

**RUECKERT-HARTMAN COLLEGE FOR HEALTH PROFESSIONS  
MASTER OF ARTS IN COUNSELING**

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In order for our faculty to evaluate your compatibility with the Master of Arts in Counseling: Clinical Mental Health Counseling program's career objectives and your readiness to enter the program, please write a 1,000-1,500 word essay addressing each of the following areas:

**1. Why Regis? Why the Regis CMHC program?**

- a) Describe aspects of your personal and professional history that are related to your desire to pursue a degree in clinical mental health counseling.
- b) Describe how Regis University, the Jesuit Values and its mission are a good fit for your graduate work.
- c) What types of problems or populations would you like to potentially work with a counselor? Why?

**2. Reflection on Diversity and Inclusivity**

- a) What experiences have you had with diverse or marginalized cultures?
- b) Are there certain populations or issues that would be difficult for you to address as a counselor?
- c) How will you continue to be sensitive to cultural differences in the clients you will counsel?

**3. Current Interests and Fit with the Regis MAC CMHC Program**

- a) There are several different helping professions that exist in the United States designed to improve people's lives, e.g., Social Work, Psychology, Marriage and Family Therapy and Professional Counseling. Explain what appeals to you about a career in Professional Counseling vs. other helping professions.
- b) Describe how you view your role as a future Professional Counselor?
- c) What personal strengths do you believe you bring to the program that will help you be successful as a counselor?
- d) Where might be some places you will need to grow personally or professionally as you go through the program?

\*If your undergraduate GPA fell below the preferred admission GPA of 2.90, please answer the following questions:

- e) What contributed to your low academic performance during your undergraduate coursework?
- f) What steps have you taken to rectify this?
- g) What can you do to be successful academically in this graduate program?

*(Instructions to upload the document are included within the online application).*