

**Exit Interview Questions – Spring 2018**  
**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?

*"I was able to create relationships with my peers and we have close cohorts."*

*"The year-long internship was very beneficial. One semester internship would definitely not have been enough."*

*"There were a lot of life lessons learned along the way."*

*"All assignments have helped to grow as a person."*

*"Even though it is a 60-hour program, everything was worthwhile. All classes are focused and taking all of them has paid off with regard to competency and confidence upon graduation."*

*"Real-world experiences were meaningful."*

*"Intimacy of a smaller group where every professor has your best interest at heart."*

*"Other campuses don't even know your name. It feels like family here."*

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

*"The addition of elective courses (i.e., trauma, substance abuse, etc.)."*

*"Make sure adjuncts are up to the standards of the program."*

*"Moodle is beneficial for some courses in particular, but more in-person courses are preferred."*

*"More guest speakers."*

*"Separate out the grief and crisis and trauma course."*

*"Perhaps adding another advanced interventions course with an experiential component."*

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

*"There is no such thing as perfection. If you are already perfect then what are you working towards?"*

*"Be okay with where you are in your development."*

*"Trust yourself, but be okay with taking risks in sessions."*

*"Even if you are listening you are doing much more than clients usually get from other people. Know your value."*

*"When you get a feeling in your gut and take the risk anyway then that's really where the relationship is built."*

*"Spend quality time with yourself."*

*“Understand that grad school is way different than undergrad. You have to really work and put in the time for yourself and future clients.”*

*“Be nice to yourself.”*

*“Take to yourself like you talk to someone you love.”*

*“Practice what you preach to your clients.”*

*“Don’t be hypocritical. You can’t help someone until you help yourself.”*

*“Talk to your professors and ask questions.”*

*“Studying with peers helps.”*

*“When taking courses, make sure to actually read the material and don’t expect to learn it at the end.”*

*“Listen to how you learn. Don’t just follow others.”*

*“Don’t overwhelm yourself. Prepare but don’t over prepare for the COMPS and NCE.”*

*“Show yourself grace because we are only as human as our clients.”*

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?

*“Learning doesn’t stop here. Graduation is the beginning.”*

*“I identify as a school counselor, but I also identify as a mental health counselor working in a school.”*

*“Take care of yourself.”*

*“Always be aware of what you are experiencing and attend to you.”*

*“Be authentic and genuine.”*

*“Continue to find clarity in the parts of yourself that you don’t understand.”*

*“Saying no is okay if it doesn’t feel congruent with who you are.”*

*“It’s okay to try things.”*

*“I am enough, more than enough.”*

*“You bend techniques to fit you. Not the other way around.”*

*“There is no right way to be a counselor, You can make it your own.”*

*“I have pride now. I am doing pretty awesome things. I’m not going to downplay what I do.”*

*“Be able to step back and be able to understand others’ perspectives. Now I am able to put my judgments aside and understand what I am feeling when I need to decrease countertransference.”*

*“Do what you have to do for you. Respect yourself and create healthy and professional boundaries.”*