



MASTER'S / SPECIALIST STUDENT

**PERSONAL GROWTH EXPERIENCE**

Revised: 08/2013

One of the requirements of the master's degree program in counseling is a personal growth or therapeutic experience. There are two main reasons for this requirement:

1. To have the student experience counseling from the consumer's perspective
2. To maximize the student's potential as a counselor by addressing personal characteristics that might hinder counseling effectiveness.

The student may elect to meet this requirement in a variety of ways. These include being a client of a private therapist, a counselor at a community agency or mental health center, a therapist at the University Counseling Center or the Psychological Services Center. There is no requirement for a minimum number of sessions or a report from your therapist. When you have completed this requirement, ask your advisor to sign the statement below, attesting to that fact, and turn in this form to the Graduate Studies office in Orovitz 311.

Please meet with your advisor to discuss this requirement.



I, \_\_\_\_\_, have met the requirement for my personal growth experience as part of my graduate training in counseling.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Advisor's Signature

\_\_\_\_\_  
Date

**NOTE:** Please submit to the Graduate Studies office in Orovitz 311 to be included in your permanent file.