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Becoming Me, Teddy.

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Becoming Me, Teddy.

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

By

Theodore Michael Murray

In Partial Fulfillment of the
Requirements of the Degree of
Masters of Science in
School Counseling

May 1, 2024
Moorhead, Minnesota

Abstract

This paper presents a comprehensive self-guided inquiry into the factors influencing personal development and professional aspirations, with a focus on the journey towards becoming a school counselor. Through reflective analysis, including examination of familial influences, cultural identity, and personality assessments such as the Myers-Briggs Type Indicator, the author reflects on the formative impact of significant individuals in their life. Furthermore, the study delves into the interplay of mental and physical health within the familial lineage and investigates coping mechanisms passed down through generations. In addition to self-assessment, data were gathered through an eleven-question questionnaire administered to past professors, current and former coworkers, and friends, providing diverse perspectives on the author's strengths, weaknesses, and interpersonal dynamics. These insights contribute to a deeper understanding of self and inform the author's professional growth trajectory. The paper culminates in exploring the motivations underlying the author's choice to pursue a career in counseling, particularly within the context of school counseling. Additionally, the evolving theoretical orientation of the author is examined, offering insight into the frameworks and approaches guiding their practice. Through this introspective journey, the author navigates the complexities of personal history and professional ambition with purposeful intent, ultimately seeking to integrate self-awareness into their role as a future counselor.

Keywords: Self Reflection, School Counseling, Career Motivation