



Quincy University

MEC Writing Sample Topics

For Admission to the Master of Science in Education in Counseling Program

Writing Samples are to be sent to the Graduate Admissions Office

Instructions:

Please answer, in 500 words or less, each of the following:

1. Please comment on the following quote: ...the most effective counselors are able to perceive primarily from an internal locus of control rather than an external frame of reference. They tend to see others as capable, as internally motivated, and in positive but realistic terms. They identify themselves strongly with others and feel an affinity with the human race. Additionally, they perceive their mission as altruistic rather than self-indulgent, as freeing rather than controlling, and as self-revealing rather than self-concealing (Kottler, 2004, p 20-21).

2. The choice to be a counselor, or even to take a course on the subject, sets in motion a number of consequences that may affect your relationships, financial situation, sleep, lifestyle habits, family life, and self-image. In what ways are you helping yourself prepare for those changes? How might these changes affect your aspirations to be a counseling professional?

3. The Counseling Program at Quincy University maintains the following as its mission statement:
The mission of the Quincy University MEC program is to train individuals to become competent professional counselors. The program facilitates personal and professional growth via a combination of academic rigor, experiential learning, personal and professional reflection, and service to the community. The MEC program is committed to the development of counselors as ethical, reflective practitioners and Servant-Leaders, who exhibit an affinity for lifelong learning, a commitment to social justice, and an appreciation for the diverse world in which they live and practice.

How do your previous experiences, interests, and worldview support your potential for success in building interpersonal relationships with culturally different individuals? How do your personal career goals relate to the MEC Program's Mission?