

## Appendix G: Review of Progress, Self-Assessment

This assessment considers *knowledge* (items 1-20), *skills* (items 21-27), and *professional/academic/dispositional development* (items 28-35) and allows the interns to rate themselves in these areas.










<b>Please rate your development on the following items (1=strongly disagree; 5=strongly agree).</b>					
Name:		Advisor:			
<b>I. Develop identity as a professional counselor.</b>					
1. Displays professional identity through behavior, disposition, attire, etc.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
2. Knows the history and philosophy of the counseling profession.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
3. Demonstrates a commitment to personal development, and a readiness to participate and contribute to the profession/professional organizations.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
<b>II. Develop an understanding of the roles and functions of professional counselors as leaders, advocates, collaborators, and consultants.</b>					
4. Knows the roles and responsibilities of counselors as collaborative members of interdisciplinary teams (e.g.,	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

treatment teams, student services teams, behavioral health teams).					
5. Understands the role of counselor supervision and the consultation process.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
6. Knows the role and process for advocating on behalf of the counseling profession.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
7. Maintains appropriate boundaries with supervisor, peers and clients.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
<b>III. Develop the ability to reflect on the self of the counselor within all aspects of therapeutic work.</b>					
8. Engages in self- exploration and reflection throughout counseling process.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
9. Understands limitations and develops strategies to ensure client welfare.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
<b>IV. Develop an understanding of personal values as well as knowledge of and compliance with codes of ethics of the counseling profession.</b>					
10. Demonstrates an understanding of personal values and how they may impact practice.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
11. Knows and adheres to ethical guidelines.	1	2	3	4	5
12. Functions ethically in a professional setting.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
<b>V. Develop the ability to use technology.</b>					

13. Demonstrates the ability to use technology to support the delivery of services (video recording, using a software program for diagnosis, documentation, intake, etc.).	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>
<b>VI. Develop an understanding of and skills to work with and advocate for diverse client/student populations in a complex global society.</b>					
14. Recognizes ways to advocate on local, state and national level for diverse client and student populations.	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>
15. Understands multi-cultural variability (e.g., help- seeking behaviors) within and among diverse groups.	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>
16. Demonstrates multicultural counseling competencies (e.g., impact of heritage, attitudes, beliefs within counseling session).	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>
<b>VII. Develop an understanding of theories of career, human development and individual, family and group counseling in the case conceptualization process.</b>					
17. Uses a theoretical lens to formulate comprehensive case conceptualization.	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>
18. Utilizes a career lens to facilitate client/student career/life planning and inter-	1  <input type="radio"/>	2  <input type="radio"/>	3  <input type="radio"/>	4  <input type="radio"/>	5  <input type="radio"/>

relationship with mental health.					
<b>VIII. Develop an understanding of approaches to research and program evaluation and use of data to meet the needs of clients, students, families and/or communities.</b>					
19. Accesses and utilizes research to inform the counseling process.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
20. Can use data and effectively conduct program evaluation in the clinical or school setting (e.g., monitor treatment, outcomes, program, etc.).	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
<b>IX. Develop the skills needed to facilitate growth, development, success, and health with clients/students in individual, family and group settings.</b>					
21. Demonstrates the ability to implement groups and facilitate	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
22. Demonstrates <i>Exploration Skills</i> (e.g., attending, listening, open questions).	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
23. Demonstrates <i>Insight Skills</i> (e.g., challenges, interpretations, immediacy).	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
24. Demonstrates <i>Action Skills</i> (e.g., feedback, information- giving, role-play, behavioral rehearsal).	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

<b>X. Develop the ability to critically analyze multiple sources of client information throughout the counseling process.</b>					
25. Engages in treatment planning with clients (e.g., identify client concerns, set goals, and evaluate progress).	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Knows how to select, utilize and interpret counseling assessment instruments.	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Can use diagnostic criteria to help guide the treatment process.	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>XI a. Professional and Academic Skills</b>					
28. Shows initiative and motivation (meets deadlines, attends class).	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Demonstrates professional writing skills (forms, reports, case notes).	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>XI b. Dispositions</b>					
30. Accepts and uses feedback.	1	2	3	4	5
31. Interacts in a collegial fashion with peers; collaborates well.	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Demonstrates self-awareness (e.g., impact of self on others).	1		2	3	4
	<input type="radio"/>		5 <input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<p>33. Demonstrates emotional stability (e.g., congruence between mood and affect) and self-control (e.g., impulse control).</p>	<div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div> <div>5</div> </div> <div>    </div>
<p>34. Demonstrates the ability to adapt to changing circumstances, unexpected events, and new situations.</p>	<div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div> <div>5</div> </div> <div>    </div>
<p>35. Demonstrates honesty, integrity, and respect for others.</p>	<div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div> <div>5</div> </div> <div>    </div>