

List all honors earned in previous college work _____

List professional organizations of which you are a member _____

Indicate whether you plan to be a full or part-time student and when you expect to complete your graduate work _____

Do you intend to apply for a graduate assistantship? Yes _____ No _____

Do you have transfer work? Yes _____ No _____

➤ **Inquiries should be addressed to the program coordinator.**

Indicate the program and option for which you are applying:

Counseling and Human Development

_____ M.Ed., School Counseling

_____ M.S., Mental Health Counseling

_____ Certificate of Advanced Study (CAS) in Counseling

The following must be submitted in addition to the completed application form:

1. **Official transcripts** of all undergraduate and graduate work.
2. The results of the **Graduate Record Examination**. A candidate may petition to have the GRE waived if holding a Masters Degree from an accredited college or university.
3. Must complete the **“Personal Statement for Admissions, Counseling and Human Development Program.”**
4. **Three current letters of recommendation** from employers and/or college professors addressing your background and potential for success in graduate study and subsequent employment in the field of the degree program. Please list your references: _____

All matriculated international students at St. Lawrence University must have a completed form I-20, issued by the University's International & Intercultural Studies office. In order for the University to issue the form, you must provide the following:

1. A completed **Certificate of Finances** from the student.
2. A copy of the completed **Application Form** to the Program.
3. A copy of the **Acceptance Letter** from the Program Coordinator.
4. A copy of any **Financial Aid Award Letter** (if applicable).

It is the **student's responsibility to submit these forms to the Department of Education Office**. The Education Department will forward completed folders to the International Studies office. Questions concerning the Certificate of Finances can be directed to: **Deborah Harrison, Student Life Office, Room 236, Student Center, St. Lawrence University, Canton, NY 13617, USA, Telephone is (315) 229-5992.**

FOR DEPARTMENTAL USE ONLY:

Date Admitted _____ Anticipated Completion Date _____

Program Coordinator Signature _____

Official: Please Provide Your Racial/Ethnic Background

The Federal Government has changed the categories for reporting race and ethnicity for colleges, to make them comparable to U.S. Census data. Please take a minute and answer the 2 questions below. St. Lawrence recognizes and values difference; the information you provide here will also assist us with our planning and programming. For questions, contact [Christine Zimmerman](#), Director of Institutional Research.

PLEASE ANSWER BOTH QUESTIONS BELOW. *(For definitions, click the highlighted categories)*

1. Do you consider yourself as:

- Hispanic or Latino
- Not Hispanic or Latino

2. What is your race? Please mark one or more races.

- White
- Black or African American
- Asian
- American Indian or Alaska Native
- Native Hawaiian or Other Pacific Islander

Please feel free to further clarify your responses above.

The following general guidelines are provided by the US Department of Education for the ethnic/racial categories:

- **Hispanic or Latino** is defined as a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race. (Individuals from Spain may select “Hispanic/Latino” because of their Spanish cultural heritage. When selecting a race they may select “White” for their European origin or any other race with which they identify.)
- **American Indian or Alaska Native:** A person having origins in any of the original peoples of North and South America (including Central America), and who maintains a tribal affiliation or community attachment.
- **Asian:** A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.
- **Black or African American:** A person having origins in any of the Black racial groups of Africa.
- **Native Hawaiian or Other Pacific Islander:** A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.
- **White:** A person having origins in any of the original peoples of Europe, the Middle East or North Africa.

St. Lawrence University
Counseling & Human Development Program
Personal Statement for Admission

One of the more challenging tasks in admissions has been our ability to learn the values, experiences and interests of the candidate as well as the candidate's understanding of the program at St. Lawrence University.

The following question-statements are only suggestive. They give you a chance to react and also serve as a focus on the processes and values you will encounter in the program. As you respond you may discover that there are value assumptions with which you do not agree and knowing this beforehand seems crucial.

You may find that you do not have the knowledge, awareness or experience to answer some of the questions. It is the attempt to reflect on these issues that is most important.

Please look over these criteria and respond to each in paragraph form. This is your own personal statement and will help us become better acquainted.

1. Personal initiative, self-discipline, responsibility...the ability to create a plan, follow through to attainment of goals with a minimum of external motivation.

- Probably much of the significant learning in this program will come from you.
- You may wish to reflect on your life when you felt good about your own self-discipline and self-responsibility. You might describe independent studies or projects, experiences in work-educational settings or other situations in which you were proud of your own initiative and internal motivation.

2. Self-awareness and commitment to continued personal growth and development.

- It is hoped that one of the principle outcomes of the program would be that you become more aware of yourself, your values, beliefs, and your effect on others. It is our belief that helpers are aware and growing individuals in their own lives.
- You might wish to consider this criterion by examining changes in your own life. Your ability to identify critical junctures, decision points and personal reactions to these life issues may also serve to demonstrate self-awareness and commitment to continued development.

3. Intellectual-academic ability.

- Traditionally courses, years of schooling, grades and test scores have been the major criteria for measuring this characteristic.
- We choose to broaden this definition to include many alternative learning possibilities or experiences that clarify your unique learning ability.
- To demonstrate this you might include samples from extra-curricular activities, travel, particular school-college experiences, as well as work experiences.

4. Willingness to accept an ever-changing world of uncertainty.

- Sometimes our particular need for predictability and certainty gets in the way of our willingness to risk and to grow.
- This criterion is possibly best dealt with by asking the following questions. How aware are you of change? How comfortable with it? Do you have tolerance for ambiguity? How do you deal with uncertainty? By drawing upon your past experiences, answer these questions and give examples of how you've dealt with those situations in the past and how you would like to continue this process in the future.

5. Ability to work with, accept and appreciate people with different cultural, ethnic, religious backgrounds as well as differing values and beliefs.

- ❑ A person centered approach is by definition involved with these questions, i.e., a new awareness of the richness that results when differences among people are prized.
- ❑ This commitment may be exemplified by your work with, or experiences with, people different from you. You might include any experiences or interactions that show your own ability and/or desire to become more aware of and accepting of differences.

6. Ability and commitment to work with issues involving sex discrimination in our society.

- ❑ A person centered approach assumes values and attitudes regarding people as people, rather than male and female roles.
- ❑ Could you respond to this issue by describing personal experiences that illustrate your behavior and thinking regarding this subtle form of oppression of both sexes?

7. A fundamental respect and caring for people and a belief in their potential for growth and a trust in their autonomy.

- ❑ Here, you might take the time to reflect on your view of the human condition relating to and how you interact with people.
- ❑ Some questions worth considering might be: How ready are you to develop this basic positive belief toward human potentially? How willing are you to work, experience and learn in a program which has as its center this value?

8. Empathy: the ability to understand and respond to another's deeper feelings and perceptions.

- ❑ This is a critical attitude and skill in a person centered approach.
- ❑ This criterion might be examined by examining your own beliefs regarding empathy; when and from whom you most recently experienced it? How did you feel? How was it helpful?

9. A commitment to choice and responsibility.

- ❑ These are concepts which are all pervasive in a humane approach to understanding people.
- ❑ You may wish to explore your meaning of choice and being responsible for yourself, describing your own choices and times when you have or have not responsibility and the difference that makes.

10. Further Perspectives

- ❑ By now it may be clear that there are a multitude of for defining ways, experiencing, and exploring this point of view.
- ❑ Here you might choose to explain those thoughts, feelings, values, and beliefs that have not been included.
- ❑ This may be the place for you to describe your own "way of being" as well as your hopes and goals in the helping professions.