School of Social and Behavioral Sciences

MS CMHC & MS SC Admissions Essay

First & Last Name:

Email Address:

Date:

Learner ID number:

Directions for Applicants to the MS in Clinical Mental Health Counseling (CMHC) and MS in School Counseling (SC) Programs

Admission into both the MS CMHC and SC programs are made by counselor education faculty and consider each applicant’s career goals, aptitude for graduate-level study in an online digitally delivered program, and potential in forming effective counseling relationships with diverse populations. To be considered for admission into the Capella clinical counseling programs, you must submit all required application materials. However, submitting your materials does not guarantee admission. The admissions committee seeks to understand your potential as a counselor in terms of your ability to write clearly and communicate your thoughts effectively. You are asked to complete an admissions goal statement that represents your best scholarly writing efforts.

Please respond to each prompt below using your own words. You are encouraged to support your ideas with relevant scholarly sources; cite references as warranted. Write in a manner that demonstrates professionalism and academic preparedness, as well as your genuine interest in counseling. Respond to each prompt with a minimum of 250 words.

# When complete, please submit this document to your Document Center at dms.capella.edu for fastest processing. Admission essay responses must be submitted on this template.

# Admissions Essay for the MS Clinical Mental Health Counseling and MS School Counseling Programs

1. **Career rationale and future professional goals in counseling**

Describe your reasons for seeking specialization in a graduate counseling program at Capella University. Your discussion should include substantive, carefully considered reasons for seeking a graduate degree in either clinical mental health counseling or school counseling (i.e., beyond merely being a good listener or wanting to help others). Explain how your career goals align with the licensure requirements in the state where you intend to seek licensure.

1. **Impact of previous employment, volunteer work, and other human service or counseling experiences.**

Describe the impact of previous employment, volunteer work and other service in the helping ﬁeld on your decision to apply to this program. Provide examples of critical experiences from these environments when you engaged in ethical decision-making, management of crisis, and/or application of supervision and peer support. If you do not have a background in human services, please identify three speciﬁc ways that you can gain related experience.

1. **Culturally relevant interpersonal skills**

Professional counselors are committed to embracing cultural diversity and to honoring the intersecting identities of others. Identify and explain two strengths and two challenges that you anticipate experiencing as a counselor in relating to individuals from different cultural contexts than you (e.g., age, disability, ethnicity, gender, religion, sexual orientation, socioeconomic status, etc.). Describe how cultural responsiveness impacts the work of a counselor. Identify two proactive steps you can take to enrich your own cultural competency.

1. **Self-management**

Openness to feedback from instructors is an essential component of growth during a graduate counseling program. Describe your abilities to manage stress, tolerate frustration, and accept and integrate feedback regarding your skills and performance. Provide an example of when you have received feedback that challenged you to consider a new perspective. How did you respond and what did you learn?

1. **Aptitude and readiness to pursue a graduate degree in a digitally delivered counseling program.**

Given your awareness of your personal responsibilities and commitments outside of graduate school as well as of your experience and comfort with technology, what do you anticipate are your strengths and potential challenges to succeeding in an online counseling program? Explain how you will prepare yourself to be most successful in an online training program.