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Spring 5-17-2019

# Analysis of Michael Wiskow: An Exploration of Self-Awareness

Michael D. Wiskow  
wiskowmi@gmail.com

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## Recommended Citation

Wiskow, Michael D., "Analysis of Michael Wiskow: An Exploration of Self-Awareness" (2019). *Dissertations, Theses, and Projects*. 166.  
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Analysis of Michael Wiskow:  
An Exploration of Self-Awareness

A Project Presented to  
The Graduate Faculty of  
Minnesota State University Moorhead

By

Michael Darren Wiskow

In Partial Fulfillment of the  
Requirements for the Degree of  
Master of Science in  
Counseling

May 2019

Moorhead, Minnesota

## **Abstract**

Self-awareness is an essential aspect of counselor ethical obligations, effectiveness, and professional competency. It is for these reasons why I decided to conduct an Analysis of Self as my final project. I review my relevant background, analyze my objective self via assessments, reflect on interviews with significant others, and create a theoretical conceptualization of myself in order to gain a comprehensive understanding of who I am. With this information, I reflect on how this process impacted me as well as discuss my plans for continual professional growth. I found this process to be extremely beneficial since it has altered my world view, how I perceive information, and how I influence my immediate environment. This process made me uncomfortable at times since it brought about many aspects of myself I would rather ignore. However, to increase my self-awareness, these aspects must be made aware of in order to remove any impact they may have on my professional life. Along with these unfavorable aspects, I was very pleased with my findings. I believe myself to be a good, honest person with a passion to provide services to those in need. I am proud of who I have become, and who I still inspire to be.