BENCHMARK FINAL SKILLS COMPETENCY SCALE (SCS) PARTICIPATION TEMPLATE

This is a scale to assess counseling skills. Please rate yourself numerically (0-10) using the following 15 skills items from "Advanced" to "Not Present".

Advanced	Proficient	Developing	Not Present
10 - 9	9-7	7-0	0

Basic Skills

	Advanced	Proficient	Developing	Not Present
Eye Contact and Attending Skills		8		
Verbal Toe and Minimal Encouragers		9		
Facial Expression and Gestures		8		
Empathy		9		
Being Non-Judgmental/ Unconditional Positive Regard		9		
Active Listening		7		
Open-Ended Questions			7	
Reflection (Feelings, Meaning, Content)			7	
Paraphrasing			7	
Summarizing			6	
Challenging/Confrontation			6	
Immediacy			7	
Self-Disclosure			6	
Goal Setting			7	
Wrapping up the Session		8		

Please add additional thoughts to explain your rationale for giving yourself the points you chose above.

As a teacher with no formal counseling experience, I have much to learn and am excited to do so. I feel my strong suit is being genuinely empathetic and non-judgemental as I sincerely care about the well-being of others as well as value and respect the cultural diversity of others. When it comes to immediacy, there were times when it was obvious that a client was fidgeting or appeared frustrated/nervous, however, most of the time it was difficult to pick up on due to being virtual. Honestly, I believe my score would be mostly the same even if I had counseling skills before this class. There are so many possible scenarios that could walk into my office that years of training could not prepare me for as this field is ever-evolving. I personally want to explore learning more open-ended questions, scaling questions, and goal-setting skills.

I feel I used an appropriate tone, facial expressions, eye contact, gestures, and attending skills with Anne and remained non-judgmental (but there is still much room for improvement and skill building). I feel I did ok with active listening as I didn't feel I rushed my responses however this is a skill I would like to improve and gain more feedback on. As

for paraphrasing, summarizing, and reflection, I would like to strengthen these skills as a future counselor. These are also skills I feel improve with lots of practice and time. In the beginning, my skills were raw and professionally undeveloped. Currently, they require improvement but have come a long way in a short time. In a proverbial "nutshell" I have a lot of work to do and am eager to learn. I will be moving from my home state of Illinois to remote Koyuk, Alaska to work as a school counselor this August. This journey is going to test me but my love of culture, adventure, and helping others has been preparing me for this my whole life. I openly welcome your feedback and look forward to learning more about the profession and developing my skills.

Katina Glasco L33933706
COSC 505 Counseling Techniques