



Autobiography Instructions for the Counseling Program

- Describe your family of origin, which is the family you grew up in and learned many of your values and beliefs.
- Write about significant life experiences that have shaped you.
- Write about situation(s) in which you were involved in helping another person in crisis.
- List factors that you believe have influenced your decision to pursue a career as a professional counselor.
- The autobiography needs to be two to three single-spaced, typewritten pages.
- Type your full name on each page and please number your pages.
- Send the autobiography electronically as an attachment directly to your Admissions Counselor.