

Journal Entry: Week one (9/9)

I felt most uncomfortable when the professor spoke about the “white American way”  
This triggered me because I identify with this population and I feel we are becoming the  
oppressed population now because of the social stigma behind everything that is  
happening in our country.

I felt at ease when we watched the video of July Andrews “getting to know you” song,  
because the music was soothing to me.

I can use this emotional and mental information to transform me during this course, to  
learn others culture and their feelings and how my privileges have affected me, and how I  
can make changes to become a well rounded, multicultural competent counselor.