Educational Research Statistics: Descriptive & Comparative:

Introduction, Research Questions & Hypotheses

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**Introduction (Concern/Problem):**

The counseling profession is demanding and seeks to be of service to those who desire to help and enhance one’s quality of life. Counselors-In-Training (CIT’s) are the future of the profession and the conversation of *“wellness/self-care”* is imperative throughout their graduate career. In particular when CIT’s begin clinical training; wellness/self-care is a key component necessary to ensure the well-being of not only the CIT, but the client. In order for CIT’s to offer quality care to their clients; it is important they practice this concept in their own professional/personal lives. When looking at counselors-in-training (CIT’s) and the importance of discussing wellness while mastering clinical counseling skills, the research found that the profession can be taxing even for the most “*well*” counselors. The research furthered discussed the importance of CIT’s having the opportunity to speak with their supervisor about the potential for emotional burnout, emotional attachment to clients, coping skills of managing stress and self-care activities as a way to incorporate the discussion of wellness into their training (Trice-Black, Frink, Thompson, 2017).

**Research Question:**

What is the relationship between first time practicum students who implement and discuss wellness/self-care during their supervision process?

**Hypothesis:**

First time practicum students who discuss and implement wellness/self-care during supervision have decreased levels of burnout and stress.

**Research Design:**

Correlational innature; examines relationships between variables.