

Differences in individual behavior and personality

[Psychology](#)



Goals Essay. As the only child of an introspective, intellectual father, and a very down-to-earth, extroverted mother, I have always been fascinated by the differences in individual behavior and personality. This has evolved into a deep interest in the workings of the human mind and the observation of the markedly different ways in which individuals react to situations. By the end of High School, I had determined to pursue an academic program centered on Psychology. I was inclined towards Counseling Psychology, as I judged it to be the most person-oriented branch, and therefore, optimally suited to my love of personal interaction.

My academic pursuits were put on hold when I enlisted in the U. S. Army. My years in active service in Germany proved to be a turning point in my life. Not only did it inculcate in me a new-found self-respect, discipline and spirit of altruism, army life also heightened my awareness of the myriad individual differences in man and, above all, the basic goodness inherent in all humanity. I saw men battle not only their adversaries, but also their own fatigue, fears and attitudes, to rise to the occasion and triumph against all odds. I was now resolved to make a career choice devoted to working closely with people on a personal level.

I believe that my past experiences, including my B. S. in Family Studies in Gerontology, have equipped me to contribute in my own way to the field of Counseling Psychology. I have seen, at first hand, the power of positive thinking which can make a man reach unthought-of levels of endurance and achievement. My interpersonal skills are particularly suited to the role of a psychological counselor. My career in the Army and the Postal Service has exposed me to a vast number of people of varying ethnic, economic and social backgrounds and heightened my powers of observation and

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communication.

I consider the primary role of a psychological counselor to be that of a facilitator in the therapeutic process. In dealing with everyday stresses and the problems pertaining to careers, academics, marriage and family, the counselor can be the sounding board for the client's thoughts and emotions, guiding him to a coherent understanding of his emotions and problems. My conception of an effective counselor is one who helps the client to help himself. In this context, I am confident that my interpersonal skills, powers of observation and my trait of being a good listener are resources I can draw upon in developing the client's treatment plan. I believe that communication is the basic tool of a good counselor, especially when coupled with a sympathetic outlook and a genuine love of people.

I am confident that I want to devote my future to a career in Counseling Psychology. However, although I am largely inclined to focus on helping war veterans confront any emotional problems encountered in civilian life, I am also attracted towards the counseling of children and adolescents (I am a single father of three!). As I pursue my graduate degree, I am sure my choice of a particular field in this specialization will become clearer. I am also concerned that it will be necessary for me to complete a doctoral degree before I consider myself to be satisfactorily qualified: after all, psychology is a process of continuing education.

In all aspects, the program offered by is particularly suited to my future goals. I believe that my past experiences will enable me to utilize the plethora of opportunities offered by this program and, at the same time, enable me to contribute positively to the diversity of life on campus. I am confident that this program will equip me with the skills I need to fulfill my
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aspiration of doing my own little part in making the world a better place and make me the kind of psychological counselor who changes lives.