

Exit Interview Questions— Fall 2017

Southeastern Louisiana University Counseling Program

1. If you were creating a recruiting flyer for our program, what would be one thing that you would highlight as a strength of this program?

- Flexible class schedules (formats and times)
- Alternating class times
- Availability of 3-year plan for planning purposes
- Small classes
- Real world experiences (SAC 619 and COUN 625)
- Knowledgeable professors
- Emphasis of self-care from all faculty, in all classes, from beginning to end of the program
- Emphasis of therapeutic relationship with clients; being present and immediate- versus solely focusing on clinical skills
- Professors are invested in students and take a genuine interest in personal lives
- Faculty strongly encourage personal counseling while in the program

2. We are always looking for ways to improve the program. What would you identify as an area (or areas) in need of improvement?

- A course on human sexuality
- More instruction on note-taking
- Court-preparation
- A course on advanced grief (e.g., helping clients with losing a parent)
- School courses to focus more on the legislative issues in education (e.g., Act 833)
- Grief course offered at least 50% online versus 100% online
- Cross-cultural course offered at least 50% online versus 100% online

3. What is one piece of advice you would give to new students coming into the program?

- Relax and take it all in because it's a journey
- Don't be intimidated
- Go to the counseling center
- Don't stress out
- Be okay with silence
- It's not an MBA—it's a personal experience
- Trust your gut
- Don't be afraid of imperfection
- Don't underestimate the basics. The intro skills work.

- Find someone in your cohort you can talk to throughout the program
- Consult with classmates
- Always be open to learning new things
- Flexibility is important—don't be so rigid
- Be open to feedback—it's meant to help and be constructive, even if it's hard to hear at first
- Even if you don't agree with the feedback you receive, apply what works for you and appreciate the rest as is.
- Trust the process
- You will leave the program a different person
- Don't be afraid of imperfection, perfection doesn't exist

4. As you look back on your experience in the program and look forward to your future as a professional counselor, what is your biggest takeaway from the program?

- Understand and appreciate all worldviews even when you don't agree; understanding all worldviews is key in this profession.
- Be as patient with yourself as you are with your clients
- The counseling process is such a valuable and sacred process. What a privilege to sit with people as they share their real stuff.
- Learning to let go and trusting my instincts
- Ethics are key
- It's okay to say no
- Don't have too many balls in your hand
- Be flexible-let go of rigidity
- There is no perfect counselor—it doesn't exist and that is okay.
- Always be open to learning new things

5. Final thoughts/comments?

- The MCFC practicum and internship manual was not able to be rented two times.
- All agreed that the timing of COMPS and the NCE was helpful