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Analysis of Self: My Roller Coaster of a Journey

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Analysis of Self: My Roller Coaster of a Journey

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

By

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In Partial Fulfillment of the
Requirements for the Degree of
Master of Science in
Clinical Mental Health Counseling

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Abstract

Throughout this Analysis of Self, I cover pertinent information relating to my experiences and the journey that led me to where I am today. I share personal stories as it relates to shaping me into who I am as an individual. While sharing, I heavily reflect on some of the decisions I have made throughout my life, as well as the lessons I have learned. I cover numerous aspects that have contributed to my core values, beliefs, and viewpoints; but ultimately, how my experiences have led to me becoming a counselor. I then examine the results of the personality assessments I have taken, in a way to connect and apply the concepts to my everyday life. I also reflect on feedback from individual interviews I conducted with five different loved ones in my life. I identified common patterns shared through the responses from the interviewees and recognized how my personal characteristics and traits have contributed to my theoretical counseling orientation. I also explore my evolution both personally and professionally throughout my life thus far. More specifically, I discuss how graduate school has altered my ways of thinking and allowed me to apply various learning methods within the area of clinical mental health counseling.

Keywords: life experiences, personal growth, counseling theories