



UNIVERSITY OF
NORTHERN COLORADO

**Department of Rehabilitation
and Human Services**

STATEMENT OF GOALS

REHABILITATION COUNSELING

Your statement of goals is an important factor in our consideration of your application. It enables our faculty to become better acquainted with you, your background, your writing ability, and your interests. The following guidelines reflect those factors that receive the most attention from the faculty in making decisions. While there is an 8-page limit on the length of your statement, we recommend that it be about five to seven double-spaced pages.

You should cover the following topics in your statement:

1. What factors and events motivated your interest in rehabilitation counseling? Discuss your attitude and philosophy toward rehabilitation counseling. Also, describe your attitude or philosophy toward research, community change and advocacy.
2. What are your career and educational goals? Why have you chosen rehabilitation counseling as your area of study? In what role and in what type of organizational setting would you ultimately like to be employed?
3. What past exposure have you had to rehabilitation counseling? Include any course work or work experience (paid or volunteer) you have had. If you have had none, provide a justification of your current interest in the field. Also, discuss your ability to engage in graduate level study using in-person and digital delivery formats.
4. How would you describe your strengths and weaknesses? This should cover areas including academic ability, ability to form effective counseling relationships with attention to in-person and telehealth environments, ability to work with individuals from various cultural backgrounds using in-person and telehealth modalities, ability to participate in constructive supervision, and ability to cope and manage stress.

Log into your portal to upload your Statement of Goals.