Discussion

By

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**Discussion**

My name is \_\_\_\_\_\_\_\_and I am \_\_\_ year old. I am a student in the 7th semester, and my main subjects are the Mental Health Counseling track. I belonged to a very pious and famous family and was raised by both my mother and father. I lived with my younger sisters and brothers and always remained connected with my grandparents due to their importance in our family. The connection with such a family was a great opportunity for me because I became able to connect with different people that later provided beneficial for me, especially during my professional life. I am now married to the beautiful person in life that I know because he is an ideal person, according to my perspective. There is no doubt that there are some changes in my and his upbringing. Therefore, there are some differences in our points of view as he helps the people so that they become able to cope up with different traumatic events efficiently. We have one dog and two cats that are adopted by us, especially by my husband. I am fond of outdoor games and wanted to enjoy nature's beauty because it gives peace and calm to the mind.

I am reading in the 2nd semester of practicum at "Milestones in Recovery." We are learning different skills and therapies from this course, such as some of the problems that are being recovered are eating disorders and addiction to various drugs. I was afraid of online classes before starting the session because I found that online classes are not much effective as physical classes. Still, there was not no other option except online classes. I have also found some problems in online classes because it was my first time reading in such classes. One of the most common problems that I faced was that there was some internet connection issue due to which I had missed different useful things during the lecture. It took several days for me to become comfortable with the online classes, but I started enjoying these classes because I could take classes at any time and any place. After all, a specific time and place were not needed for the online classes. I have learned different new things and concepts during the online classes. I have managed different problems efficiently because I have become a community counsellor by taking these online classes. Now I can counsel different people who face various problems in their personal and professional life to become able to get success in less time.