Pre- and Post-Session Goal Rating Sheet

Outcome tracking, in the speaker's own words

A printable per-session sheet for recording self-rated confidence, observations, and the individual's own words.

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About This Sheet

How it works and what to record

This sheet is designed to be filled in once per session, alongside the individual whose session it is. It captures self-rated confidence before and after the session, factual clinician observations during, and the individual's own words about what felt manageable and what was harder.

Why self-rated confidence? In social-model practice, the outcome that matters is how an individual experiences their participation in a situation - not how closely their speech matches a typical pattern. Self-rated confidence tracks that experience directly, in the individual's own terms.

Print one sheet per session, or duplicate the page in your editing tool. Recording over time gives you the trend the planning document needs.

Goal Rating Sheet

One per session

Field	Entry
Date	_____
Individual's name or ID	_____
Clinician	_____
Session number	____ of ____ (block)
Session focus (one line)	_____

Pre-session self-rating

Read the prompt to the individual in their preferred language, at a pace that suits them. Record their answer, not your interpretation. For younger children, adapt the scale to thumbs, faces, or color markers.

Prompt: "Thinking about *[today's situation - e.g. ordering in the cafe]*, how confident do you feel right now about *[the specific thing you want to practice]*?"

Confidence	Score (1-10)	Notes
Right now	_____	_____
If this happened in real life today	_____	_____

During-session observations (clinician)

Note factual observations, not judgments. Focus on participation, engagement, and stress signals - not on production targets or speech features.

- Engagement: did the individual stay in the scene? For how long?
  _____
- Stress signals noticed:
  _____
- Situations where they led (initiated talk / maintained the exchange): _____
- Situations where they paused or asked for a break:
  _____
- Adjustments made in real time (avatar emotion, volume, pacing): _____

Post-session self-rating

Prompt: "Now that you have finished, how confident do you feel about *[the specific thing we practiced]*?"

Confidence	Score (1-10)	Change vs. pre
Right now	_____	_____ (+/- from pre)
If this happened in real life today	_____	_____ (+/- from pre)

Individual's own words

Record what they say in their own words, not a paraphrase. Their language - not the clinician's - is the outcome data.

- "What felt most manageable today?"
  _____
- "What felt harder than expected?"
  _____
- "What would you change next time?"
  _____
- Other:
  _____

Plan for next session

- Keep the same:
  _____
- Adjust:
  _____
- Try new:
  _____
- Review in: ____ sessions

Link to planning documents. Confidence ratings can be mapped to IEP, EHCP, or equivalent plan goals written in access and participation terms - see the IEP and EHCP Goal-Writing Template, also free at withvr.app/resources.

Companion Resources

Free, printable, CC BY-SA-licensed

All available at withvr.app/resources:

IEP and EHCP Goal-Writing Template - for the broader access-framed goals these ratings sit underneath.

Session Preparation Checklist - the pre-session prep that pairs with this sheet.

10 Ways SLPs Are Using VR - for different goal contexts where this sheet applies.

Explaining VR to Clients and Families - for the individual to read before their first rating.

About withVR

Therapy withVR is a clinician-controlled VR platform for speech-language therapy, built by people who stutter, with the speech-language professionals who use it every day. Built and maintained by withVR BV (Belgium); supported by Google, Orange, the NHS, and the AR/VR User Research Panel at Meta.

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