

### **Reflection 1-Week 2: Wellness Wheel Activity**

I consider the week 2 study module that focused on exploring and making meaning of what counseling is and defining the counseling profession as a foundational basis. The wellness wheel activity was a practical approach that allowed me to have a broader understanding of the various wellness segments that counseling professionals are concerned with. While undertaking this class developmental activity, listening to my partner's diverse perspectives and positions and the beliefs she held concerning the counseling field elicited mixed feelings, thoughts and reactions in me. While looking at all the eight segments that counseling addresses across the different populations to ensure balance and whole-roundedness of individuals, I thought that the field must be challenging as it seems to be a pillar that upholds people's lives. In my mind, I appreciated the critical role that actors in the field accomplish in ensuring the health and well-being of people is upheld.

At the same time, I felt that the world around us is complex based on the diverse challenges the human population faces. As future counselors, I felt that we have many responsibilities, and the world literally depends on us.

### **Reflection 2-Week 3: In-class Group Assignment**

The week 3 group assignment delved deeper into reviewing the counseling scenarios and identifying the diverse ethical dilemmas facing professionals. At the same time, we discussed how the different ethical codes help address the dilemmas while handling the different scenarios. During this activity, each group member actively participated in identifying and discussing different real-life scenarios that tie to the case scenarios discussed. I looked back at different instances where I experienced such dilemmas with friends and relatives and how these instances were managed. At this point, my thoughts were inclined towards identifying the specific actions

and reactions exhibited by individuals and the professionals engaged in the situation. I must admit that I was perplexed to understand that some of the instances I recalled explicitly proved the lack of appropriate application of the ethical codes to manage the situation.

With my peers dispensing knowledge on the complex nature of the ethical dilemma and the challenges it brings about to practicing professionals, I felt obliged to commit to practice within the confines provided by the ethical codes to ensure that I effectively handle every challenging situation and ensure that I uphold professionalism. Listening to the diverse perspectives and the rich understanding that my group members held concerning this subject, I committed to building a strong professional network for social and professional support. I considered this activity useful and beneficial as it helped me develop a broad perspective of the existing challenges in the field.

### **Reflection 3- Week 4 Slide: Multicultural Counseling**

The topic of multicultural counseling stood out as an interesting one to me as it presented a unique position I occupy as a counselor. The selected case study that I discussed with my peers and taking time to answer the case study questions unveiled to me the human weakness that we possess when it comes to the aspect of diversity. Each of the group members was passionate about identifying the diverse issues that multiculturalism brings into the counseling field. I was amazed at how aspects of discrimination and stereotypes significantly influenced the counseling field and the ever-increasing need that it creates across the populations. Integrating culture in the counseling process is a critical development that should be emphasized in the field. In the course of the discussions, I felt that the issue presented a practical challenge to each one of my peers as each shared various forms of challenges that they have experienced within their surroundings that necessitates counseling. I, therefore, developed a sense of personal responsibility to ensure

that I create an enabling environment that ensures that the needs of diverse populations are adequately and effectively met.

I ensured that I carefully recorded the most commonly exhibited biases experienced in multicultural counseling. I noted how biases and discrimination practices elevated and decreased regarding different segments of the population. I noted the need to acknowledge my personal biases and strategized on how to manage them.

#### **Reflection 4-Week 6: A Way of Being Activity**

Engaging in an activity that explored the process of personality development was an interesting one for everyone. While the rest of the topics looked at others and how they influence the counseling profession, the "a way of being" activity in the week 6 module focused on self. For one to realize a successful career performance and progression, one needs to shape their personality. While undertaking this discussion with the rest of the group, I could not help but reflect deeply about myself and the nature of my personality. I was keen to identify my personal and counseling philosophies and, most critically, identify the values and skills that I hold and possess and the identity that it gives me. I felt like I knew so little about myself due to the fact that I had never engaged in such a critical scrutiny process that helped me understand myself in a better way. I realized that I had so much to do to first build myself and my capabilities for me to be an asset to others.

Even after this activity, I engaged in a self-examination that enabled me to identify the various crucial areas that I need to develop. I recorded these in a personal journal and committed myself to see a change in self to become the committed and supportive counsellor that I want to be. I considered finding an accountability partner who would help me ensure that I remain

focused on the change that I want to see. This development activity enabled me to understand who I am and who I want to be in the future.