Your paper is due at the start of class on Tuesday, November 7th.

You are required to conduct library research to support the theories that you will present in your paper. You are to identify a minimum of 10 research journal articles published in any of the research journals that are listed at the end of the course syllabus. Additional references (books or research articles published in journals not listed on the class syllabus) can also be added to the 10 research journal articles that you select to support your work. Entries on random blogs or Wikipedia pages are not appropriate references for this research assignment.

Your paper should include a title page, an optional abstract page, the body of the paper and a list of references. The combined length of your completed assignment will be approximately 18 to 19 pages (of which a minimum of 15 pages will constitute the body of the paper).

Apply APA writing style format to your work (12-point font, double-line spacing, 1-inch page margins, etc.). Here is a web link to NMSU Library resources (APA writing style format, how to find relevant research journal articles, etc.) to help you develop your research paper: http://nmsu.libguides.com/browse.php?o=l

The purpose of this paper is to develop a frame of reference to help you better understand yourself (or other people). It will also help you explore how a specific issue or problem in your experience may be handled during the counseling process. All published information that you reference in your paper should be appropriately cited using APA writing style format. You are encouraged to express your own ideas and opinions in relation to the published information that you use to support the theories that you will present. Be sure to use "I" statements to distinguish your opinions from the research findings presented in published research articles.

As you prepare your paper, apply the organizational format shown below. Use section headers for each of the major sections of your research paper (for example: I. Introduction; II. Theory of Personality; III. Theory of Counseling and Psychotherapy; IV. Closing Summary; and IV. References).

I. **Introduction** (Approximate length of this section is 1 to 2 pages - 5 points)

Identify the theory of personality and the theory of counseling & psychotherapy that you will present in your paper. Discuss why you selected these two theories and include how you see these two theories as complementing each other. Also indicate how these two theories may be in conflict with one another. Provide your rationale for your selection of these two theories for your paper. Identify the counseling issue or problem that you might address in a counseling process using these two theories. You can provide a real-life problem or use a hypothetical example of a problem for this assignment.

II. **Theory of Personality** (Approximate length of this section is 6 to 7 pages - 15 points)

Provide an overview of the theory of personality that you will present to illustrate your understanding of human development and how the personality is formed. This will be helpful...
to gain a deeper understanding of your personality along with the origin of a counseling issue or problem that you will discuss in your paper. Using the key concepts and specific ideas associated with the theory of personality, discuss how the theory helps you to understand the circumstances and/or the context that contributed to the development of the problem that has occurred. Draw on the research literature to support your use of the theory of personality to describe your own development along with the difficulty that you have encountered. Discuss how the specific concepts of this theory can direct you to the counseling approach that will best address the problem that you may present.

II. **Theory of Counseling and Psychotherapy**  (Approximate length of this section is 6 to 7 pages - 15 points)

Provide an overview of the theory of counseling and psychotherapy that you have selected to apply it to the problem that you have identified. Indicate how the major counseling concepts of the theory are applied to the counseling process. Summarize the research literature to illustrate how this problem has been successfully or unsuccessfully addressed within the counseling process. Discuss how you would apply the key concepts of this theory throughout the different stages/phases of the counseling process. For example, you may discuss specific counseling strategies, techniques and process goals that may be applied to address the counseling problem that you have identified. Discuss how you will determine if the counseling process has been successful or not. Your understanding of this theory will be gauged by the depth, breadth and integration of the information that you present.

IV. **Closing Summary**  (Approximate length of this section is 1 to 2 pages - 5 points)

Provide a closing summary of the two theories that you have selected and include clear descriptions of how they support the ideas that you have presented in your paper. In this section, you may cite any of the references that you have discussed in the other sections of your paper. Use in-text citations to reference your resources. Examples of APA-style in-text citation include the author name(s) and date of the research publication of the material that you reference: (Jones, 2008) or (Sue & Sue, 2011).

V. **References** Using APA writing style format, provide a complete listing of a minimum of 10 references that you have cited to complete this research assignment. (10 points)

**Overall Quality and Integration of Your Paper** – A total of 10 points will be awarded to reflect the overall quality of your work (organization of ideas, sentence structure, grammar, spelling, etc.), the application of APA writing style format and the integration of the counseling concepts that you have presented. A title page is required. An abstract page is optional. No report cover is to be used for this assignment.

**Extra Credit Option** - An additional 5 points can be earned by completing 2 writing consultations with the Writing Center which is located in Clara Belle Williams Hall (English Building) Room 102. The 1st consultation is typically conducted to review the assignment guidelines as well as a draft of your paper. Then the 2nd consultation is conducted to review revisions to your initial draft and to provide additional recommendations on your work. Attach the Writing Center verification forms (that you obtain for each consultation session that you complete) to the back of your research paper.