

Personal Goal Statement

Much of graduate school involves setting goals, creating a plan to meet those goals, and then completing the plan. For an application to the UCF Counseling Program, applicants will submit a Personal Goal Statement (between **500-700 words**, typed using 12 point font in either Times New Roman or Arial). The statement will provide an opportunity for the UCF Counseling Faculty to understand how the applicant's personal and professional experiences align with their desire to pursue a Counseling degree and one day work as a professional counselor. The statement will be uploaded with the application as either a Word document or a PDF file.

Be sure to cover the following topics in the goal statement:

- **Reflection on Personal Experiences:** Describe specific events or experiences in your life that ignited your passion for a career in the counseling field. This could include personal struggles, witnessing the challenges faced by others, or a significant moment that made you realize the importance of mental health.
- **Collection of Hands-on Experiences:** Highlight paid experiences, volunteer work, internships, or research/laboratory experiences in counseling-like settings that have provided you with hands-on experiences and skills. This could include opportunities where you have spent time with the population that you intend to one day provide counsel.
- **Connection to Personal Values:** Explain how becoming a professional counselor aligns with your core values and beliefs.