

Counselor Identity Paper

Rubric Expectations For Full 20 Point Credit

| |  Required Sections: 5 points Be sure you have responded to 8 out of the 11 questions. |  Critical Thinking: 10 points Students answers each section clearly, thoroughly and with explanation. |  Grammar/Formatting: 5 points Paper is 8-10 pgs |
|----------------------------|--|--|--|
| Exemplary Work | You have incorporated readings from text or other sources to support your ideas. | Makes meaningful inferences and conclusions. | Demonstrates Graduate Level Writing DO NOT SIMPLY WRITE THE QUESTIONS OUT AND ANSWER THEM! Few grammatical, and or spelling mistakes. Has used APA formatting. |
| Proficient Work | Required Sections: 4 points The paper includes <u>all but one</u> of the required sections | Critical Thinking: 9 points Answers each section sufficiently Adequate conclusions Somewhat identifies issues | Grammar/Formatting: 4 points Above average writing Some grammatical or spelling mistakes Some APA formatting mistakes |
| Developing Work | Required Sections: 2-3 points The paper includes <u>all but two</u> of the required sections (as per the Word template provided in E360) | Critical Thinking: 6-8 points Answers each section but at a basic level Provides conclusions Limited ability to clarify the issues | Grammar/Formatting: 2-3 points Sub-level work Frequent grammatical or spelling mistakes Many APA formatting mistakes |
| Below Standard Work | Required Sections: 0-1 points The paper is <u>missing many</u> of the required sections (as per the Word template provided in E360) | Critical Thinking: 0-5 points Section answers are inadequate or wrong No conclusions drawn | Grammar/Formatting: 0-1 points Sloppy work Numerous grammatical or spelling mistakes Proper APA format not apparent |

Counselor Identity Paper Due in Dropbox in E360 before or by 9:00 PM on October 17, 2022

This paper is to serve as a self-evaluation of your perceptions and hypotheses concerning the Counseling Profession. As a newly matriculated AGSC student, you have considered a career of

mental health counselor for your profession and career. For this assignment, you will complete a counselor identity paper including your beliefs about the helping professions (psychology, counseling, social work, etc.). You will utilize the questions below as a guideline in preparing your paper. The purpose of this paper is for you to consider your personal beliefs regarding the helping professions and the professional practice of counseling in conjunction with your desired goals in mental health counseling.

This is a personal reflection **paper (essay), not a research paper**. Therefore, your responses to the questions will be in your own words (first person). You will be expected to include citations and a reference page for works cited. Note a rubric above provides further guidelines for completion of this paper.

The paper should be **no more than** 8-10 pages (for the body of the report) using APA guidelines (Note: page count does NOT include the cover page or reference page). An abstract is not necessary for this assignment, but citations, running head, cover page, page numbering, and headings should strictly follow APA 7th edition guidelines. ***If you are not experienced with writing in APA 7th edition, that you reference the APA 7th edition manual frequently, and that you reach out to the Student Writing Center for assistance.*** The paper should be professional writing and avoid colloquial speech. **This Professor is VERY PARTICULAR about grammar and APA style structure, and it will impact your grade if this is not up to graduate student levels. DO NOT SIMPLY WRITE THE QUESTIONS OUT AND ANSWER THEM!** You will be summarizing the information you receive in an essay form.

Please organize your paper by selecting and answering 8 of the 11 questions below:

1. How do you define the role/job of a professional helper? Define this in your own words. Be thorough in your response.
2. What has led you to consider the helping fields?
3. Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does during a counseling session?
4. Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does not do during a counseling session (do not simply state the opposite of your response above)? Be thorough.
5. What two or more personality characteristics of yours do you believe may serve as personal strengths in your role as a helping professional.
6. What two or more personality characteristics of yours do you believe may serve as personal barriers in your role as a helping professional?
7. With what client population do you think you would have the most success counseling? Explain why thoroughly.
8. With what client population do you think you would have the most difficult time counseling? How do you think you would deal with this when that particular client comes to you asking for your services?

9. How would you define the appropriate dress code for the setting in which you hope to work?
10. Many helping professionals consider themselves to be *role models* in the community, even when they are not “on the clock” at their work setting. Are there any behaviors you believe helping professionals should expressly avoid doing, even when they have their “civilian hats” on? Explain them and your reasoning behind your opinion.
11. Self-care is a particularly important task of the helping professional. How do you plan to take care of yourself and prevent professional *burnout* as you enter the helping profession of Mental Health Counselor?