**LDR 807-12: Leader Development: Transforming Self-Concept**

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The journal is a written reflection of your learning journey while working in each course. The Learning Journal integrates the essential elements of the course within your professional field of interest. The objective of the course journal is to produce a degree of acculturation, integrating new ideas into your existing knowledge of each course. This is also an opportunity to communicate with your professor insights gained because of the course. The course learning journal should be 3-5 pages in length and should include the following sections:

1. Introduction –Summarize the intent of the course, how it fits into the graduate

program and the relevance of its position in the curricular sequence.

2. Personal Growth - Describe your personal growth–how the course stretched or

challenged you– and your progress in mastery of course content and skills during

the week and through subsequent readings – what new insights or skills you gained.

3. Reflective Entry - Add a reflective entry that describes the contextualization (or

adaptation and relevant application) of new learning in your professional field.

What questions or concerns have surfaced about your professional field as a result

of your study?

4. Conclusion – Evaluate the effectiveness of the course in meeting your professional,

religious, and educational goals.

**Introduction**  
Because of its personal growth and reflective nature, it’s been a required graduate course of mine that forced me to try to learn more and better. The place it occupies in the chain of research has also afforded me the opportunity to delve deeply into new data and methods that have deepened my understanding of the field of work and opened my mind to the possibilities of where it might lead.  
**Personal Growth**  
As a graduate student, students should develop the skills necessary for working. ‘COUNSELOR EDUCATION: A PERSONAL GROWTH, PERSONAL DEVELOPMENT’ (2024): personal development is the process of building the knowledge, competences and attitudes that make you more aware of yourself and at work. "This course has challenged me to see outside my comfort zone and have allowed me to grow and develop myself. The graduate programme has designed classes such as these to foster a continual journey of personal development and employability.  
**Reflective Entry**  
The practice of reflecting is a vital tool in personal and professional development through self-criticism and ongoing education. Fontaine et al. (2018) emphasise reflective mechanisms by which individuals reflect critically on their experience and establish meaningful connections between a mental and material world. Reflective exercises during and after this course enabled me to identify both my strengths and my weakness, and learning was more meaningful. It has helped me realize that errors were experiences I learnt to grow strong and adaptable in my career.

What this graduate program has taught me is far greater than any other course in my career. By going through many case studies and academic papers, I now fully appreciate the theoretical framework in my discipline. And that experience has made me wonder what’s right now, and how technology could disrupt the industry going forward. Overall, I’ve come away from the course with a set of techniques that I can apply to the field, and a fresh confidence in my own ability to bring value to my work.

**Conclusion**

Let me conclude by saying this course changed my life and my career. As much as it emphasizes self-care and self-reflection, it has also taught me to assess myself and make better myself, and develop my own understanding of the topic. : In my professional life, I’m going to use the knowledge from this course to be aware of the work challenges and ways to become better.

**Work Cited**

Counselor Education: *A Personal Growth & Personal Development.* (2024). North Dakota State University Institutional Repository. Retrieved from <https://library.ndsu.edu/ir/bitstream/handle/10365/27862/Counselor%20Education%20A%20Personal%20Growth%20and%20Personal%20Development%20Experience.pdf?sequence=1>

Fontaine, et al. (2018). *The role of reflective practice in professional development*. ResearchGate. Retrieved from https://www.researchgate.net/publication/327899232\_The\_role\_of\_reflective\_practice\_in\_professional\_development