



Adult and Graduate Studies

To: Master of Arts in Clinical Mental Health Counseling (MACMHC) Program Applicant
From: Department of Counseling
Montreat College School of Adult and Graduate Studies
Subject: Professional Goals Essay

We appreciate your interest in attending our program and are excited to possibly have you studying on our campus. As part of your admissions process, you are required to submit an essay *outlining your professional goals* for acceptance into the program. In order to help you succeed, we are providing the following guideline to help you write a fantastic admissions essay.

Please follow the guideline template provided to complete the essay before submitting to your Admissions Representative.

Format:

- Please follow the American Psychological Association (APA) format as you complete this paper.
- Your essay should be 3 to 5 pages in length, double spaced, using the Times New Roman size 12 font.
- Include your name, Admissions Representative's name and the date on your **cover page**.
- Your essay should include the **sub-headings** given in the following template.

Template:

- **Introduction:** an introduction of the essay stating why you have chosen the Montreat College MACMHC program to continue your academic journey. (one to two paragraphs)
- **Background:** include your academic, work and volunteer experience as it relates to your decision to pursue this degree. Include any previous knowledge of counseling that you may have and/or how counseling factors into the purpose of your life. You can also include your culture, values, and personal world view (optional). (two paragraph minimum)
- **Professional Goals:** include what your professional goals are, why you have these goals and how you intend on accomplishing those goals. (three paragraph minimum)
- **Future Plans and Aspirations:** include when you plan to complete the program, what you will do to overcome possible obstacles, what you will do with the knowledge gained and the degree after completing the program, and whom will benefit from your degree completion (other than yourself). (three paragraph minimum)
- **Conclusion:** this should be your closing statement summing up why you would like to be accepted into the MACMHC degree program and how you would benefit from attending the program. (one paragraph)