**Directions**

- Your writing sample consists of your answers to the following four questions below.
- Type your response in the text box directly after the question you are answering. The text box expands as you type.
- Each answer must be 400 - 450 words in length and written with correct grammar, spelling, and sentence structure. In some cases, more than one paragraph may be necessary to clearly articulate your thoughts.

**Question 1: Professional Counseling Goals**

- Discuss your specific professional goals. How will attending the counseling program at Southeastern University help you accomplish those professional goals?
- Discuss how you plan to meet all counseling program expectations including your ability to balance the required academic coursework and internship hours with your other personal and professional commitments.

**Question 2: Strengths and Limitations**

- Discuss your personal and professional strengths and limitations (areas in which you need to grow or change).

**Question 3: Diversity and Values**

- Discuss a time you interacted with someone who was very different from you and/or who shared viewpoints that were very different from your own. How did you handle the situation? What was the outcome?

**Question 4: Helping Experience**

- Discuss any experiences (paid or voluntary) you have had working with people in a helping capacity. Discuss the length of time, practice setting, population served, and professional insight gained from the experience.