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and personal growth initiative (Robitschek et al., 2012) predict counseling self-efficacy. These healthy personal adjustment constructs could be a focus of graduate counselor training programs if they are found to be salient predictors of counseling self-efficacy among graduate students.

# **Professional Development and Personal Adjustment**

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#### **Personal Growth And Development**

Personal Growth Plan Handbook Step 3 - Plan and Resource Written Plan - To achieve your goals you will need to develop a written plan. The plan will ensure you remember your goals, enable others to encourage you and allow you to evaluate progress. See Appendix A to review some sample written plans.

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