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Abstract

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?

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

Research Question

The research question: How do counselors -in-training affect the development of self-awareness?

Results

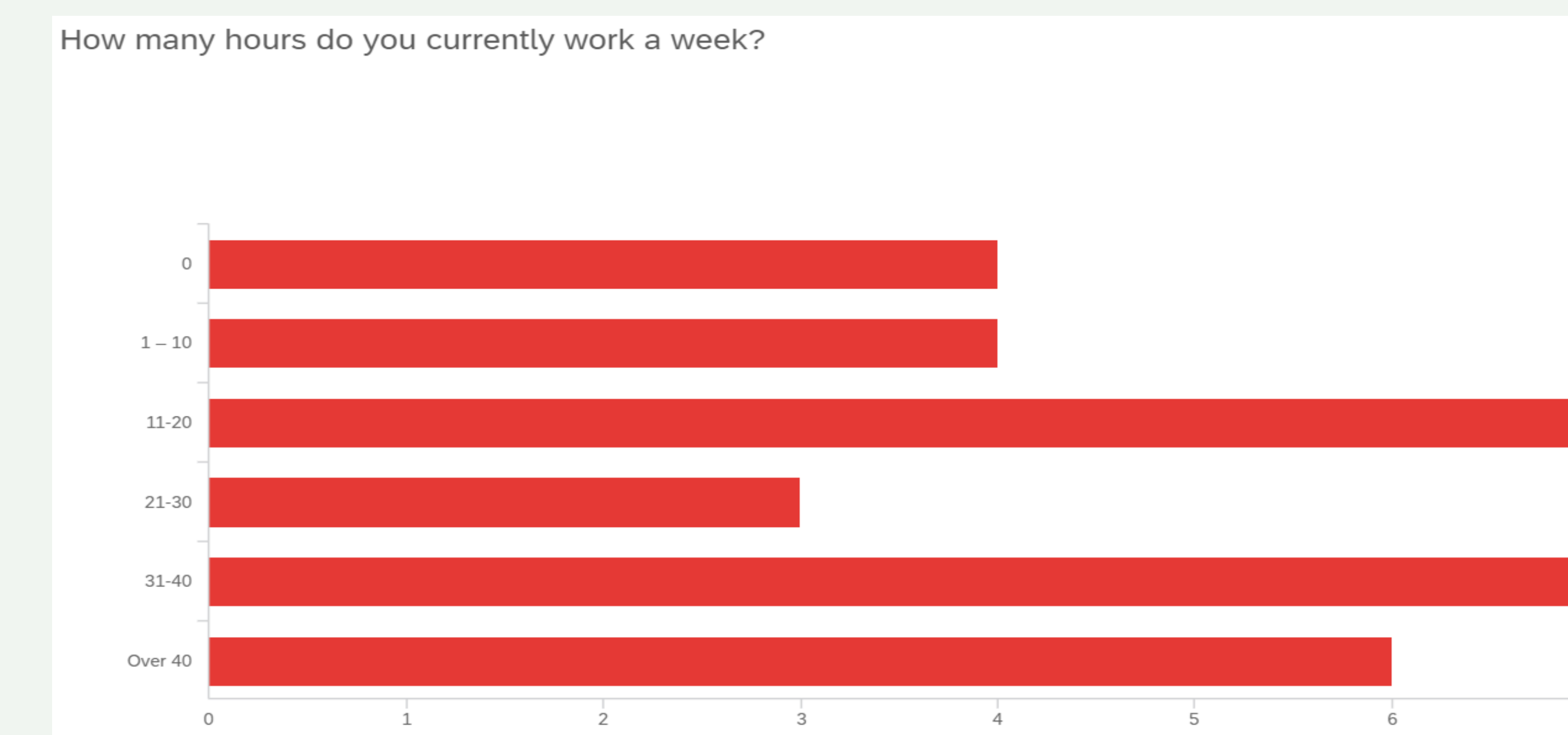
Participants

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 ethnical backgrounds.

Preliminary Results

54.87% = Identified as African American
25.8% = Identified as white or Caucasian
16.13% = Asian or Pacific

3.23% = Multiracial or biracial
77.42% = Identified as Straight
3.23% = Identified as Gay
3.23% = Identified as Lesbian
12.90 = Bisexual



Key References

Alex L. Pieterse, Minsun Lee, Arthur Ritmeester & Noah M. Collins (2013) Towards a model of self-awareness development for counselling and psychotherapy training, *Counselling Psychology Quarterly*, 26:2, 190-207. DOI: [10.1080/09515070.2013.793451](https://doi.org/10.1080/09515070.2013.793451)

Coll, K. M., Dumas, D. M., Trotter, A. and Freeman, B. J. (2013), Developing the Counselor as a Person and as a Professional: Attitudinal Changes in Core Counseling Courses. *The Journal of Humanistic Counseling*, 52: 54-66. <https://doi-org.proxy.lib.fsu.edu/10.1002/j.2161-1939.2013.00032.x>

Corey, G. *Issues In Ethics In Helping Professions*. Brooks/Cole, 2003. Print.



PURPOSE

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