

March 10, 2014

Section 1

Reflective Statement of Philosophy

The following influences inform and guide my counseling work and practice:

-Quotation: “The cry of the human heart is to know and be known.” Unknown

We all desire to have a meaningful connective experience with others and to be connected to. Connection on some level in each session is critical. I need to be relatable and relate.

-The student and I are metaphorically “painting a canvas together”. Their influence, style, color choices, etc. are always paramount, but we are painting the canvas together during the session. The questions and situations might be similar over time, but the uniqueness of the individual shapes a different “painting” each time. At times I may take a supportive role, become a coach, cheerleader, policy explainer, advocate, educator or even take a “lead stroke” with the brush... but the work is done together. As the student becomes ready, they take the lead on the painting over time.

-Having an awareness of student and life development is important. I am aware that development is connected to many factors (life experience, choices, environment, etc.)...and that my counseling work always engages within the students’ developmental milieu.

Referencing O’Banion’s Developmental Advising Model:

<http://www.nacada.ksu.edu/Resources/Clearinghouse/View-Articles/Developmental-Academic-Advising.aspx>

-Mental health and personal life/experiences cannot be separated from academic experience.

-Everyone has a journey and a story. This is to be recognized and honored.

-I have an obligation and commitment to be accurate and thorough in the provision of information. I may sometimes make mistakes and I need to acknowledge/ own them and rectify as best as possible.

-I can't and don't have knowledge about every career or issue. It's important that I acknowledge this and if lacking, then help the student pursue useable information or suggest ways that they might obtain it.

-At times, the student may have more insight/information on a career or issue than I do. This is acceptable and also freeing. This should be recognized and utilized as we work together.

-It's important that I strive continuously to build knowledge. I am committed to continual professional growth, enhanced academic/career/mental health information and expanding my technical and process skill sets. Both building expertise historically and learning new things are important.

-I incorporate my strengths (Adaptability, Empathy, Connectedness, Communication, Developer) and personality preference (ENFJ) into my work. I encourage students in this pursuit also.

-The therapeutic influences of Carl Rogers inspire my student relationships in the areas of empathy, understanding, unconditional positive regard and person-centeredness.

-The utilization of a variety of approaches and techniques (options in the "bag of tricks") is important as I work with varied students on varied topics. No one approach or style works with everyone and my work necessitates that I be sensitive and flexible in this area.

-Diversity of persons and experiences is recognized and valued. I strive to be continually open to the wide range of diversity of persons I encounter and to be sensitive to both learning and understanding unique needs; "walking the line" between learning all I can about populations while avoiding stereotyping. Also, I recognize that my own cultural heritage influences my perceptions, approach and experiences in unique ways.

-At times, I may not be the "best fit" for a student and that's okay. When I recognize this, helping the student connect with a "better fit" is appropriate.

-I incorporate humor as appropriate and laughable observations as I can, even about myself...reinforcing connection, that we are all human and imperfect beings and helping in keeping sessions positive.

-Environment does have an effect on my work and students. It's important that I create an office environment that is warm, open, relaxing and engaging. I desire that students feel comfortable. Additionally, my office space can help students connect and build rapport with me.

-My work involves the use of technical computer processes, knowledge of policies and procedures and the organization of much information. I have a responsibility to understand and execute such to the best of my ability. In areas where I am lacking, I need to work to improve/update them continuously.

-The concept of "team" is very important in my working relationships with those in my area, inter-departmentally, within the division and across the campus. I am a colleague and team member with all at JCCC ultimately, whether someone who serves food in the cafeteria, a professor a custodian, etc. In my daily work, I will acknowledge and honor this. Relationship development with "the team" is also critical and ongoing. Additionally, I recognize that there are always "teachable moments" or information, techniques, etc. I can glean from team members to enhance my knowledge and skills.

-I value service to the institution, campus and community and incorporate this in ways commensurate with my interests, strengths, needs, etc.

- My work is also shaped by the current position description for "Counselor" ...in which I support the outlined tasks and responsibilities.