

Admissions Packet

Please complete the following as part of your admission packet and mail to the Department Secretary at:

Eastern Kentucky University
Department of Counseling and Educational Leadership
521 Lancaster Ave.
Bert Combs 406
Richmond, KY 40475

1. **(3) Structured References**
2. **Biographical/Philosophical Statement**
3. **Structured Vita**
4. **Response to (3) Visualizations**
5. **Effective Counselor Characteristics Review**
6. **Agreement Contract** (To be completed during COU 813 Professional Orientation and Ethics)

PLEASE SCROLL DOWN FOR NECESSARY MATERIALS

1. STRUCTURED REFERENCES:

Eastern Kentucky University Counseling and Educational Psychology

Recommendation for Admission to Counseling

Part A: To be completed by the applicant:

Applicant's Name			
	Last	First	Middle Initial
Applicant's Address			
	Street	City	State Zip
Proposed Program: Check the one for which you are applying.	M.A. in Mental Health Counseling ____		
	M.A.Ed. School Counseling ____		
	M.A. in Human Services (it is not the intent of this degree to prepare you as a practicing counselor)		
	Emphasis in Student Personnel Services in Higher Education____		
	Emphasis in Community Agencies ____		
	Standard Certificate in School Counseling (for those already holding a masters degree in school counseling) ____		
	Individual Intellectual Assessment Endorsement (for those already holding a masters degree in school counseling) ____		
Endorsement to Elementary School Counseling for those who hold the Secondary School Counseling Certificate ____			
Endorsement to Secondary School Counseling for those who hold the Elementary School Counseling Certificate ____			
Nondegree CPC Certification (for those already holding a Master Degree in Counseling) ____			

In accordance with the Family Educational Rights and Privacy Act of 1974, you may waive your right to inspect this recommendation by signing the statement below. Should you decide not to waive the right, you will have access to this recommendation only if you enroll at the Graduate School at Eastern Kentucky University.

I choose to waive my right of access

Signature of Applicant Date

I choose not to waive my right of access

Signature of Applicant Date

Part B: To be completed by individual making recommendation:

The person named above has applied for admission to the Counseling and Educational Psychology Program at Eastern Kentucky University. We would appreciate your candid evaluation of the applicant's ability to carry on advanced studies, as well as of her or his scholarship, personality, character, integrity, and professional promise. Please include in the statement an assessment of strengths and weaknesses. The basis for your opinion will be appreciated. If additional space is needed, please feel free to use a separate page. We thank you for your cooperation.

How long and in what capacity have you known the applicant? _____

Statement:

Please Complete The Following:

Summary Evaluation: Applicant's promise as a graduate student, in comparison with others of similar age and experience.

	Below Average	Average	Above Average	Top Ten Percent	Top 3 to 5 Percent	No Basis For Judgment
Academic Performance						
Interest in others						
Intellectual Ability						
Caring						
Ability to self-disclose						
Empathy						
Adaptability to diversity issues						
Maturity						
Seriousness about graduate study						
Basic listening skills						
Promise as a practicing professional						

Name (Print or Type) _____ Title _____

Institution/Business _____ Phone _____

Address _____

Signature _____ Date _____

2. BIOGRAPHICAL/PHILOSOPHICAL STATEMENT

Please provide a biographical/ philosophical response regarding your interest in and suitability for the counseling profession. Include your career goals, views on personal and professional growth, and a statement of intent to engage in counseling or human service work as a significant part of your chosen vocation.

3. STRUCTURED VITA

Name			
Social Security Number			
Address			
	City State Zip		
Telephone/ Fax	Phone: <input type="text"/>	Fax: <input type="text"/>	
E-mail			
PROFESSIONAL EDUCATION			
Degree Year College/ University	<input type="text"/>	<input type="text"/>	<input type="text"/>
Certifications/Licenses (if any)			
Type, Year, State or Board	<input type="text"/>	<input type="text"/>	<input type="text"/>
EXPERIENCE			
Job Title/Job Description			

4. Please provide a written response to each of three visualizations regarding race, gender and sexuality issues.

4. A. RACE VISUALIZATION

I want to invite you to participate in an exercise in imagination that concerns the world we inhabit. It will give you the opportunity to experience a different "reality" than the one you live with every day. Please concentrate on how you are feeling, not what you think. Don't rationalize or analyze or intellectualize, simple feel. Ask yourself, what are the emotions affecting you. All that is required is that you imaginatively enter this new world and allow yourself to experience it. Please relax, get comfortable, and keep your current surroundings from being too distracting. You may read the visualization or have someone read it to you as you use your imagination.

Please relax and imagine the world that I will be describing. You live in a world where people of color (POC) have the control. African Americans, Native Americans, Hispanic Americans and Asian Americans are the leaders, they make the laws, they control the economy. POC are our senators, our congresspersons, the head of all the major corporations. They are our university presidents, our school administrators, most of our church leaders. The President of the United States (and all previous presidents) is a man of color and 90% of his cabinet is composed of POC.

Our neighborhoods and all our communities are made up of POC. There are small, isolated pockets of white communities usually in the poorer sections of the towns and cities. POC are everywhere. When you go to your bank, you will know that a person of color is in charge and will make decisions about your loan. When you take your clothes to the dry cleaner, your shoes to the repair shop, when you put gas in your car, it is a person of color with whom you are interacting for these services. Indeed, almost everyone you encounter in the course of your day-to-day routine is a person of color.

Your local supermarket stocks food that reflects the diet and customs of POC. You have to search to find goods that are more to your liking...although recently some of the major food chains have set aside one aisle for the kind of foods white people eat.

Drug stores carry medications and products geared toward POC. Bandages, for instance, are available only in shades of brown. The color "flesh" is a range from tan to black. Cosmetics are made only for skin tones ranging from yellows to browns. It is very hard to find products for the "white" skin.

When you turn on the TV, you see POC. The ads in the newspapers, TV commercials, and fashion magazines show POC. TV sitcoms, dramas, soap operas, and family shows depict the tragedies, comedies, and ordinary lives of POC... occasionally letting someone white be a part of the experience of POC. At the movies, POC have most of the leading roles...and the supporting roles. It is not common to see white actors (except in the role of a criminal)...and pretty rare for there to be a "white" movie. Most POC would rather watch their own people on TV and in the movies, and since they control the industry...they are the producers and directors and the script writers...that's the way it is.

When you turn on the news you learn about POC. When you see newscasts about crime and drugs in the inner cities, it is white people you see. In fact, when newspapers report crime, they always point out the race of the perpetrator is white. White people complain that the news and media are biased against them. They are allowed to complain...POC believe in free speech...but their complaints are seen as whining and mostly they are not taken seriously, so very little is ever done about the complaints.

POC are considered the model for being handsome and beautiful. Dark hair, dark eyes, and all the various shades of skin from yellow to red to tan to browns are seen as beautiful. Women of color are considered to be the most desirable and have always been held up as the standard of female attractiveness. White people are seen as pale and unattractive. Once in a while, a white person comes along who has dark, curly hair and resembles a person of color...usually

biracial...and they might get a job as a model or actor...but usually only if their features could pass for POC.

POC are not only considered to be the most attractive, but also are the most intelligent, most industrious, and the most creative. You know very little about white history...contributions of whites to the development of this country or this world. You know a lot about the history of POC. All through school, the teachers paid more attention to the students of color. They were seen as the brightest and most gifted. Teachers reinforced them for their achievements and pretty much ignored you if you were white, even if you did as well as the students of color...it was a "fluke". Counselors have even conducted research confirming the inferiority of white people. White people just can't seem to get it together. Scholars have tried to figure out why. White people say they know what the problem is...it is racism and discrimination. Most POC just don't buy it...they claim that everything is equal. All this business about racism really irks a lot of POC. After all they have done for the white people. If white people are so unhappy here, why don't they just go back to Europe where they came from.

Allow yourself to spend a few minutes continuing to imagine this world you live in. Notice what feelings and thoughts come up for you, and write a response to this visualization. Please submit with admission materials.

4. B. GENDER VISUALIZATION

I want to invite you to participate in an exercise in imagination that concerns the world we inhabit. It will give you the opportunity to experience a different "reality" than the one you live with every day. Please concentrate on how you are feeling, not what you think. Don't rationalize or analyze or intellectualize, simple feel. Ask yourself, what are the emotions affecting you. All that is required is that you imaginatively enter this new world and allow yourself to experience it. Please relax, get comfortable, and keep your current surroundings from being too distracting. You may read the visualization or have someone read it to you as you use your imagination.

In this world you are entering the word "woman" is the term that is used for humanity. Womankind refers to everyone. "Man" is included in "woman" and everyone knows that the word "woman" means everyone.

The courses you took in school have titles like "The Herstory of Women"; "Women and the Biosphere"; "Woman and God". Our Bill of Rights states that "all women are created equal". Recall that everything you have ever read all your life uses only female pronouns, "she and her", meaning both girls and boys, both women and men.

Consider the meaning of this basic fact of language to you as a woman. Think of it always being this way, everyday of your life. Feel the ever presence of woman and feel the non-presence of man. Absorb what it tells you about the importance and value of being a woman..of being a man. Recall that most of the voices of authority that you have heard on the radio and seen on TV are women. Remember that that you have only 94 plus female senators out of 100 representing you in the Senate. Know that only 28 members of Congress are men (We call all people in congress "congresswomen", of course, even the few men). Just as we refer to all of the committee chairs as "chairwomen"...no matter what their gender. It is understood that this would include men, and policewomen, firewomen, mailwomen, and so on.

Consider the fact that women are the leaders, the power-centers, the prime movers. But remember.."behind every successful woman there is a man".

If you are female, when you were first born, everyone was really pleased; it is more desirable to have a little girl than a boy. As you were growing up, the books you read had stories of girls doing exciting things while the boys watched or cried or asked for help. Then you watched TV, you identified with all women. Captain Marvel, Superwoman, all the heroes who saved the day were women. It's no wonder that the little boys wanted to be little girls too and do the things little girls do.

In church the talk is of God the Mother. The minister, priest, or rabbi is a woman, the ushers are women, the lay leaders are primarily women (actually they are called lay women...even the male lay leaders). You sing songs like "Rise Up O Women of God" and hear sermons about sisterhood. In school you were given lots of attention for your ability (the boys were given attention for their appearance primarily) and you were told that you could be anything you wanted to be. After all, look at the Presidents of the United States (all women of course) who had started out from a background just like yours. You could be a doctor, an astronaut, a truck driver, a pilot, an attorney, president of IBM or any big company, an electrician, the pope, or anything in the world you wanted to be.

As a woman, your name doesn't change if you enter into a marriage partnership, your husband's name changes. Your children have your name, so you carry on the family name...which is of course the name of your mother and your grandmother, etc. As an adult, you are always referred to as "woman". The men, through are often called "boys". For example, in medical settings, the nurses are referred to as the "boys" as are the receptionists and the secretaries are the "boys in the office".

Being a female is greatly valued. Men try to take on the characteristics of females because they are rewarded more for them. Most women don't want to be like men, though. Male characteristics are seen as less valuable.

Most of the men don't argue with the way things are. If they do, women might stop taking care of them and everyone knows they have to be taken care of and they need women. After all women write the laws, run the government, control the banks and other institutions. Women run the world (but tell the men that they do through sayings like "the hand that rocks the cradle rules the world". Do you know that men did not even get to vote until approximately 80 years ago. They could not understand the real issues. Oh well, those were the good old days.

Allow yourself to spend a few minutes continuing to imagine this world you live in. Notice what feelings and thoughts come up for you, and write a response to this visualization. Please submit with admission materials.

4. C. SEXUALITY VISUALIZATION

I want to invite you to participate in an exercise in imagination that concerns the world we inhabit. It will give you the opportunity to experience a different "reality" than the one you live with every day. Please concentrate on how you are feeling, not what you think. Don't rationalize or analyze or intellectualize, simply feel. Ask yourself, what are the emotions affecting you. All that is required is that you imaginatively enter this new world and allow yourself to experience it. Please relax, get comfortable, and keep your current surroundings from being too distracting. You may read the visualization or have someone read it to you as you use your imagination.

In the world you are imagining things are very different than the world you are used to. Because it is different, it requires you to stretch your experience. Let yourself experience and imagine as fully as you can, rather than judge what comes up, just notice that you have the feeling.

Imagine for a while that you live in a society in which the majority of the people are gay and lesbian. The entire society is set up for homosexuality. It is the way things are. Children (from adoption, artificial insemination, etc.) are raised by parents who are both women or both men. Your parents are gay, your peers are all gay. When you were younger, you were not sure you had ever met anyone who is not gay or lesbian. BUT, you are heterosexual.

Daily you "hide" and try to "pass" for lesbian or gay. You talk about the person you are dating making sure that you use a pronoun of the same gender you are. You have to make sure you don't "slip" and use the wrong pronoun. If you are a woman, you are very afraid they will find out that you are in love with a man. If you are a man, you fear that they will find out that you are in love with a woman.

You only have a couple of places in the city or town where you live that you can go with your partner and "be yourself". Those places are designed for heterosexual people. Sometimes you are afraid even to go there. What is someone "outing" you? What if someone is in there "spying"? You have trouble trusting that you are safe, even in the places where others are "like" you.

Your colleagues have pictures of their same sex partners on their desk. If you were to put a picture on your desk of your partner, you would be accused of "flaunting" your heterosexuality, and you might very well be fired.

Lots of people around you tell "straight" jokes and expect that you will laugh. Everyone knows that heterosexuals are perverts. People also talk about how who you are--a heterosexual--is only about what you do sexually with someone. They don't have any idea there is much more than that. You were a heterosexual when you were not sexually active, and even as an adult, you have had times in your life when you were celibate and you are still a heterosexual. Being a heterosexual is MUCH more than just about what happens under the covers in one's bed. You know that and you don't believe that others--those in the dominant culture--are willing to know that.

Your parents--like most parents--are lesbian or gay, so you can't even share with them your pain of being a member of a marginalized group.

You go to church--where a homosexual minister, priest, or rabbi tells the congregation that heterosexuals are wicked and sinful and wrong--saying that who you are is a sin--your "being" is wicked. You know you are not wicked and that you did not choose your sexual orientation. You didn't choose to be heterosexual and yet it is hard not to integrate all of the negative messages. When you were younger, you dated same sex people--you tried to be attracted to them. You really WANTED to be homosexual. You prayed to be different, you even thought about killing yourself when you realized that you couldn't change the fact that you were heterosexual and the world hates heterosexuals.

You got a lot of pressure from family and friends to day and marry someone of the same sex. They are always trying to fix you up.

The media reflects pretty exclusively same-sex couples. Men on the screen and in the magazines are kissing men--women are kissing women. All of the stories told to children center around men finding men and women finding women to love. There was no one, when you were growing up who would talk about the fact that there are some people who are NOT attracted to the same sex. You had no one to tell you how a heterosexual is supposed to feel or be. There were/are no role models.

In this world you--as a heterosexual--must ALWAYS be aware of what you are saying, of how you act, of who you talk with, of how you walk, of how you dress, of how you talk. You have to closely study lesbians and gays to try to act and walk and talk like them. You don't hang out with heterosexuals in public--just in case someone might "peg" you as heterosexual. You wonder "will I EVER be free to openly love my partner?" "Will I every be free to be who I am without fearing that I will loose my job?" "Will I ever be free to share my life openly with my parents and my sibilings?" "Will I every be respected for being who I am--the whole of who I am?" You wonder...

Allow yourself to spend a few minutes continuing to imagine this world you live in. Notice what feelings and thoughts come up for you, and write a response to this visualization. Please submit with admission materials.

5. EFFECTIVE COUNSELOR CHARACTERISTICS REVIEW FORM

The most important aspect of counseling is the person of the counselor. The faculty at ECU, therefore, believe that it is their ethical responsibility to prepare counselors who best fit the characteristics of an effective counselor. The following list of characteristics reflect those listed in the literature as being necessary, but not necessarily sufficient, to be an effective counselor. Rate yourself on these characteristics and return with departmental admission packet.

Students in Counseling and Educational Psychology programs are subject to review on these characteristics each semester in each class.

5= Well Above Average for a Counselor Candidates

4= Above Average for a Counselor Candidates

3= Average for a Counselor Candidates

2= Below Average for a Counselor Candidates (Remediation Recommended)

1= Well Below Average for a Counselor Candidates (Remediation Recommended)

1) Interested in and committed to an understanding of the specialized knowledge of the field and find it personally meaningful	1	2	3	4	5
2) Committed to freeing, rather than controlling, others.	1	2	3	4	5
3) Exhibits ethical and professional behaviors.	1	2	3	4	5
4) Able to be objectively involved with, rather than alienated from, others.	1	2	3	4	5
5) Focus on positive self-beliefs and have confidence in themselves, their abilities, and their worth.	1	2	3	4	5
6) Open to a full range of experiences and feelings, are spontaneous and nondefensive, and have a sense of humor .	1	2	3	4	5
7) Empathic, caring, compassionate, and non judgmental.	1	2	3	4	5
8) Ability to express feelings effectively and appropriately.	1	2	3	4	5
9) Ability to accept personal responsibility, and are trustworthy.	1	2	3	4	5
10) Flexible and tolerant of ambiguity.	1	2	3	4	5
11) Courage to be vulnerable, open, willing to accept feedback and grow with change.	1	2	3	4	5
12) Awareness of impact on others.	1	2	3	4	5
13) Ability to deal with conflict.	1	2	3	4	5
14) Relates to clients naturally and openly, with appropriate self disclosure of thoughts and feelings.	1	2	3	4	5
15) Ability to cooperate and relate to others in a group and on a one-to-one basis.	1	2	3	4	5
16) Sensitive and respectful to all individuals, and does not condone or engage in discrimination based on age, color, culture, disability, ethnic group, gender, race, religion, sexual orientation, marital status, or socioeconomic status	1	2	3	4	5
17) Exhibit the ability to be insightful, introspective and reflective.	1	2	3	4	5

ADDITIONAL COMMENTS:

Remark on any other personal characteristic which you feel demonstrates your potential as a counselor.