Commitment:
- Investment in the counseling profession and your professional development
- Commitment to: developing counselor identity, to advocacy, professional excellence, civic engagement, collaboration, interpersonal competence, and to being an excellent scholar and practitioner

Openness, including:
- Openness to ideas, learning, and change
- Openness to learning to give and receive feedback
- Openness to growth & self-development
- Openness to others

Respect for self and others, including:
- Perceives and honors diversity
- Appropriate self-care
- Wellness philosophy

Integrity, meaning an attitude of or way of being that includes:
- Personal responsibility, integrity, maturity
- Honesty
- Courage
- Congruence

Self-awareness, including:
- An attitude of self-reflection and self-exploration
- Awareness of one’s place in history and culture
- Awareness that leads to an attitude of humility
- An awareness that leads to integrity