

QUIZ: BENCHMARK FINAL TRIAD PRACTICE PROGRESS SKILLS COMPETENCY SCALE (SCS) TEMPLATE

This is a scale to assess counseling skills. Please rate the following 15 skills items from "Advanced" to "Not Present" accordingly if they have been observed with the counselor in training.

Advanced	Proficient	Developing	Not Present
10	8-9	1-7	0

Basic Skills

	Advanced	Proficient	Developing	Not Present
Eye contact, verbal tone, and attending skills				
Facial expression and gestures				
Empathy				
Being non-judgemental/unconditional positive regard				
Active listening				
Open-ended questions				
Reflection (feelings, meaning, content)				
Paraphrasing				
Summarizing				
Attentive silence				
Challenging/Confrontation				
Immediacy				
Self-Disclosure				
Goal setting				
Wrapping up the session				

Additional Feedback:

Video Link:

[It's the FINAL recording... do do doooooooo \(hopefully\)-20240503_200449-Meeting Recording.mp4](#)

This Link was of Anne and I (minus Sydney) as it was outside our scheduled recording sessions. I wanted to redo the video from last Wednesday (when we were pulled back into our Teams meeting). Thank you for making the class fun and engaging and being patient with us all. You rocked it, despite the CORE hiccups!

-Katina Glasco L33933706
COSC 505 Counseling Techniques