Goals Statement Content: There are five sections described below. Please include the following information when preparing your goal statement. While not required, we strongly suggest that you format your goal statement by heading each section with the headings shown below. Write your information in paragraph form and do not use bullet format under the section headings. Counselor Definition In a few sentences, describe what led you to graduate education in the counseling profession and your career goals. Life Skills Many life experiences and skills developed in your past will serve you as a professional counselor. Consider skills (do not include technology skills) you have obtained from current or past employment, community volunteer services, or extracurricular activity experiences. Summarize two or three skills that will make you a competent professional counselor. I am a teacher with 6 years of experience Skills: · Communication · Non-judgmental and accepting · Rapport building skills · Self-awareness Feedback Training to become a professional counselor requires deliberate growth and development including receiving and applying constructive feedback. As a student, you will receive ongoing and substantial constructive feedback regarding your scholarly performance (i.e., knowledge, skills, and professional behaviors). Share how you have processed, responded to, and applied past constructive feedback that was difficult to hear. Multiculturalism/Diversity Multicultural/Diversity competence is explored extensively in the School of Counseling graduate programs. Considering that having a cultural or implicit bias is a normal experience for all individuals, identify a closely held value or belief that will be the most difficult for you to respect while interacting with others and explain why. · Cultural bias Self-Care Identify three to five activities that you do to manage personal mental health, emotional problems, stress, and/or interpersonal relationships effectively. · Travel · Journal · Establish/maintain boundaries · Actively listen to others