

## Strengths Based Counseling

### I. Who Did I Counsel?

#### A. Background Characteristics of the woman I counseled

1. A 21-year old woman
2. Ethnicity: Indian
3. Fourth year student at Cal Poly Pomona
4. An engineering major
5. First year living away from home
6. Grew up in a Hindu family and has many Hindu beliefs and traditions

#### B. Life Situation of the woman I counseled

1. Dating a man her parents know nothing about; they want to arrange a marriage for her
2. Working for Foundation Housing Service, at Cal Poly Pomona, as a Community Advisor
  - a. First year working with students in the Community Advisor position
  - b. LOVES her work and has developed a passion for her job throughout the year!
3. First year living away from home
  - a. Learning about herself apart from her family
  - b. Starting to realize the need to not live in the expectations of others

### II. Why Did I Select This Woman?

#### A. I have connected with her throughout the year

1. I have worked with this woman throughout the year, and have found that we are able to enjoy deep conversations and be real with one another—even when our beliefs are very different.
2. Because of our connection, I felt she would be willing to openly try the Strengths based counseling model and learn about her specific strengths.

#### B. My hope was to give her a foundation for who she is to build on

1. My prayer in going through strengths with this woman contained the following parts:
  - a. Help her understand herself better
  - b. Help her see that she is able to uniquely impact those around her
  - c. Help her become more confident in her abilities
2. In talking with her throughout the year, I noticed that she has not been encouraged much in her life to act within her giftedness.

\*talk about career/major! <sup>she</sup> learned confidence of ~~some~~ started to see not living in other's expectations.

\* Me-learn-confidence in my abilities to strengths counsel; how much she listened to me! (like strengths counseling)