

MAHS Graduate Comprehensive Examination

Question # 1 Professional Development

Bellevue University

I am glad that I have almost a quarter left to receive my graduate degree in Human Services. I am so excited to be part of this loving and exploring community. I am an advocate to help share and provide equal opportunities to elevate the needs of humanity. Below, I will number and answer each question one by one.

Question I

My ideal human services professional is effective to engage and be a strong community server. I would function more efficiently and resourcefully by having a firm understanding of the human services organization by expanding its caring and delivering of services to people. I would help people manage relationships, solving existing problems immediately and accurately address related human services organizational issues.

As a professional, I would always look forward to overcome fear, but more importantly hope for change that can bring a sharing of opportunities e.g. education, food, shelter and so many other basic human needs. I would always tolerate and understand people's circumstances in different points of view. I would not be in a position to generalize problems associated with an individual, but act appropriately to solve and find possible solutions for each problem.

My graduate studies in Human Services have given me essential skills to practice in our community and the knowledge to possess the resources available in the department of human services to help those who need them. I was pleased to read this book titled "Now, Discover Your Strengths." I was unsure of whom I was, and I am very pleased that this book was published to help individuals in our society learn and understand their strengths and meet their

future career opportunities. By reading this book people can discover what they are good at and excel at their daily expectations to achieve success in their lives, career and long-term goals.

My core values and themes that I learned from this book are achievement, discipline, positivity and responsibility. I feel that these themes are important to me and I use them in everything I do to achieve my goals. The list of my professional knowledge, skills and ability to do the job are: Listening, Analytical skill, Education, Interpersonal communication and Creativity skill.

1. My listening skills will allow me to pay attention, establish solid relationships and have a clear understanding of their prospects. I believe that it is important to be productive and be a role model to bring good outcomes to my clients.
2. My strong analytical skill is the ability to help people visualize, articulate, problem-solve and find good decisions that make sense. I am logical and organized to make important plans for success. I favor Bandura theory so much more than any other personality theory because it describes how people think, behave and feel.
3. My educational skill is useful because I will be able to have a better life for my family. Education matters because it is with knowledge that one puts their potential to greatest use. Education plays a role in developing my mind and is particularly important in the following roles: critical thinker, compassionate leader, and global good citizen. One can say that a human being is not in the proper sense until he is educated. Through my education I will be able to understand information from around the world regarding the past and present. I want to take this knowledge to the community to help others.

4. Interpersonal communication is my ability to overcome doubts and misunderstandings. As a counselor, I would do my best to understand and respect my client's point of view. With this skill I would be able to impress and engage my clients in conversation. It is always acceptable for me to say nice things to people and it makes them feel good.
5. Creativity skill helps me to be flexible. It is important for me to make changes when necessary and be able to accomplish goals. I believe that when I am passionate about something I want to make the time and effort to get creative.

In my professional career, I would always have a commitment to analyzing issues in our community. I believe that through our careers paths, we encounter many situations when we could benefit from unbiased advice. We may be in the process of choosing a career, deciding whether or not we should change careers or jobs, re-entering the workforces, a job loss. I think we come to the realization that this an overwhelming process and we want and need some help. I would be positive to process active duties and skillful evaluations of the subject matter. It is my responsibility to get people moving to the real world of accomplishment. It is my goal to have effective progress in most situations by gaining the highest professional standard requirements for development of the entire community. It is my responsibility to gain a systematic knowledge of understanding and appreciation of my own personal styles with others. My personal strength is to know how to meet the needs of individuals in society.

Ultimately, my ability is to process, rationalize and apply appropriate experiences when working with people of different ethnic backgrounds to solve problems. We must be committed to lifting up society by dedication to truth and upgrading the community. We need to say

something positive and encourage our people to achieve their goals. We should verbally encourage them and help them overcome self-doubt and minimize stress.

Question II

My ideal professional goal is to prepare myself and be able to reach people inside the community and assess their needs. I will use my professional skills, knowledge and ability to educate and provide ongoing professional development by guiding and encouraging them to achieve their career goals and apply reflective inquiry to improve their career path. I decided to pursue a Masters of Art in Human Services because I like to help others build a relationship within the community. I feel this career path is important because it will open doors to me learning and helping my people with their daily problems, concerns and development changes.

Overall, my professional ideal is to be positive by showing concern for the success and safety of others. I should help those in need even when they do not ask for it. It is my responsibility to care about my actions toward others. The Human Services curriculum helps me improve my professional level in a variety of ways. The specific courses that have increased my knowledge, skills and ability to demonstrate my personal responsibilities to understand the standard requirements to work in a Human Services environment and be able to deliver an acceptable quality of care to the community are as follows:

HS 500 Helping Relationships

From this class, I increased my understanding by learning the historical background of fathers/mothers who have developed, influenced and devoted their time to the counseling profession, experience, and the roles they played in the expansion of the counseling career. This class taught me how to strengthen my efforts to serve diverse clients and build relationships. After I completed this course, I have the ability to process active duties and skillful evaluations

of the subject matter. It also taught me how to meet the needs of individuals who cannot support themselves in our society and my responsibility to get people moving to the real world of useful values and beliefs.

Lastly, this class helped me take Clifton Strengths Finder Test to learn about my core values and top five themes such as achiever, woo, discipline, positively and responsibility. I feel that these top themes are important to me and I use them in everything I do to achieve my goals. I was very pleased to have taken the assessment test from the Clifton Strengths Finder Profile. I am very pleased that the Gallup Organization has published such a strong website that helps individuals in our society learn and understand their strengths and behaviors.

HS 510 Research Methods in Human Services

This class taught me how to research theories that explain the fact that environmental factors and primary's mother, teachers or counselors would be responsible for teaching the child to understand the world. It also helps me identify the name of the research design and explain why it fits the study whether it is empirical, literature review, theoretical, methodological, case study or others. It also helps me how to find the main stakeholders in the article I research and make sure that my research is beneficial to society.

It also helps me how to identify the most important hypothesis in the article by observing and discovering the entity of my research. I also learned how to describe the independent variable (anything standing alone that doesn't need support) and dependent variables (something that depends on another thing) as these are very important to understand when doing a research topic. Most importantly, I learned how to interpret the results or what can be recommended from the finding.

HS 515 Professional Orientation, Ethics, and Legal

I learned from this class that the professional supervision and function of the counseling career is helping others attain their future dreams. I also learned ethical and legal standards, their evolution, methods of change and application to diverse populations in mental health counseling. After I completed this class, my observation for future growth is that the counseling profession must be well organized to focus on promoting the professional development of individuals who need mental health assistance.

This class taught me that our clients need to have the opportunities to reflect on struggles and explanations of their problems. I also learned that the act of confidentiality is important because without it, the counselor would find it difficult to build relationships. To maintain confidentiality, I must treat all information I come across as if it was my own and not disclose it to anyone.

HS 556 Strength-Based Leadership

This class taught me the helpful qualities of leadership skills and the issues related to the role of leadership. After I completed this class I learned that a true leader is someone who is an optimist, a visionary, possesses passion, dignity and respects the opinions of others. I believe that the strength of leadership is basically talking the necessary steps toward a goal, which might mean taking a certain amount of calculated risk. Organization is another major strength that our leaders must have due to the scheduling needs and job demands of both employees and clients. I have also learned about unwritten rules such as don't hurt, don't steal and don't be dishonest.

My leadership style is to be encouraging and lead by example to help our fellow citizens. I think we need to have our eyes open to others, no matter what we are experiencing, but we have to take pains to never give up until you reach an end. It is my wish to be a champion in

community service to improve the lives of individuals and families. If we plant perseverance, we will reap victory. I should also value the needs of others in the community before myself. I commit to understanding the needs of people from all backgrounds. I try to handle things with due regard for other person's feelings, thoughts, and wants.

Analysis of My Career Decisions

My career history and knowledge in this field will help put my potential to a greater use. I will take this knowledge to the community to help other shape their lives and potentially understand my faith in the Human Services. My MAHS program will help me to be decisive and rationalize appropriate experiences when solving problems. I must be committed to lifting up society by find truth and improving the community.

I will take the above steps to achieve and improve my personal career exploration accomplishments. The purpose of this list is to help me assess my future career professional skills in the profession at the workplace. I will assess these skills by helping people identify and receive legal resources available in the community to support their lives. This list has touched general areas of my profession including behaviors, social interactions, and multicultural relationships and reasoning ability. I believe we must be committed to lift up the society by spending a lifetime dedicated to truth and upgrading the community including volunteers.

Conclusion

My motivation toward these skills is to serve others in our community. People will know that I have these skills by prioritizing their needs and taking the necessary steps to obtain them. People in our society are facing serious problems and they need professional skilled counselors to help them pursue their lives' expectations. I have a passion to provide a helping hand for individuals who cannot support themselves. The book titled "Now, Discover Your Strengths"

helps me to understand my own career decision-making and keep the doors open for an equal opportunity for minorities to expand the freedom of their lives fulfillments. My thoughts and plan as a parent, teacher or a counselor is to have a peaceful mind that is willing, understanding, focusing and challenges any inappropriate behavior in our children's lives.

Reference

Buckingham, M., & Clifton, D.O. (2001). *Now, discover your strengths*. New York, NY: The Free Press.