

EDUCATIONAL PLATFORM PAPER

I am preparing to enter school counseling as a profession and my preferred setting would be in a public high school. I am also open to working in public or private elementary and middle schools. I have worked in elementary, middle and high school settings, but feel more confident and comfortable working with teens in high school. Initially, when I began working in the high school arena, I felt a bit intimidated by the age and size of some students, but I became acclimated to their maturity levels.

As I enter school counseling as a profession, I want to make sure I honor the values of autonomy, justice, beneficence, nonmaleficence, and fidelity. I want to also make sure that I master self-awareness while being flexible when working with a culturally diverse school population, their families, and staff. I am confident that I will be using a combination of theories as I take on this challenging, but rewarding task of guidance and counseling.

In my future school counseling role, I will seek to maintain moral principles. Three of these principles will be essential in my professional practice. These include autonomy which is the principle of self-determination and independence. The client's autonomy should be respected at all times. His or her wishes are important. Another moral principle that I will seek to exhibit in my practice is nonmaleficence. Nonmaleficence is the idea of refraining from actions that risk hurting clients. My student/clients should be free from harm as it relates to the counseling relationship. Justice is another principle that is important in the counseling field and will be in school counseling as well. No matter the various backgrounds or beliefs of my client, I will strive to be fair. (Corey, 2014) Micah 6:8 comes to mind when the writer asks what we should bring to God to make up for what we have done wrong. The answer is "He hath shewed thee, O

man, what is good: and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" (Olive Tree, 2023)

One theory that I liked and feel that I will be able to use with my student/clients is the Cognitive/Reality Theory. Reality therapy seems a good choice for compulsive behaviors. This theory offers a supportive and challenging environment for the client to begin making changes. In the reality therapy, the approach is mildly confrontive, yet caring, so that the client will feel free to try new behaviors. The role that the student/client would have is one of personal choice, and personal control. The client will discover that he/she can control only their behavior and can make better choices. (Corey, 2020) I feel that because my clients would be teens/young adults they can better understand that their choices make a difference in their classes, social activities, relationships, future endeavors, and home life. I believe incorporating this theory into the school counseling profession would offer students with an avenue of help and success throughout their high school career.

Another theory that I will combine in my school counseling practice is the feminist theory. This theory meets and goes beyond gender to encompass multicultural and social justice issues. I feel that this theory and some of the techniques provided will support so many who struggle with their mental health today. One of the techniques I will use is empowering my student/client allowing him or her to be in charge of the direction, length, and procedures in the therapeutic relationship. (Corey, 2020)

I appreciated learning about the solution focused therapy technique where I would use questions to have the client/student to think about what life would be without their problem. This will have the client to visualize and think about a better outcome. Another technique would be to possibly use a genogram of family relations or friend relations to discover positive and

negative patterns. Having a visual can sometimes create a plan for change and success in a student/client's life. (Corey, 2020)

I am excited about my future career in school counseling. As a Christian, I am motivated and called to love people, and in this calling, helping someone achieve success in any area of their life is pivotal. This is my vision as a school counselor. I have been working in public schools for twenty years and never saw a student that I did not want to help directly or find someone or something that could help him or her achieve personal success.

God has blessed me with a big supportive family. We have a blended family of ten children – seven adults, and three teenagers. We are depended on often to offer support. My husband, who happens to be a Pastor, is my biggest supporter. He understands my mission and personal passion of helping. He exhibits these qualities as well. I will depend on my personal relationship with the Lord in propelling me to be the type of school counselor that he would have me to be. I am sure that the Lord has brought me this far in my endeavor to become a school counselor and I know that he will see me through.

Corey, G., Corey, M. S., Corey, C., & Callahan, P. (2014). *Issues and Ethics in the Helping Professions* (9th ed.). Cengage Learning.

(n.d.). *Olive Tree Bible*. Olive Tree Bible Software. www.olivetree.com