

Name _____ Period _____ Date _____

Interests and Abilities in Counseling and Mental Health

Many people choose a career in the Counseling and Mental Health profession because they find it rewarding and enriching.

Among considerations before choosing a career in the profession are: your temperament, your organization, your ability to work well with all types of people and your patience.

Communication skills are very important; not only will you be dealing with people but also their concerns.

Things to reflect on when pursuing a career in the Counseling and Mental Health profession:

1. Do I care for and have a concern for people?
2. Do I know how to effectively communicate with children and adults?
3. Do I want to learn more about how people think and feel?
4. Am I honest, fair and loyal?
5. Do I like being around people?
6. Do I feel good about myself as a person?
7. Can my employer count on me to be trustworthy and dependable?

Answer the above questions in writing to determine if you have the interests and abilities to work in the Counseling and Mental Health profession.

1.

2.

3.

4.

5.

6.

7.

What are some problems that could occur if a person does not have the interests and abilities?

Who will gain and who will lose if a person does not have the interests and abilities to work with children and adults?