

**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	8-9	1-7	0

**Basic Skills**

	Advanced	Proficient	Developing	Not Present
Eye contact, verbal tone, and attending skills		9		
Facial expression and gestures		9		
Empathy		8		
Being non-judgemental/unconditional positive regard		9		
Active listening		9		
Open-ended questions			7	
Reflection (feelings, meaning, content)		8		
Paraphrasing			7	
Summarizing		9		
Attentive silence		9		
Challenging/Confrontation			6	
Immediacy		8		
Self-Disclosure			7	
Goal setting			7	
Wrapping up the session		9		

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

Throughout the course, and in practicing with my Triad Group weekly, I have seen a significant amount of growth in my basic counseling skills. When I look back at the first session that my Triad Group completed during our intensive week and compare it to our last session I can see that I have grown in confidence, skill, stamina, and have continued to push myself to practice utilizing more advanced counseling skills. I rated myself developing in the open-ended question, paraphrasing, challenging/confrontation, self-disclosure, and goal setting. The reason I rated myself in developing for challenging/confrontation and self-disclosure is mainly because I was not able to practice these skills enough during the sessions to merit a proficient score. I believe with more practice I can further develop those skills and become proficient in them. In regards to the open-ended questions, paraphrasing, and goal setting I rated myself as developing because when I reflect on my skills in these areas I see that there is room for further development and growth. I think with my paraphrasing, I need to focus on utilizing it in a more effective way,

and not over-doing it and paraphrasing information that is not necessary to the session. In regards to my open-ended questions, I noticed that I oftentimes will use the same sentence starter or phrase my open-ended questions in very similar ways. I also think that I could use open-ended questions more frequently and more effectively in the session. I know that with continued practice I can improve those skills. In regards to goal setting, I think that throughout the Triad practice sessions I was able to begin some goal setting, but was never able to complete the goal setting with my client. I feel like I am comfortable with beginning to talk about goal setting with a client, but need more practice in diving deeply into goal setting, using SMART goals, and also getting the client to create the goal. Overall, through continued practice, education, research, and prayer I have confidence in my ability to be an effective counselor and helper to my future clients. This course has helped prepare me for a career as a helper, and I look forward to further honing my counseling skills in future courses to come.