



## MEC Writing Sample Topics

### For Admission to the Master of Science in Education in Counseling Program

Writing samples are to be sent to the Graduate Admissions Office.

#### Instructions:

Please answer 3 of the following questions or statements in approximately 300 words each:

1. The choice to be a counselor, or even to take a course on the subject, sets in motion a number of consequences that may affect your relationships, financial situation, sleep, lifestyle habits, family life, and self image. Describe strategies you will utilize to help you prepare for these changes.
2. It has been suggested that being a counselor is not only a set of skills and the ability to listen empathically, but also more of a way of life. Please comment on whether you believe the previous sentence is true and defend your position.
3. Please comment on the following: . . . “the most effective counselors are able to perceive primarily from an internal locus of control, rather than an external frame of reference. They tend to see others as capable, as internally motivated, and in positive but realistic terms. They identify themselves strongly with others and feel an affinity with the human race. Additionally, they perceive their mission as altruistic rather than self indulgent, as freeing rather than controlling, and as self-revealing rather than self-concealing,” (Kottler, 2004, p.20-21).
4. What would you say to a friend who asks you, “You’re studying to be a counselor? I’ve always wondered how that works. What is counseling anyway?”
5. If you were completely honest, what are some real motivations prompting you to consider counseling as a career? What aspects of your career choice will benefit you?
6. Below are some of the characteristics of an effective counselor. Rate yourself from 1 to 5 (5 being high) and justify why you rated yourself in the way you did. Please respond to 6 of the 9 characteristics.

\_\_\_\_\_ Self-confidence

\_\_\_\_\_ Flexibility

\_\_\_\_\_ Honesty

\_\_\_\_\_ High Energy

\_\_\_\_\_ Risk Taking

\_\_\_\_\_ Compassion

\_\_\_\_\_ Sense of Humor

\_\_\_\_\_ Emotional Stability

\_\_\_\_\_ Dependability