

**S R Nathan School of Human Development**

**Bachelor of Counselling Programme**

Applicant's Personal Statement

Candidates applying for admission to the SUSS Bachelor of Counselling programme are to submit without the use of generative AI tools, in Microsoft Word format:

- 1) A personal statement
- 2) A writing sample

**1) Personal statement**

Please address the topics below in essay form, in no more than 500 words.

- What is your key motivation in applying to the SUSS Bachelor of Counselling programme?
- In addition, what are the personal, family, health, mental health and professional experiences that influenced you to apply to the SUSS Bachelor of Counselling programme?
- Please introduce yourself in terms of why you would be a suitable candidate to be trained as a counsellor.
- Any other relevant information which would be helpful for the selection process.

**2) Writing sample**

Demonstrate your academic writing by reading up and writing an essay, in no more than 500 words on the topic below:

Discuss the importance of self-care for counsellors. How would you, as a counsellor, ensure that you maintain your own well-being while supporting others?