

FINAL COUNSELOR ASSESSMENT OF PROGRESS

COED 611 – Introduction to Counseling Theories and Techniques

Date: _____ Student: _____ Instructor: _____

5 = High	The professional counselor performs extremely well in this area; demonstrates advanced mastery of the skill. Counselors-in-training are not expected to perform at this level on most if any skills.
4 = High Average	The professional counselor's performance level is more than adequate in this area; Consistently demonstrates competence and completing all components of the skill. Later counselors-in-training would be expected to perform at this level on many but not all skills. Beginning counselors-in-training would not be expected to perform at this level on most of any skills.
3 = Average	The professional counselor possesses adequate competence in this area. Later counselors-in-training would be expected to perform at this level or higher on the majority of skills.
2 = Low Average	The professional counselor possesses competence in this area but needs to improve performance (e.g., not consistently performing or not completing all components of the skill). Beginning counselors-in-training would be expected to be able to perform at this level on many basic helping skills.
1 = Low	The professional counselor clearly lacks competence in this area (e.g., skill is being ineffectively or incorrectly demonstrated. Developmentally, it is reasonable for beginning counselors-in-training to perform at this level on some skills, particularly more advanced skills.
NA = Not Assessed/ Not Applicable	The professional counselor has not performed or has not had supervisor observation of performance in this competency area. Alternatively, the professional counselor does not consider that the competency statement, guideline, or both are requisite to counseling performance.

- _____ 1. **Opening:** Opened the session smoothly and effectively as demonstrated by greeting the client, checking in with the client regarding how they're feeling, thoughts from the previous week's session, the proposed topic of the present session, etc.
- _____ 2. **Attending:** Demonstrated interest, focused on the client, encouraged the client to speak through counselors use of verbal and nonverbal encouragers. Components of attending include eye contact, an open posture, a non-distracting environment, and appropriate paralinguistics (e.g., vocal tone, volume, and rate of speech).
- _____ 3. **Active Listening:** Demonstrated the ability to follow with understanding in all aspects of communication. Involves paying attention to a client's verbal and non-verbal message and listening in a way that conveys respect, interest and empathy. Examples of this can include minimal encouragers (e.g., "I see" and "okay").
- _____ 4. **Silence:** Allowed appropriate silences in order for client to reflect or internally process. Also demonstrated the ability to listen, communicate caring, and pace time during session.
- _____ 5. **Non-verbals:** Exhibited appropriate, effective use of body language, vocal tone, facial expressions, and eye contact to convey warmth, positive regard, and acceptance. Aware of client non-verbals.
- _____ 6. **Showed Approval and Reassurance:** When appropriate communicated empathy and understanding to reinforce, normalize, support, or encourage continued exploration. Exhibited understanding of client's issues and beginning to incorporate diversity and multicultural awareness with multicultural and diversity sensitivity.
- _____ 7. **Reflecting Feeling:** Demonstrated and communicated empathy by reflecting client emotions, both explicit and implicit; was able to identify feeling and check for accuracy with client.

- _____ 8. **Reflecting Content:** Demonstrated active listening via clarification, paraphrasing, and summarization.
- _____ 9. **Reflecting Meaning and Values:** Demonstrated understanding behind unexpressed meaning and beliefs in order to help the client step back from the issue to understand what his or her core beliefs really are.
- _____ 10. **Probing/Questioning:** Demonstrated the use of purposeful, open, and/or closed questions to keep the session on track and to encourage further communication and understanding of the client’s world.
- _____ 11. **Challenging/Confronting:** Identified client discrepancies and inconsistencies and probed to confront when necessary. Explored these inconsistencies in a way that brings about further self-knowledge.
- _____ 12. **Brevity:** Ability to respond in a concise and succinct manner.
- _____ 13. **Closing:** Closed the session smoothly and set direction for the next session.
- _____ 14. **Overall Rating:** Average of all scores. (total scores _____ ÷ 13 = _____ overall)
Average corresponds to above scale.

Comments

Overall Areas of Strength:

Overall Areas of Improvement:

In your opinion, is this student ready to advance to the next level of training? COED 641: Indiv. Practicum _____
Comments:

Student has been advised. _____
Student signature

Date

Instructor signature

Date

