

Program Values of the Counseling and Counseling Psychology Programs

Program values describe how students and faculty of the counseling and counseling psychology programs relate to each other and the ideals that guide the way students and faculty learn, teach, train, serve, lead, and work.

Communitarianism

We strive to relate to each other in a caring, generous, and collegial manner. Moreover, we seek a non-competitive and non-territorial approach to learning, wherein students and faculty can simultaneously contribute to their own and others' development through mutually beneficial collaboration. For example, students are welcome and even encouraged to work with professors other than their advisors on their projects. We encourage students to share information about resources and opportunities with each other, and to involve each other in projects related to clinical work, service/leadership, and research. This allows our faculty and students to learn from one another and grow together from our shared experiences.

Affirmations

We aspire to develop a culture of praising, encouraging, and expressing gratitude for each other, as well as celebrating each others' achievements. We recognize that forming a community that provides positive support to each other is essential to our growth and also contributes to our value of communitarianism. We hope that students and faculty look for ways to identify each other's strengths. For example, our programs host an affirmation board, where students and faculty may post notes of affirmation to each other. We also promote each others' accomplishments through relevant channels, such as email listservs.

Openness to Feedback and Growth

Faculty and students continually seek and provide feedback in a sincere manner to deepen their development and improve their skills in all areas of their work, including research, clinical practice, pedagogy, and supervision. This commitment to providing and receiving feedback is consistent with our values of high quality work and ethical conduct. For example, instructors (associate instructors and faculty) are encouraged to collect and integrate mid-semester feedback on each of their courses. Faculty and students are also committed to the idea that we should never stop learning and growing, personally and professionally. We strive to adopt a growth mindset, display humility, and be open to new ideas that might stretch us beyond our comfort zone. We also believe in providing opportunities for redemption in situations where growth edges are identified. For example, remediation plans for students stipulate not just behaviors or performance that require improvement, but also support for students to help them attain positive outcomes.

Leadership, Service, and Student Initiatives

We encourage faculty and students to participate in service and leadership activities in our programs, university, as well as in local, state, and/or national organizations.

To this end, faculty and advanced students mentor students in their earlier years and connect them with opportunities for involvement. For instance, our faculty and students have been active in leadership positions in the American Counseling Association and the American Psychological Association. Many students and faculty members also share their knowledge, skills, and expertise with other bodies on campus, such as the cultural centers or academic departments, through workshops, consultation, and other programming. Moreover, our programs have a long tradition of encouraging and embracing student-led initiatives. Examples of service activities initiated by our students include the CHG International Connections and Outreach, diversity training for the IU Police Department and residential assistants, the provision of Mandarin counseling services and Spanish counseling services in the Center for Human Growth, and a series of campus-wide diversity talks organized by our students.

Multiculturalism and Social Justice

In accordance with the broader values of counseling and counseling psychology, our programs place a robust emphasis on promoting multiculturalism and social justice. We aspire to be a community of counselors and counseling psychologists who embrace and seek deeper understanding of our own and others' cultural backgrounds, as related to race, gender, sexual orientation, nationality, class, ability, religion, and other facets of diversity. We believe that these values enable us to develop as more effective counselors and counseling psychologists in all of our activities. These values not only guide the content of our training, but also the way we relate to each other as students and faculty. For example, we encourage students and faculty members to engage in informal and formally planned dialogues regarding current events and issues concerning culture, identity, justice, and inequity. We are also committed to recruiting and retaining students from underrepresented, diverse, and marginalized backgrounds and helping them thrive in our programs.