A Person As a Professional Narrative

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Everyone has their own strengths and weaknesses, and it takes a lot of work, self-awareness, and understanding to be able to identify those. I have found that there are things I need to work on in my own life in order to make myself an effective counselor. One of my limitations is that at times I can be very anxious around new people and find it hard for me to feel comfortable around people I don’t know. This can be seen as a limitation because I will have to learn to be comfortable with seeing new people on a daily basis and also feeling comfortable within my counselor-client relationships. A strategy that I’ve found myself doing is forcing myself to speak more in class or talking to people in class that I’ve never met before. Another limitation that I’ve noticed is that I tend to be anxious about time frames, whether that being late to events or appointments, or exceeding time frames. Being a counselor requires you to be conscientious and aware of time and having boundaries with the time frame you are given. I believe learning about this topic through my classes, and eventually experiencing that through an internship or practicum, will help me with this limitation and how I can best handle this situation. I have noticed that I have difficulty with my memory at times so I know it will be hard for me to remember everything a client tells me, especially when I will meet with multiple clients. A strategy that I can use to fix this would be having satisfactory and sufficient note-taking skills, so I don’t miss any important information during a session with my client.

I experienced counseling when I was in middle school, and it gave me a sense of understanding and admiration for how important this profession is. It made me realize the work, effort, and dedication it takes from an individual to work in this profession, which I think will benefit me in becoming a counselor. A personal skill that I believe will be beneficial in my journey of becoming a counselor is that I have good communication skills. Although my social anxiety can be seen as a limitation at times, I’ve seen that I am able to hold conversations with people, provide talking points and talking opportunities, and be engaged in the conversation I’m having with another person. I also like to believe that I have good listening skills. Some of my peers have described me as being “the counselor” of the group long before I started this program, so I believe that this will help me in the future to be attentive and engaged with my future clients. I consider myself to be an open-minded and understanding individual, which I think is very important when it comes to being a counselor graduate student and a future professional counselor. I will meet with different types of clients, with their own different backgrounds and experiences, so having an open-mind and being understanding is something that is necessary to be successful in this career. Being open-minded and understanding will require me to be unbiased, as any counselor should be, and be self-aware of my own thoughts, values, judgments, etc. I want to be the type of student and professional counselor one day that my clients feel they are safe to discuss their feelings, experiences, and anything and everything about themselves (if they feel comfortable). I also want all of my clients to feel heard and valued as an individual, I don’t want them to ever feel ignored.