

COUC810-- Quiz: Intensive Week Journal 4—February 20, 2025

Dr. Bohecker began our time together with a short devotional reading regarding peace. Dr. B reference Colossians 3:15. This idea of peace helped me to reflect on the current peace I felt when in the past I would likely have been at a level 10. I am noticing that in some ways I have matured to do my best to accomplish a task and then accept sufficiency when needed. We then went around and did a check in regarding our concerns for moving forward with our manuscript assignment that needs to have a draft submitted Sunday. One comment was regarding sync Teams and Word so the changes will show up for Dr. B to review in real time. This can be stressful but I think I figured it out. Dr. B shared a thought regarding the Buddhist idea of perfection is what is in the moment as opposed to the idea of perfection that is out in the realm of desires or expectations we may have or believe are placed on us. I enjoyed this thought as it helps me reframe some moments in life (past, present, and future). Dr. B gave a great encouragement to a student struggling to write and suggested using voice to text because he speaks things well while seeming to be getting stuck with writing. I use this tool often. A helpful comment was shared regarding being thankful for the transparency of the class in discussing thoughts about the project. I too appreciate when others lower their fronts and allow their true selves to be seen by others. I was able to share that I am currently experiencing peace and can take in all that is being shared. I truly am amazed when I stop and think about all the Dr. B has going on and seems to have figured out how to balance them well. It was very interesting to hear the various thoughts from being stressed to be at peace with the process from my classmates.

Dr. B shared a quote from a daily journal entry by a fellow classmate that said, “I learned that feeling insignificant and unseen is true if I remain voiceless.” This thought aligns well with

other encouragement from the week regarding not feeling like an imposter or as though I do not have anything to offer to our profession. It reminds me to look for opportunities to speak into life that occurs all around me and specifically into our profession as counselors and counselor educators. It is a real blessing to be given the rest of the day to spend working on our manuscript assignment. One of my immediate main goals is to find a good CES Journal article to use as a template to help me to do the best I can to meet the expectations of the review committee.