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Goal Statement

Growing up as a child I was always reserved for some reason. I wouldn't talk as much and I hated being outside. Now that I am an adult I still portray those qualities. Over the course of this semester I would like to break away from being so reserved and shy. Two semesters ago I took a class called Techniques of Group Counseling and in this class, we had to set a goal and my goal was to get over me being shy and not being afraid to ask anything because of fear of what others may think. While in this class I was also taking practicum and I worked on my goals every day. As I worked on my goals and pushed myself to do I saw a change in my confidence level when it came to asking questions. I said that to say even though I succeed at the goal I would like to work on the same goals again. I want to get to a place where I am 100% confident in asking questions. Being in the field of counseling and working with children I must ask question to find out what the underlying problem is. I'm going to push myself harder when it comes to my goal and speak out more than usual in class, I feel that will help me along the way as well.

I think my peers can help me by asking me questions, getting my feedback on questions, or my opinions on things. I believe if everyone in the class will assist each other with the goal then we would all be comfortable and feel as if our peers have our back. I think having group discussions and interacting with my peers more will help relieve some of my fears related to my goal. By doing this I believe that I won't be so afraid to be wrong, ask questions, or feel like being judge. I plan to work hard in the classroom as well as outside the classroom on my goal.



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