**Monica P post to class 10 week 1 intro**

Hello everyone,

My name is Monica Pena; however, I like to be addressed as Pena.  I am a country girl living in the city, in the Big state of Texas.  My hobbies are driving, listening to music, and praying.  I am a single mother of two grown boys ages 32 & 25. My career started in 1993 as a cosmetologist; now, I have 28 years under my belt.  However, in 2013 I decided to pursue my dream job.  I graduated from the police academy in 2014 and currently have been with my agency for six years. Currently, I am a deputy working at a correction facility. Currently,  I am a commissary officer, mental health officer, jailer, and transporter.  Based on my interactions with inmates, I made another decision to broaden my skills.  I graduated from Springfield College with a Bachelor of Science in Human Services.  However, shortly after graduation, I wanted to learn more; therefore, I enrolled at Ashford University, now known as The University of Arizona Global Campus.  Over the course of my career, I have had many individuals come to me for guidance or only a lending ear.  Upon recognizing this quality in myself has geared my path in the direction of becoming a counselor.

Upon reviewing the overviews for this course, it is hard to choose one area. Each week provides essential information to gather for my toolbox. However, week six sparks my interest pertaining to psychological disorders, suffering, security, and health.  As a psychologist, understanding what individuals are going through help in many ways.  For instance, staying up-to-date on current counseling methods verse old school methods can generate positive outcomes. However, many individuals that seek help have to do their part to change behaviors, cognitions, and emotions. Many of their problems stem from outside interactions between themselves and others. This in turn puts pressure on the individual within themselves. I believe that their culture influences the behavior patterns along with outside influences from other cultures. We have to understand that there is a lot of influences through TV, music, social media, and even our elders. This is what makes me wonder if a lot of mental disorders stem from that cause individuals pain and suffering. I am eager to learn if this is accurate or not.

Reference

Snyder, C. R., & Lopez, S. J. (Eds.). (2005). Handbook of positive psychology. ProQuest Ebook Central https://ebookcentral-proquest-com.proxy-library.ashford.edu