

# Self-Awareness Of Counselors In Training: A Quantitative Research

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## Introduction

### Abstract

The development of self-awareness for a counselor-in-training is a fundamental steppingstone. Previous research indicates that "from this perspective, the objective of self-awareness training is for the counsellor to develop the ability to identify their personal reactions and to understand and possibly utilize these reactions within the counselling relationship" (Pieterser et al., 2013). Counselors'-in-training self-awareness journeys include self-reflections. When a counselor in training takes the time to address personal biases, hidden trauma, and to acknowledge personal growth, it can help the counselor'-in-training identify their counselor identity. A momentous part of being a counselor is being a service to other people.

### Aims of the Research

The purposes of this study are to describe Black students' self-awareness development in counselor preparation programs, explore the ways counseling preparation programs may be a contributing factor, and to determine the impact being in a pandemic had on self-awareness.

### Variables Of Interest

- Which counselor education program practices self-care the most?
- Are Black students addressing past life challenges more than other ethnic groups?
- Did Covid-19 force students to do some self-reflection?

### Research Question

- The research question is: How do counselor preparation programs affect the development of self-awareness?

## Method

### Research Design

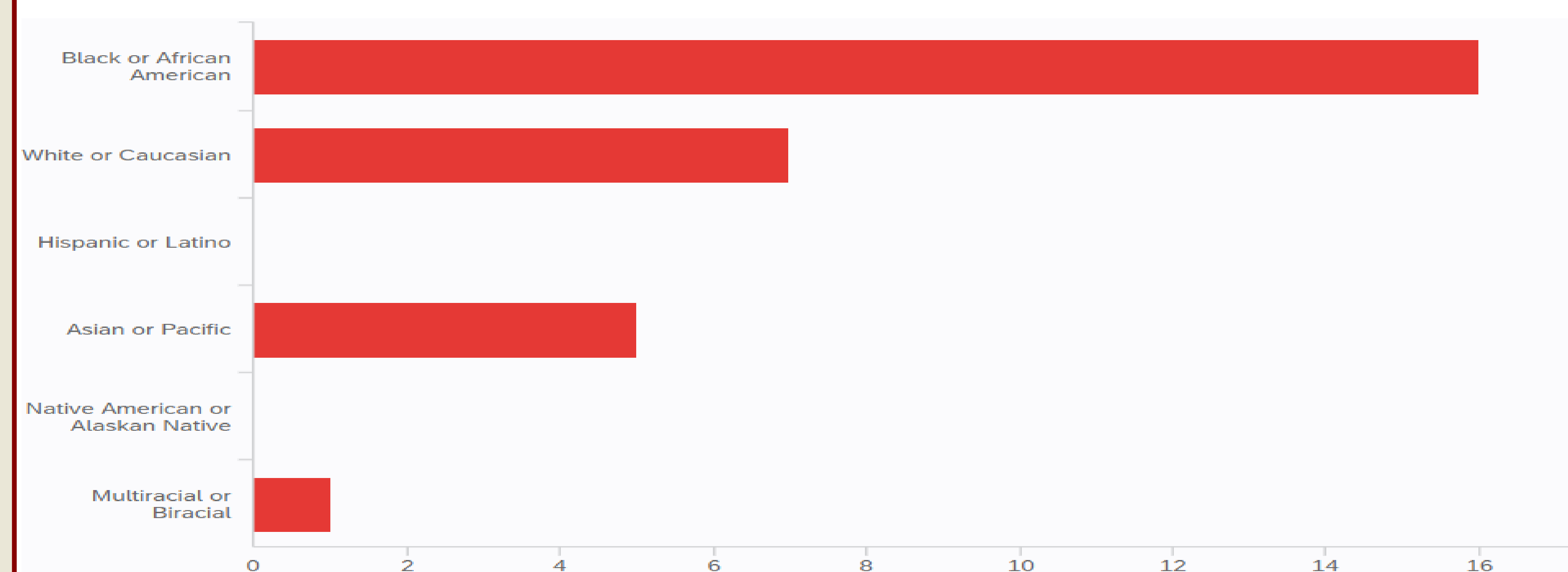
Participants will receive an email asking to take part in an anonymous survey. The study took place online, during summer 2021 semester. Participants will have unlimited time to complete the survey, but participants will be asked to complete the survey within one week of receiving the initial email. The survey took participants between 15 and 30 minutes to complete depending on the thoroughness of their answer to the open-ended question about Covid-19.

### Instrumentation

The Counselor as a Person and as a Professional Self Inventory (Corey et al., 2003) is a 25-item rating scale instrument designed to assess professional attitudes in counseling, including the importance of self-awareness and personal growth.

Of the original 25 questions, 17 were utilized. The questions that were omitted from the survey did not focus on counselor self-awareness. Additional demographic questions were added.

- 1 = I strongly disagree with this statement
- 2 = I disagree, in most respects, with this
- 3 = I am undecided in my opinion about this statement
- 4 = I agree, in most respects, with this statement
- 5 = I strongly agree with this statement



## Results

### Participants

Participants in this study included a total of 31 students. Sixteen student participants attend Florida A&M University counseling education program. Fifteen student participants attend Florida State University Counseling education program. The study included males and females from different ethical backgrounds.

### Discussion/Conclusion

- The Professional Self Inventory Survey was broken up into four categories to measure the counselors-in-training competency level. The four categories are titled self-awareness, self-care, professional development, and counselor identity. The categories were also used to assist with the demographic questions being asked. The results revealed that despite the variance in counselor education program, trauma, and covid-19 impact students were well on their way to becoming a competent counselor. Race and what higher educational institution the student attended was not a contributing factor. A phenomenon was found within the covid-19 open ended question. The student participants identified that the effects of covid-19 allowed them to engage in some self-reflective moments and that their self-awareness was enhanced.



### Key References

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