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# Analysis of Michael Wiskow: An Exploration of Self-Awareness

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Analysis of Michael Wiskow:  
An Exploration of Self-Awareness

A Project Presented to  
The Graduate Faculty of  
Minnesota State University Moorhead

By

Michael Darren Wiskow

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Requirements for the Degree of  
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## **Abstract**

Self-awareness is an essential aspect of counselor ethical obligations, effectiveness, and professional competency. It is for these reasons why I decided to conduct an Analysis of Self as my final project. I review my relevant background, analyze my objective self via assessments, reflect on interviews with significant others, and create a theoretical conceptualization of myself in order to gain a comprehensive understanding of who I am. With this information, I reflect on how this process impacted me as well as discuss my plans for continual professional growth. I found this process to be extremely beneficial since it has altered my world view, how I perceive information, and how I influence my immediate environment. This process made me uncomfortable at times since it brought about many aspects of myself I would rather ignore. However, to increase my self-awareness, these aspects must be made aware of in order to remove any impact they may have on my professional life. Along with these unfavorable aspects, I was very pleased with my findings. I believe myself to be a good, honest person with a passion to provide services to those in need. I am proud of who I have become, and who I still inspire to be.