



# CALIFORNIA STATE UNIVERSITY, SACRAMENTO

COLLEGE OF EDUCATION

GRADUATE AND PROFESSIONAL STUDIES IN EDUCATION

COUNSELOR EDUCATION PROGRAM

## **Application to the MS Counseling Program: Career; Marriage Couple & Family; Rehabilitation; and School Counseling Concentrations**

Thank you for your interest in our MS Counseling Program. The MS Counseling program has four concentrations: Career; Marriage Couple & Family; Rehabilitation; and School Counseling. The application materials for the program can be found below. Please read carefully.

The admission portal through [CSU apply](#) opens on October 1, 2023 at 6am PST. The MS Counseling deadline for ALL concentrations closes on January 8, 2024.

The admission process includes two components, a primary and secondary screening process. This is a holistic review process, reviewing content in the following areas: knowledge, skills, and professional dispositions. The initial review consists of a file review of submitted materials for completed applications. Applicants will then be notified if they will be moving to the secondary screening process which is our February Interview Day. This day includes an interview, group activity, and writing prompt. Application closes January and applicants will be notified if they are invited to Interview Day by early February. The date reserved for our Interview Day is February 16<sup>th</sup>, 2024, it is in-person and there are no alternative date or virtual options. Applicants considered for admit are selected from the Interview Day process.

### **Minimum Admission Requirements**

Admission as a classified graduate student in the Master of Science in Counseling program requires:

- A baccalaureate degree;
- Good academic standing at the last college attended;
- A grade point average of at least 3.0 (on a 4.0 scale) in the last 60 semester (or 90 quarter units);
  - Supplemental Materials described below:

### **Admission Procedures**

The M.S. in Counseling accepts applications each fall for admission the following year. **The program does not offer spring admissions.** Prospective applicants, including Sacramento State graduates, must submit the following:

- **Written statement(s); ALL written statements must follow APA, please see directions for formatting and see the content requested below:**
  - Formatting Minimum Requirements: APA format, 2-4 pages double-spaced total including a title page, at least five APA citations, and an APA reference page, upload as a pdf.
  - Using the formatting mentioned above, please respond to the following question. Please note that we are assessing your writing and research abilities, how you construct and organize your paper (APA), as well as content, and knowledge of the Counseling profession.
- **Career Counseling:** The current definition of counseling developed and endorsed by the American Counseling Association: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."



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- Using that definition, please describe the importance of prevention and intervention in addressing mental health and wellness across various career counseling settings including working with diverse populations.
- Include a definition of wellness using the wellness model and your interpretation as it pertains to working with clients. How do career counseling, wellness, and mental health intersect?
- **Marriage, Couple, & Family Counseling:** The current definition of counseling developed and endorsed by the American Counseling Association: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."
  - Using that definition, please describe the importance of prevention and intervention in addressing mental health and wellness for children, adolescents, couples, and families including working with diverse populations.
  - Include a definition of wellness using the wellness model and your interpretation as it pertains to working with clients and systems. Please include your understanding of the family systems approach (supported by research), in the context of working with relationships and families.
- **Rehabilitation Counseling:** The current definition of counseling developed and endorsed by the American Counseling Association: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."
  - Using that definition, please describe the importance of prevention and intervention in addressing mental health and wellness across various rehabilitation counseling settings including working with diverse populations.
  - Include a definition of wellness using the wellness model and your interpretation as it pertains to working with clients. How do rehabilitation counseling, wellness, and mental health intersect?
- **School Counseling:** The current definition of counseling developed and endorsed by the American Counseling Association: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals." Furthermore, the American School Counselor Association (ASCA) defines a school counselor's role with the following "school counselors design and deliver school counseling programs that improve student outcomes. They lead, advocate and collaborate to promote equity and access for all students by connecting their school counseling program to the school's academic mission and school improvement plan."
  - Using that definition, please describe the importance of prevention and intervention in addressing mental health and wellness in schools for children, adolescents, and young adults including working with diverse populations. Please include a definition of wellness using the wellness model.
  - Include how ASCA's definition of the school counselor's role, including the ASCA national model, can be used to address student outcomes and as a tool for advocacy. Please describe the various ways that school counselors can work with an interdisciplinary team within schools, in addition to community and families, to support TK-12 students.
- **Relevant work experience via a Resume/CV.**



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- *Please provide a resume/CV that includes your professional, related professional, or volunteer experiences. Include any honors, awards, research, or other achievements as appropriate, if applicable. Please upload in pdf format.*
- **Personal Statement:** *Please share your goals regarding why you want to become a professional counselor, including your interests, community engagement, and abilities that led you to apply for a graduate program in counseling. How do you see your strengths and areas of growth in potentially attaining these goals? What factors have led to your consideration of professional counseling, specializing in career/marriage couple and family/rehabilitation/school counseling, as opposed to other helping professions (e.g., psychology, social work, etc.) (2-3 pages).*
- **Professional Letters of Recommendation (3 required);**
  - *We are requesting three letters of recommendation from an individual who has observed your knowledge, skills, or professional dispositions in a professional capacity and/or supervisory relationship. Please do not include personal references, we are requesting professional references. For example, someone who has overseen your work as an Instructor or Professor, or a Supervisor at your place of employment.*
- **Unofficial Transcripts:**
  - One set of unofficial transcripts from **ALL** colleges and universities attended
- **An official copy of transcripts from ALL colleges and universities attended, other than Sacramento State;** send electronic transcripts to [gradtranscripts@csus.edu](mailto:gradtranscripts@csus.edu) or hard copy transcripts to:

Office of Graduate Studies  
California State University, Sacramento  
Riverfront Center, Room 215, MS 6112  
6000 J Street  
Sacramento, CA 95819
- Participation in an In-Person Admission Evaluation, which may include (but is not limited to) interviews, experiential activities, and writing samples.

**NOTE:** Selected applicants, based on paper screening of completed applications, will be invited for an In-Person Admission Evaluation. Decisions for admission into the Master of Science in Counseling program are made based on a comprehensive assessment of **all application materials** and performance in the In-Person Admission Evaluation.

## **Documents Page in Quadrant IV**

### **Required:**

- Written statements;
  - Please respond to the following questions. We realize that you may not have specific knowledge about the subject matter. Therefore, it is important that you realize that we evaluate your response based on your writing ability and your approach to the issue.
  - Our MS in Counseling program has four concentrations (Career; Marriage, Couple, and Family; Rehabilitation; School). This is a two-part prompt, please address the following questions in an integrated response utilizing references to support your writing:
    - Please describe why multiculturalism, diversity, and social justice is important within the concentration that you are applying to and how it fits into the overarching paradigm of counseling in working with individuals, children, and families.
    - Please describe the wellness model and how this influences the training, assessment, and interventions in counseling vs other mental health professions.
    - How does wellness intersect with social justice?
  - Minimum requirements: APA format, 2-4 pages double-spaced, five citations, plus a reference page, upload as a pdf.
- Relevant work experience via a Resume/CV;
  - Please provide a resume/CV that includes your professional, related professional, or volunteer experiences. Include any honors, awards, research, or other achievements as appropriate, if applicable. Please upload in pdf format.
- Personal Statement; Please describe your journey to this point, how have your experiences influenced who you are today and what makes you want to become a marriage, couple, and family counselor? (1-2 pages).
- Letters of Recommendation (2 required, 3 recommended)
- Unofficial Transcripts
  - One set of unofficial transcripts from ALL colleges and universities attended