**PROGRESS REVIEW**

**Student** Blair Staton **Semester ­** Fall, 2012 **Date:** 11/13/12

Please take a few minutes to reflect on the progress you are making in this program, complete the *Self Rating*s below by pasting in a  by your rating, offer any comments, and, if you are a returning student, describe how you have carried out the plan and recommendations from last spring semester’s Progress Review. Finally, write your plan for continued progress. We look forward to reading your reflections. Thank you!

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| **PROFESSIONAL AND ETHICAL BEHAVIOR**(Adapted from a document created by Southwest Texas State University Counseling Program.) | **Self****Rating** | **Committee****Rating** |
| **Ethical Behavior**—Behaves in accordance with the 2005 *Code of Ethics* of the American Counseling Association. | Progressing Well  Needs Attention  | Progressing Well  Needs Attention |
| **Professional Behavior**—Relates to peers, faculty, staff, clients, and others in an appropriate professional manner. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Integrity**—Does not exploit or mislead other people during or after professional relationships.  | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Awareness of Limitations**—Demonstrates awareness of personal and professional limitations as these relate to service provision. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Self-Awareness**—Explores and addresses any personal issues that may impair counseling performance.  | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Self-Control**—Appropriately controls anger and other impulses in relationships with peers, faculty, staff, clients, and others. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Avoidance of Imposing Values**—Takes appropriate precautions to avoid imposing one’s personal beliefs and values on others.  | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Use of Feedback**—Invites, receives, integrates and uses feedback from peers, faculty, and supervisors. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Honoring Rights**—Honors the rights of others to privacy, confidentiality, and choices regarding self-determination. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Respect for Diversity**—Demonstrates respect for cultural and individual differences in professional interactions. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |

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| **ACADEMIC BEHAVIOR** | **Self****Rating** | **Committee****Rating** |
| **Class Attendance**—Displays dedication by attending all classes unless prohibited by illness and other extenuating circumstances. | Progressing Well  Needs Attention  | Progressing Well  Needs Attention |
| **Punctuality**—Demonstrates responsibility by arriving on time and prepared for class, appointments, sessions and other meetings. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Active Participation**—Actively engages in all aspects of learning experiences, including class discussions, experiential learning exercises, practice sessions, and collaborative groups. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Promptness**—Completes and submits all class assignments by the due date. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Commitment to Learning**—Displays curiosity and passion for gaining knowledge. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Collaboration**—Demonstrates a helpful attitude towards peers by supporting their learning and academic growth. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Honor**—Shows compliance with the JMU Honor Code through a commitment to honesty, integrity and fairness. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Diligence**—Works hard by giving one’s best effort to gain knowledge and enhance skills. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Contributions to the Learning Environment**—Contributes to others’ sense of personal safety and security by promoting the classroom as a safe haven. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |
| **Openness to Suggestions and New Ideas**—Displays openness to recommendations for enhancing academic performance and intellectual curiosity. | Progressing Well  Needs Attention | Progressing Well  Needs Attention |

**My Reflections on the Progress I Have Made This Semester:**

I have done a lot better about getting personally attached to my students. I had a really hard time last semester removing myself from the issues that my students were going through. Each week I would come home from practicum upset about the situation that my students were in. It was emotionally draining. This semester, I have been able to become less personally involved and haven’t taken on the feelings and situations of my students. I think I’ve become better at being empathic instead of sympathetic. I also think that I have found my place in the level that I want. I loved my placement last year, and I thought that I would like middle school even more than I did high school. But I’ve found out that I belong in a high school. I felt so much more comfortable there, and I like working with that age group a lot better than I do the middle school aged students. I’m excited and open to next semester’s experience in the elementary school though, and I’m excited to see how I like the elementary school in comparison to the other two levels.

**My Plan for Continued Progress**

My plan is to work on attending workshops. I haven’t been able to go to many workshops on different subjects because of scheduling and money issues, but I’m hoping to use this semester to build as much experience as I can with different techniques and perspective. I haven’t had any training on play therapy or any sort of specific work with elementary aged students, so I’m a little worried about how that’s going to play out with my internship next semester. My plan is to continue my education on the various techniques and perspectives with elementary students. I also plan to use the semester to build my contacts and credentials. Since I’ll be looking for jobs soon, I know that I need to build my resume with a lot of experience and interact with as many people as possible. So I plan to work on those skills as well. I also plan to work on showing my empathy more. Sometimes I worry that I don’t come across as empathic to my students. I plan on working on showing my empathy to my students and building on the skills that I’ve learned so far in the past three semesters.

**Committee’s Recommendations for Continued Progress**