



PSY 108 Module Three Activity Template

In the Module Three Activity Guidelines and Rubric, review the Prompt and Supporting Materials sections. Then answer the following questions. Complete this template by replacing the bracketed text with the relevant information.

1. Is your goal to work in a helping profession or do you work in a helping profession now? Describe why your **goal profession or current profession** is meaningful to you. Your response should be a minimum of 1 to 3 sentences.

My goal is to work in a helping profession as a mental health advocate. I desire to be to help people as they are walking the dark path at any given time. I have gained a passion for this field of study due to an unforeseeable journey I had to walk. I understand how most will stay clear of those with known issues, I do not want to stay clear, I want to help anyone I can.

2. One of your programmatic course themes is self-care. Which of the **strategies for self-care** from the article [Recognizing Compassion Fatigue in the Helping Professions](#) are most relevant to you now as a student or working professional? Your response should be a minimum of 1 to 3 sentences.

My strategy for exercise. After a busy sometimes hectic day at the office or home, I like going to the gym to get sweaty and in the process listen to one of my church's podcasts Authentic Conversations (NHWC Pastors Dale Jenkins & Kenny Albert [New Hope Worship Center - Authentic Conversations \(newhopewc.org\)](#)). I have learned that exercise and meditation not only calm and restore. It causes the body to release endorphins otherwise known as neurotransmitters which relieve the negative contributors of stress (Exercise and Stress [Exercise and stress: Get moving to manage stress - Mayo Clinic](#).) I would have never really believed it if someone had told me years

ago that exercise would help clear my mind from my “bad day”. Exercise helps me to clear my mind and more productively process what I was struggling earlier to deal with.

3. One of your programmatic course themes is emotional intelligence. How do you currently apply **emotional intelligence skills** as a student or working professional? How can it be useful for you to explore strategies for EI as this course (or the program, if you are a Psychology major) continues? Your response should be a minimum of 1 to 3 sentences.

Both as a student and working professional, I have to be self-aware of the environment around me and self-regulate myself as to how I must respond to that environment. Then I respond accordingly so I do not violate ethical judgments. I must at all times be empathetic to those around me not to people please but, to act or talk being aware of other people’s emotions.