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JMU Counseling Center

****Please note, to avoid ethical issues that may occur when the CC staff relate to an individual in a role other than as a client, all current and former CC clients will be excluded from training and employment opportunities at the CC. ****

Intern or Field Placement Responsibilities/Opportunities

- Assist in various Counseling Center (CC) outreach events which can include but is not limited to tabling, animal assisted activities, and presentations on a variety of mental health and awareness topics
- Assist in promoting CC outreach events through the use of CC social media sites and creation of digital signs/E-boards
- Attend in-service training and weekly supervision meetings
- Develop original outreach project based on area of personal interest related to mental health
- Work with staff members on relevant projects and/or research

Other Notes

- Not a counseling placement
- Not direct observation of counseling

Contact Information

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Read about students' experiences at this site below:



Fall 2019 – Ivy Zelvy

The James Madison University Counseling Center is a free, confidential counseling center that aims to aid students and the university community in living a healthy and successful life. The mission of the JMU counseling center is as follows: “To provide a safe, supportive, trusting, and confidential environment which empowers students to develop the awareness, values, and skills they will need to meet future challenges and lead vital, meaningful lives”. The JMU counseling center is equipped with professional staff. Some staff are still earning advanced degrees, and all are there to provide psychological services to the student population of the university. Counselors provide individual and group counseling, and the counseling center offers a variety of programs and resources available to the university community in line with mental health. Some of the services available are: self-help programming, support groups, self-care spaces, psychoeducational programming, and therapy dog visits. With a variety of offerings, the JMU Counseling Center actively works towards contributing to positive mental health improvements within the community at large.

The one thing that is important to note with this site is that clinical information for students is kept to the counselors, so there is limited interaction with the clinical functions of the site. With this kept in mind, there is still a multitude of tasks that are essential to the centers functioning that a field placement student might have the opportunity to participate in. One of the most important daily tasks is to work on data entry from program advisor outreach events. Program advisors put on these events to teach the James Madison Community about specific topics of interest, and this type of psychoeducational outreach helps to spread mental health information throughout the campus. The response forms from these events must be coded so the data can be analyzed and used to improve this programming in the future. A field placement student can also expect to spend time packing outreach materials for a multitude of outreach events throughout the semester. This consists of gathering literature and required supplies, assembling kits with labels, and making sure supplies get to their designated events. This organization is necessary to psychoeducational events. On the topic of psychoeducational efforts, field placement students can volunteer at tabling events and other large scale counseling center events as a means of promoting and experiencing outreach. Center specific tasks might include helping the front desk staff check students into self-care spaces, maintaining self-care spaces, and monitoring those self-care spaces. Another task that might arise is joining in on staff meetings, where once a month a speaker from the counseling center or external university staff will speak on a topic that impacts student life at James Madison University. Other admin tasks may be presented and are not limited to the aforementioned opportunities.

The Counseling Center at JMU is an amazing field placement to have. One of the best things about it is that it is really customizable based on personal interests, wants, and needs. While the idea that clinical information is not available for field placements to work with may not be ideal for some, it ends up becoming a driving factor in exploring other avenues of interest. I was able to spend my time working on a more industrial organizational concentration, where I spent my time looking at Counseling Center training and workplace culture. Other people have spent their time looking at social media outreach efforts, or even self care space usage feedback



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and results. What one puts into this placement is really what is taken out, because there are so many opportunities for a meaningful experience. The people who work at the counseling center is also another huge benefit. They are so friendly, hardworking, understanding, and passionate about the work they do for the community. They really served as an example of what it looks like to be an effective part of a workplace and the psychological services community. Dr. Magali Laitem and Nina Critz, my supervisors, were incredible role models and an incredibly useful resource for any professional development or site specific question I had. Along with another million reasons why I think this placement is amazing, I feel like stating the obvious is necessary. With the Counseling Center being located on campus, it is super convenient and can fit really well into schedules and other classes and commitments. It was nice for me to be on campus and not have to worry about coming and going when I had classes later on in the day.

I learned a lot about myself in a professional context during my time at the JMU Counseling Center. I think the most valuable lesson I learned was how to take initiative in a responsible manner even if I was afraid of overstepping my boundaries. At the beginning of my time at the Counseling Center, when I saw something I wanted to help with, I was always worried about bothering my advisors or being told that I could not help with something I wanted to. After talking with my supervisor, I realized that If I wanted to be a part of something, asking is a good place to start, and I eventually learned how to take initiative in an appropriate manner. An example of this is noticing that literature for psychoeducational programming could be organized in a more effective manner. I asked my supervisor about their current system, asked if I could change it, and eventually found a method that worked well enough to implement. This was really important because it improved my confidence in a professional setting, and proved that I had much to offer my site.

I mentioned before how I worked in an Industrial organizational context during my time at Counseling Center. I worked with my secondary advisor Nina Critz, the Counseling Centers Assistant Director of Administration on developing a more effective training manual for the Counseling Center's Externship program. I chose this as my independent project because of the Counseling Center's commitment to educating individuals in mental health counseling, and my own interest in how training worked at the Counseling Center. I first sent a pre-test to all of current and previous externs at the Counseling Center to gage opinions of what needed to be added/ removed/ altered to convey the goals and nature of the workplace most accurately. I then worked with my advisor on how I would update the manual, edited it, and created a post-test for the same externs to complete in order to see if the changes I made were effective. It was meaningful for me to be able to combine my own interests and professional goals into something that was useful for the Counseling Center that will make a lasting impact.

Overall, The JMU Counseling Center is an amazing experience for anyone who wants to find a field placement that promotes professional development and skill building. I have taken away so many lessons and met so many people that I am so thankful to have gotten the chance to work with and learn from.

Spring 2019 – Autumn Wild



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The James Madison University Counseling Center provides assessment and referral services to JMU students for no fee. Their mission is, “To provide a safe, supportive, trusting, and confidential environment which empowers students to develop the awareness, values, and skills they will need to meet future challenges and lead vital, meaningful lives”. The center emphasizes a short-term treatment model, with referrals provided if further assistance is needed. Treatment programs, group therapy, workshops, couples therapy, and individual therapy are offered within the counseling center when deemed the best option for the student at hand. The center also participates in and facilitates a large number of outreach events in order to educate in prevention efforts and increasing the potential students in the college population have. Oh, and let’s not forget those therapy dogs - their office hours are a pretty big deal on campus!

The one aspect of the Counseling Center that I personally got to work closely with this semester was the self-care spaces. These spaces include the Oasis, a mindfulness relaxation space, and the Studio, an arts and crafts space. I worked under the supervision of Dr. Magali Laitem, the outreach coordinator and a clinical psychologist on staff, and Dr. Colleen Tennyson, a psychiatrist on staff. I met weekly with Magali for supervision, where we typically discussed how things were going with the center, with class, and generally just anything we wanted to talk about. The floor was generally open for professional development, struggles, and highlights of my field placement experience, which I really loved and appreciated throughout the semester. At the beginning of my time with the center, I met with Colleen to discuss a potential contribution project. She explained that no feedback had been collected on the self-care spaces since they were originally opened. While there was a comment box in each of the spaces, it typically went unused. The clinicians in the center generally gauged what students like based solely off of what materials were used the most often or ran out the fastest. This was not the most reliable method. There was no way of knowing if students wanted something that was not available, or especially for the Oasis, what was liked versus disliked. Colleen proposed that I create something to collect this information, and, as a data-loving nerd, I happily accepted!

I created a survey to be implemented through the iPads when students checkout of the self-care space they used. The survey was designed to assess satisfaction as well as learning outcomes, meaning what value the students received from using the spaces. I had some initial fears going into this project. First, I was nervous to do something different - it seemed like most of the previous field placement students had worked with the therapy dogs. I was also (silly me) worried that this survey would be finished too fast and leave me with a ton of free time for most of the semester. I was SO WRONG. This survey has been revised so many times, and required many, many meetings with both Magali and Colleen, but honestly it was such an incredible learning experience to have.

Other than work on the survey, I aided in the self-care check-ins on the days I was at the center. This was super convenient, because it meant that I got to directly give out my survey! I also participated in Outreach events like self-care workshops and Walk for Hope 2019. I entered assessment data from presentations the center has done, and also did some data analysis on previous self-care space uses to see if there were any trends or unexpected peak times in the semester. I aided the staff in some research and other survey shenanigans, and finally, I made a page for a new message of hope scrapbook to be put in the waiting area.

My time at the JMU Counseling Center has been filled with such incredible positivity and encouragement. I was given the opportunity to pursue something I was passionate about with the



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full support of the faculty and staff. Magali and Colleen were always in my corner, and created such an incredible environment of acceptance and openness. If there was a problem (which there never was) I would have felt one-hundred percent comfortable approaching them about it. Magali especially worked with me on aspects outside of the survey, giving me a space to express my thoughts and feelings. I learned what I wanted/needed out of a future career based on this beautiful environment created at the center. It truly means a lot to have a supervisor who clearly cares and is willing to help at any point, and I was lucky enough to not just have one amazing mentor, but two.

I wasn't looking for a counseling placement, and the center doesn't advertise as a counseling placement, but I suppose some might see that as a disadvantage to working here. There's a lot of behind the scenes work to be done though! There were times especially once the survey was completed where I was trying to fill my time and having some difficulty, but again, I expressed that to Magali, and she was able to get me involved in check-ins and the scrapbook. The people here work with you and want to see you succeed. If there was any downside to this site that directly impacted me, it would be that the therapy dogs weren't there every time I was, so I did not get as much puppy love as possible.

I would say that one of the biggest things I have learned during my time at the center was professional development. This was my first experience in an office setting where I interacted directly with staff every time I was at the center, and it really taught me what I valued as an employee and what I would like to have at any place of future employment. I also got a lot of tips from Magali about graduate degrees, licensure, and all of that fun stuff. I now know more about the process of getting to where I want to go in life. I also learned how much I value working as a team and communicating with the people I work with.

The work I did at the center, with the creation of the survey, is important because the center can now get that information in order to make the spaces as tailored to student needs as possible. I cannot begin to describe the feeling of knowing my contribution project will be carried on for years - making a lasting impact is a goal of most field placement interns, and the Counseling Center gave me the tools and knowledge to make that difference. I am incredibly grateful for my time (as a Program Assistant, then as a Field Placement Intern) at the center, and to the people for putting up with me during my entire JMU experience.

Fall 2017 – Kaitlin Kodak

The JMU Counseling Center is an on-campus counseling center open to all students at JMU free of charge. The center's primary focus is to provide the highest quality individual and group counseling to students struggling with problems. The Center engages in active outreach efforts that focus on the prevention of problems and that maximize the potential of all students to benefit from the academic environment. They do so by following their mission statement to provide a safe, supportive, trusting, and confidential environment which empowers students to develop the awareness, values, and skills they will need to meet future challenges and lead vital, meaningful lives. By offering a variety of services, the Counseling Center meets the needs of various concerns including GAD, social anxiety, mild/moderate depression, grief/loss, body image, relationship or academic performance concerns, and uncomplicated trauma. The center



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offers individual counseling which includes goal oriented, specific concerns which are usually brief. Group Counseling is offered to clients for support and feedback with concerns such as Eating Disorders, Grief, DBT, Self-Compassion, etc. The center offers Treatment Programs as well which are specialized programs incorporating evidence based strategies and interventions to relieve symptoms of anxiety fast and improving functioning the quickest way. Additionally, peer mentor programs, outreach programs and psychiatric services are offered. The center has placed a focus on the prevention of problems to the general student body to create an encouraging environment on campus. They collaborate across other campus and student organizations in order to manage the strong increase in crisis cases that have been seen over the recent years.

The best part of the various services offered at the Counseling Center was that I got to experience various areas where I was able to gain a strong sense of professionalism and autonomy. During my time as Field Placement intern I spent much of my time coordinating outreach efforts. I worked under the supervision of the Outreach Coordinator so I was in charge of handling the social media platforms for the center as the voice of our very own Animal Therapists. My mission was to advertise the provided educational programming on mental health topics of interest to the campus community with a focus on the needs of the general student population. The main goal is to help empower students to improve the awareness, values, and skills needed to meet future challenges and lead vital, meaningful lives. My interest was sparked due to the severity of crisis cases that have been on the rise recently. Since I was most interested on stress and anxiety in young adults I was able to channel outreach events that were geared towards using the Therapy Dogs to relieve anxiety and debilitating stress levels on campus. I was the voice the Animal Therapists' social media and I got to introduce our two newest Animal Therapists to JMU. I was able engage the students by incorporating outreach into JMU's Homecoming weekend and Football season this semester. The signature event of the semester was known as "Furry Fridays"; we held an open hour about once or twice a semester where the four therapy dogs were available to meet and greet the students. This led to the Homecoming event of the semester. I was able to come up with a social media competition where students were able to pick their "MVP". Our most valuable pup was chosen to be Jake, however, there was such an incredible fan base for each of the dogs and each person left with their own customized T-shirt.

This experience not only allowed me to gain the experience as a Therapy Dog handler but it opened up my understanding to Animal Assisted Therapy and research on anxiety-relieving strategies. Most of what I did included trying to figure out ways to reach out to the campus community effectively. This allowed me to communicate with others in the field and gain insight which enabled me to grow both as a professional and as a student. The most satisfying part was that a plan has been put in place to continue providing general access to the Animal Therapists next semester and make them available to anyone who needs some puppy love. It's extremely satisfying to see your ideas be used and to feel as if you made a difference. This is just one of the many advantages the Counseling Center has to offer. The training opportunities here are so immense that you gain perspectives from all across the site. I originally chose the Counseling Center because I knew I wanted to work in the Mental Health field but was unsure as to what exact program I would eventually be drawn towards. The staff at the Counseling Center includes a diverse array of degrees. From Ph.D and Psyc.D to Master's Degrees and LPCs, there are so many different perspectives to learn from. The Graduate students who are completing their



Practicums and Internships are helpful too; they have been in your shoes once before and have plenty of advice to give.

I have learned how to communicate and collaborate effectively with both my peers and people of higher authority as well as how to connect more with student organizations and faculty members. I have learned how to be flexible when coordinating events and the ways in which students' respond the best to certain outreach programs. Not only did this allow me to understand my peers better but it helped me to understand what types of issues counselors are facing all around the country on college campuses. The only disadvantage of a placement at the Counseling Center is that as a student, it is against confidentiality to observe or sit in on any counseling sessions. Although I initially felt like I was missing out on something, I quickly learned how to work on my own behind the scenes to reach out to those students who are not being seen as clients and to assist in any way I could while inside the center. This is a great experience if you want to make a difference in the JMU community.

My experience at the Counseling Center began with me very unsure as to what the future might hold for me. After seeing all of the different roles and receiving all the support I needed, it has led me to choose a path in the Clinical Mental Health Counseling Program with the hopes to eventually work with children in the hospital setting. My long term goal is to eventually work as a pediatric Clinical Psychologist. My personal goals align seamlessly with the mission of the Counseling Center, to provide a young adult or child with the skills and ability to handle whatever life throws in order to lead meaningful lives. In today's society many mental health issues are swept under the rug because of their stigma. My goal is to empower future children to rise above the stigma of mental illness and hopefully reduce crisis incidents and hospitalizations.

The JMU Counseling Center made me feel at home right away. The first thing that stood out to me was that there was no hierarchy between senior staff, interns, and graduate students or across degree types – it was such a welcoming and open environment. There will never be a day at the site where someone doesn't tell you "good morning" or ask how your semester is going. You will learn how useful teamwork is in this type of setting and that all of the staff is willing to help you as much as they can. From simple data entry, to facilitating outreach events, your supervisors are there to support you in your professional growth and creativity and they appreciate everything you do at the site. They want to see you succeed and will do anything they can to help.

Spring 2017 – Kami Aiello

The James Madison University Counseling Center is the on-campus counseling center for full-time students. It is their mission to provide a safe, supportive, trusting and confidential environment which empowers students to develop the awareness, values and skills they need to meet future challenges and lead vital, meaningful lives. The Counseling Center achieves this mission by providing services in the form of individual counseling, group counseling, online self-help resources, treatment programs, consultation services, self-care spaces, workshops and outreach events. Although this is a lot of different resources to offer, the Counseling Center is staffed to meet the requirements of each service.

As the Field Placement intern, my supervisor was the Outreach Coordinator and I worked directly under her. I was tasked to create visibility for the two therapy dogs at the Counseling



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Center, to run their social media, and to find a way for students to more easily recognize their presence on campus. I did this by facilitating an Outreach event called “Paws for a Purpose” which created a routine weekly time for students, faculty and staff to all come by and meet or hang out with the two therapy dogs, Francis and Wicket. This Outreach event was a joint effort between myself and my supervisor as well as the two owners and handlers of the therapy dogs. Alongside of this incredible experience of working with, teaching the dogs how to respond to me as their handler, and introducing them to hundreds of new students, I was also charged with running the social media for the Counseling Center on two platforms: Instagram and Twitter. I was involved in the posts that were on Facebook to some degree if they involved challenges or videos that had to do with other Outreach events. Sometimes this included taking pictures around the Counseling Center and the self-care spaces to advertise them, or organizing a time when Duke Dog could come into the Counseling Center to take pictures with the therapy dogs and in other spaces that we saw fit at the time. A lot of the work I did on social media included different posts to help de-stigmatize mental health and the ways that people can find mental health on a college campus. I was creating posts through the voices of the therapy dogs which included language with positive connotations and puns which make people associate the Counseling Center with decreased negativity and stigmatization.

My experience with the Counseling Center was absolutely incredible. I enjoyed how I was able to pursue my passion in working with animals as well as wrapping it around counseling on a university level. I learned how to talk to people who were my peers but also people who were much older than I am with knowledge and respect when I was taking outings with the therapy dogs and introducing them to new people. I connected with several different counselors on staff at the Counseling Center during my time there, and even the Director took interest in what I was doing and how I was creating opportunities for them to grow and de-stigmatize mental health around the college population.

One disadvantage of the Counseling Center is that as the Field Placement intern, you are not allowed to “sit in” on any individual sessions or group sessions that are run through the Counseling Center. Because of their strictly confidential environment, and the fact that the students who are seeking services are your peers makes it difficult for that to be okay. Also, as an undergraduate, you are not eligible to perform any services or facilitate counseling. If you are looking for an experience where you can observe services such as group counseling, the Counseling Center will not be the experience you’re looking to grow through. It is, however an experience where you can help create a difference around JMU’s campus and have an influence in helping to destigmatize mental health.

I went into this experience already with some knowledge of the therapy dogs as I was involved with them working on my Senior Honors Thesis through the Honors College. I was fortunate enough to already have a relationship with Dr. Colleen Tennyson who is Francis’s mom, and the Psychiatrist on staff at the Counseling Center. She served on my committee for my Honors Thesis and was one of a few advocates for my offer to work as the Field Placement intern during the Spring 2017 semester. Dr. Tennyson was also my secondary supervisor during my Field Placement experience.

One of the most valuable skills I learned while I was at my Field Placement was how to communicate between multiple people of different authority levels. I had to communicate with the Graduate Assistants for some of my assigned projects, with members of the staff for other



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projects and even with the Director for other experiences I was involved in during my time at the Counseling Center. I learned through these many interactions that communication is key in any workplace whether that's between staff members or between a counselor and a client. When people around the office are communicating on a professional level effectively, it makes it easier to then also communicate in a more casual manner. Through my many conversations with the people in the JMU Counseling Center I learned that their ease of communication made for an environment where everyone felt cared for and cared about, whether that was a quick check in as they were passing in the hallway, the office manager taking time to crack a joke, or a deeper sit down conversation when a family matter was occupying thought space.

I felt that in my one semester in the Counseling Center family that I was fully immersed in their circle. There was never a time someone just walked past me without asking me how I was doing or saying hello or good morning. The environment is one that fosters comfort, openness, support and most importantly learning. There are students anywhere from the undergraduate level all the way up to post-doctoral internships. The counselors on staff value learning and truly embrace their open door policy. Anyone will talk to you if you take the time to ask them about their job or their role. Of course they maintain a professional conduct and will keep confidentiality as priority, but they will always be willing to be as much help to you as possible. This is one thing that I truly appreciated about this Field Placement experience. It wasn't just about the tasks I was given. It was about helping me grow into the young professional I want to be in the future. It was about giving me something that could challenge me at the right times, and be something that I could have a routine with as well.

The work I did at the Counseling Center was important because I placed importance on it but also because I had supervisors who trusted me and indulged my creativity all the time. Yes, I worked on data entry for Program Assessments, but I also brought Duke Dog for a photo shoot in the Counseling Center self-care spaces. I took photos of the therapy dogs every chance I had, and those pictures will be used for years to come. I left my mark there, and everyone's mark will look different, and leave a meaning in those walls; not because it's forced, but because whatever you bring to the table is welcomed, embraced, and remembered.

Fall 2015 - Meredith Kurtz

The JMU Counseling Center is dedicated to the personal, social, and academic development of all JMU students. Their mission is to "Provide a safe, supportive, trusting, and confidential environment which empowers students to develop the awareness, values, and skills they will need to meet future challenges and lead vital, meaningful lives." To accomplish this goal, the Center provides free and confidential counseling services within a developmental, proactive, and outreach-oriented framework. The primary focus of the Counseling Center mission is to provide the highest quality individual and group counseling to students struggling with mental health problems. It also serves as an assessment and referral source for students with more serious and chronic psychological difficulties. The Center engages in active outreach



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efforts that focus on the prevention of problems in order to create a safe and encouraging academic environment. The Center is committed to collaborating and partnering with other Student Affairs units and University divisions, serving as consultants on psychological matters, and playing an integral role in the management of emergencies and crises.

At my site I held two very different roles. In one capacity I was considered the student outreach coordinator where I created, implemented, and assessed outreach programs for the counseling center. This includes table events for our awareness campaigns as well as presentations to various organizations per request. Under this role I was also able to supervise another student outreach coordinator who I taught to input outreach survey data and oversaw her program development of an animal assisted therapeutic activity. The other half of my duties at the Counseling Center were more behind the scenes under the title of program development. Within this role, I worked with my supervisor to draft and then implement two different treatment programs. One is a wilderness therapy trip and the other is a Sexual Trauma Empowerment Program. Each of these programs required me to collaborate with other counseling staff and outside organizations. Most of what I did was creating the necessary documentation. For the Wilderness Therapy trip, this included making a schedule with process groups and survival workshops for the duration of a weeklong backpacking trip. I designed the itinerary and map route for the trip as well as made flyers for the staff referral process. I had to make new informed consent for the clients to participate as well as draft an IRB in order to implement specific research practices throughout the program. As for the STEP treatment program, I similarly had to sift through the literature and past research in order to craft an outline for a 5 week psychoeducational structured treatment program. This includes picking relevant and specific topics for each week's discussion as well as incorporating beneficial handouts and resource lists for the participants. Along with the wilderness therapy program, we hope to be able to collect research data from this program, so I will also have to craft an IRB and potential survey questionnaires to assess effectiveness of the program.

The Counseling Center was such a great place to have my field placement experience. I have worked there for a total of three semesters, and I am going to be continuing to work with the staff in the same capacity next semester. What drew me to this site originally was the counseling setting. I knew I wanted to pursue a career in counseling, most likely mental health related, but I was not sure in what type of setting. Through working with my supervisor, Dr. Leslie Gerrard, I found what I am truly passionate about and that is the idea of wilderness therapy. What kept me working within the site though is the inviting, friendly, and encouraging atmosphere. I have had the opportunity to work alongside many different staff members at the Center, and they are all so kind and willing to help in any way they can. I also noticed in my time at the counseling center that although each staff member has their own title and background, some more qualified than others, they all treat each other as equals. There is no competition or idea of authority over one another. The director is the one in charge with the ultimate say, but they all collaborate with one another on cases and seek advice from each other because they understand and respect the idea that everyone has something useful to contribute. This is truly a unique aspect of the environment that I find inspiring and strive to find when I seek a site for my



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career. Another great aspect of this site is that you get to see the inner workings of a successful counseling center at the university level. I know I originally wanted to pursue school counseling at the elementary level, but working at this site has made me realize that working with college age students is very rewarding and more suitable for myself. I encourage others who are considering school counseling to try out all different levels of the field (elementary, high, and secondary) because they are all so different.

Within my time at the counseling center, I have been able to learn so much and have acquired many useful skills that can then be transferred towards my career goals. I believe that when I look back on my undergraduate experience, I will remember this field placement and realize that I learned the most and took away the most useful knowledge from this one class experience compared to the rest of my course work. At the counseling center specifically, I was able to practice many skills including public speaking, collaboration, and professionalism. My role as outreach coordinator taught me how to put on successful events that met various student, university, or community needs. Not only this, but I was also able to act as a supervisor to another student which introduced a type of authoritative role which I was not familiar with. As for my program development role within the counseling center, I was able to practice my critical thinking skills and exercise my creativity. I had to identify a problem and then come up with a solution to solve that problem which for me was designing and implementing two different treatment programs. I had to overcome my uncertainty in my abilities trying to do something that had not been done before. This meant that I had nothing to reference and compare my efforts to throughout my process which was intimidating at times. From that uncertainty and doubt, I ended up accepting and embracing the struggle because it taught me the importance of asking for help when needed. It is okay to seek advice and guidance from others because we all have different backgrounds and experience to bring to the table that could prove beneficial to solving a problem. The best work and efforts are those that incorporate collaboration.

Since I hope to pursue a career in mental health counseling, it was great to be able to have this experience to show me how that profession and lifestyle may look. I was able to witness the inner workings of a university counseling center as well as what it is like to work in a professional office with other staff members. The JMU counseling center has set a high standard for what a happy and rewarding job can look like. I will carry that standard with me when I am looking for my own site to settle into because I now know what I value and enjoy within a work environment. The staff is incredibly friendly and encouraging of my efforts and interests. Everyone treats each other with respect and they truly care for one another and their own well-being which is a rare sight for people in the mental health profession. I am so grateful that I was able to have this experience and really make it my own so that I felt like I made a difference and left an impact at JMU.