

St. Mira's College for Girls, Pune
(Autonomous-Affiliated to Savitribai Phule Pune University)
BA.

Subject: PSYCHOLOGY SPECIAL- III

Introduction to Counselling *A6718*

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Unit 1, 2, 3, 4- Reflective Essay

Vandita Singhal
TYBA (A) Psychology
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Roll No: 4965
Assignment 1- Counselling Psychology

Reflective Essay

My journey to realise my career potential

I knew I wanted to be a counsellor when I went to one. Her sessions helped me overcome the many anxieties I had. That was when I decided that I also wanted to become a counsellor and maybe help people in their hour of need.

As per me, a **counsellor** is a 'friend, philosopher and guide'. A friend is a person who understands people well and comforts them. We are uncomfortable when talking to other people about our issues, but a counsellor is someone who we can trust will not tell anyone about us. As a philosopher and guide, a counsellor can think ideologically and offer the correct guidance. I would say that the most crucial character trait that a counsellor should have is maybe patience.

I am a very **patient** person and don't take hasty decisions. I can remain calm and not get flustered. I don't get angry when dealing with difficult or annoying situations. As a result, I have **good listening skills**. I will be capable of listening to clients who come to me without getting irritated or giving immediate comments.

Of all the advice my mother has given me, there is one that I've remembered more than any other that was to put things back exactly as I found them. It is possible because I heard this so often, I am now obsessed with being an **organised** person. I realise the importance of note-making and filing it at the right time when the conversation is still fresh in my mind. I am **meticulous**, and that ~~will help me not miss out on the key points a client may share~~ however minor they may be. I



Jaych
Principal Incharge
St. Mira's College for Girls

Pooja

Ms. Pooja Jain

Subject Teacher