

INU Foreign Student Group Counseling Program "Uni Buddies Healing Camp" Participation Essay

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제목 Title	Psychological Counseling: A Key to Academic and Emotional Growth
<p>내용</p> <p>Participation</p> <p>Reflection</p>	<p>Oxford Learner’s Dictionary defines Psychology as the scientific study of the mind and how it influences behavior. Psychology as a science can be traced to ancient civilizations, but it evolved significantly over time into the modern discipline as we know it today. Early ideas about the mind, behavior, and emotions appeared in ancient cultures. For instance, ancient Egyptians had concepts of the mind and its impact on behavior, while Greek philosophers like Socrates, Plato, and Aristotle highlighted the ideas about the mind, human nature, and consciousness. In India, the philosophical writings also explored mental states, consciousness, and human nature.</p> <p>During the Period of Renaissance there was a reawakening of philosophical thought which led to the revival of interest in human nature and the mind. William Wundt (1832–1920), a German philosopher and physiologist, is often regarded as the father of modern psychology. In 1879, Wundt established the first psychological laboratory in Leipzig, Germany, marking the official birth of psychology as a scientific discipline. In the United States, William James, influenced by Wundt, established psychological principles through his famous book "The Principles of Psychology" (1890).</p> <p>Today, psychology is an established science that spans multiple approaches, including biological, cognitive, behavioral, social, and clinical perspectives. It is studied in universities worldwide and applies to a wide range of areas such as mental health, education, business, and sports. The development of the field has been shaped by contributions from diverse philosophers, scientists, and theorists across history.</p> <p>Oxford Learner’s Dictionary defines the word Counseling as professional advice about a problem. Psychological counseling or in other words ‘psychotherapy’ assists to explore difficulties in emotions, behaviors or relationships that one may be experiencing. It is a therapeutic process in which a trained mental health professional, such as a psychologist, helps individuals address emotional, psychological, or behavioral challenges.</p> <p style="text-align: center;">Psychological Counseling can address a wide range of concerns such as:</p> <ul style="list-style-type: none"> ● Anxiety and depression ● Stress management ● Relationship problems ● Self-esteem and personal growth, etc. <p>Psychological counseling aims to empower individuals to better understand themselves, develop coping skills, make healthier decisions, and improve their quality of life.</p> <p>Psychological counseling for students is incredibly important for a variety of reasons, as it plays a critical role in their mental, emotional, and academic well-being. In a fast-paced educational environment, students face numerous pressures, including academic demands. Psychological counseling offers support to help them navigate these challenges, promoting healthier coping mechanisms, personal growth, and overall success.</p> <p style="text-align: center;">Psychological counseling is vital for students as it helps:</p> <ul style="list-style-type: none"> ● Manage Stress and Anxiety ● Improve Mental Health and Emotional Well-Being ● Build Healthy Coping Mechanisms ● Enhance Academic Performance

- **Develop Social Skills and Relationships**
- **Support Personal Growth and Self-Discovery**
- **Prevent Long-Term Psychological Issues**

Psychological counseling is essential for students because it supports their mental, emotional, and academic development during a critical period of their lives. It equips students with the tools they need to manage stress, improve their mental health, build healthy relationships, and succeed academically. By addressing mental health challenges early on, counseling can help students avoid long-term psychological issues and foster a more resilient, well-adjusted generation.

A Psychological Counseling Program for International Students organized by the Incheon National University is distinguished by its effectiveness which was delivered by a high-profile professional for which we extend our appreciations. During the Program we gained valuable insights into the importance of oriental methods such as self-massaging technique, as well as breathing methods, methods for coping with various situations. Let me briefly reflect on the importance of the techniques.

Oriental Self-Massaging Techniques

Generally, massages considered to be something reserved for relaxation in a spa or as a treat after a physically demanding activity, but we explored that oriental self-massage for body relaxation can be a practical and effective way to alleviate tension and promote relaxation in daily life. The session introduced various self-massage techniques for areas prone to tension, such as the shoulders, neck, and head. Through practice, we noticed a significantly improved sense of relaxation. The process of oriental self-massage served as a reminder to slow down, breathe, and restore balance to both the body and mind.

Breathing Methods for relaxation

The breathing techniques taught in the program were another important aspect. We explored various breathing exercises, which focus on calming the nervous system and reducing anxiety. Learning to focus on each breath has been a powerful tool. We learned that by simply slowing down our breathing, we can effectively lower our heart rate and calm my thoughts. It's remarkable how a simple shift in focus and breath can bring a sense of relaxation.

Methods for Coping with daily life

In addition to self-massage and breathing techniques, the program provided valuable methods for coping with daily life rushes. We explored various strategies for managing both short- and long-term situations such as the importance of setting boundaries, prioritizing tasks, and breaking down large projects into manageable ones. We realized that a lack of organization or feeling overwhelmed by tasks that seem insurmountable can lead to tension. Moreover, we discovered the significance of social support as a management tool such as a supportive network of friends, family, or peers.

Future Plans

Reflecting on the Program as a whole, we feel equipped with a variety of tools and strategies. Regular oriental style self-massage will become a part of our routine, especially during moments when we notice physical tension building up. We also intend to continue practicing the breathing techniques. These methods are simple yet effective, and we believe they will continue to provide immense benefits in the future. Furthermore, we plan to develop a more structured approach to task prioritization and goal setting. We realized that being mindful of our workload and breaking it down into achievable steps can prevent workload from accumulating.

In conclusion, the Psychological Counseling Program provided us with valuable skills and insights. Through learning oriental self-massage techniques, breathing exercises, and practical coping methods, we gained a deeper understanding of the connection between body and mind.

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Year 2025 Month January Date 19