs of my students.

As a school counselor in training, I have been able to refine my counseling skills, knowledge, and dispositions to serve my students more effectively. I have learned the importance of cultural competence, collaboration, and being more flexible when addressing the diverse needs of students and their families. I have most importantly embraced the responsibility of being a compassionate and supportive guide, striving to help students overcome challenges and reach their full potential.