

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		9		
Verbal Tone and Minimal Encouragers		9		
Facial Expression and Gestures		9		
Empathy	10			
Being Non-Judgmental/ Unconditional Positive Regard	10			
Active Listening		9		
Open-Ended Questions		7		
Reflection (Feelings, Meaning, Content)		8		
Paraphrasing		8		
Summarizing		8		
Challenging/Confrontation		9		
Immediacy			7	
Self-Disclosure			7	
Goal Setting			7	
Wrapping up the Session			7	

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

I chose the ratings I did above because I feel **confident in my counseling skills**. I feel as though this course has really **prepared me and has tremendously helped to sharpen my skills** listed above. I think that in regards to things that I score as a 7 in the category of "developing", I did so because I believe these skills in particular as my weakest and I could improve upon these skills. I am **excited** for what the future holds in my career as a school counselor and I hope to continue learning and growing in all aspects of my counseling skills!