

Field Experience Write-Up Final

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Spring, 2018

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PSYC 475, Field Experience: McMinnville High School, School Counseling

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**A. Overview of your placement**

I am at McMinnville High School shadowing one of their school counselors. The set up in this high school is that there are 5 school counselors and they all do the same basics and then also specialize in different categories. For example, one of the counselors oversees scholarships and does most of the assisting seniors with figuring out what scholarships they could apply for for college, another might work more with an IEP and 504 team (which are different types of learning and classroom accommodation forms for individual students). I interned under a counselor that worked closely with the ELD population at MHS.

**B. Review of your activities**

This is tricky... To be honest, shadowing a **high** school counselor, you will have a lot of down time or more office job-like tasks because there are a lot of things a school counselor does that you can't assist with; you can learn what they do and see it, but it's not quite that hands on experience like other internships. I got to sit in and be a part of a small freshman group, learned about IEPs and 504s, learned a lot about scheduling students, did freshman interviews, sat in on planning meetings and also meetings with parents and students, and got to listen and assist individual walk-in students with the counselor when they had questions or wanted to talk.

**C. Your reaction to your experiences**

As I mentioned above, there was a lot of downtime and time that I was bored and wished I could be doing more. It's not that I thought I would hate being a school counselor, I just didn't get to do the things a school counselor gets to do because a lot of it is on the computer or talking in meetings and there was just no possible way I could be as involved as I would've liked. I did learn a lot though and the experience challenged me to get creative and be more proactive about my learning.

**D. How well your original field experience goals were met**

I wasn't really sure what to write as goals originally because I wanted to understand more of the job itself, and in that sense, I actually did meet all of those goals. I learned about all of the things I wanted to learn about, which primarily were the gist of my goals. I had the expectation that with that learning I would actually get to do some of those things and although I didn't actually write that down as a goal, it was an expectation that was not met unfortunately. I wish I had more hands on learning in this internship.

**E. How the facts and concepts you learned in your prior course work relates to your experiences**

Advanced Counseling definitely helped a lot with communicating with students, and I would say any development class (adult, adolescent, and child) is helpful!

**F. How has faith influenced your field experience**

I was realizing I come in with a lot of preconceived ideas about how others think or "should" act, and there were times that it was difficult not bringing in my faith biases to the public school. I learned to just bite my tongue and pray for the students and staff outside of my internship or in my head while I was there (after being in the "Fox bubble" for so long, it starts to become a more natural response to just want to say, "I'll pray for you!" etc.). My faith helped me have more patience with students that are struggling and it definitely gave me a lot more hope for the troublemakers because I know God has not given up on them, so I definitely did not!

**G. An evaluation of your plans to continue in psychology or related fields**

This is hard to answer... In some ways I liked what I saw and could do, in other ways I wasn't sure. I don't know if the part of me that didn't like it was because of my tiredness and boredom though, or if it was actually feelings of, 'I wouldn't want this job.' It's hard for me to tell because I didn't get to actually "try" school counseling.

**H. How your career planning has been influenced by your experience**

Moving forward, I actually am reluctantly realizing I like the counseling component more than I thought. I would like to explore that more and the different careers in that type of field. I wish I knew more than that at this point, but I'm learning step by step what career I'm being called to. I just love mentoring people and offering hope and perspective, but when I use the word "counseling" and think about it in a clinical context, I just dread it, so I'm still exploring what that means and the direction I'm supposed to go.