**PROGRESS REVIEW**

**Student Blair Staton** **Semester Spring 2012** **Date 04/10/12**

Please take a few minutes to reflect on the progress you are making in this program, complete the *Self Rating*s below, offer any comments, describe how you have carried out the plan and recommendations from last semester, and write your plan for continued progress. 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 feel as though I have grown a lot this semester. In my practicum experience, I’ve been able to apply my skills onto high school students, which has helped me to understand the difference between working with adults and working with students. I’ve had a wonderful on site supervisor, and I feel as though I’ve gained a better understanding of how a school system is set up and my role as a school counselor. In my brief counseling class, I feel that I’ve developed a useful way to apply these skills and techniques in a school, such as scaling, the miracle question, etc. I had a hard time emotionally throughout my practicum experience. I heard some pretty tough stories from students, and I had a hard time not taking them home with me and becoming too emotionally involved. I’ve done better at separating myself, but I know that this is an ongoing process.

**My Plan for Continued Progress**

My plan for progress for this coming semester is to attend professional development workshops on play therapy. I’m worried about how my counseling skills are developed in regards to elementary and middle school aged students, so I plan on spending time to develop my knowledge of how to best work with younger children. I also plan to work on my self care. As I mentioned before, I’ve had a hard time separating myself from the students’ stories, so I plan to work on taking care of myself and my needs so that I’m better suited to help the students in my internship with their needs. I also plan to maintain an open mind with the information I will be receiving from my professors as well as the students in my internship experience. I also plan to use more brief techniques in my internship experience because I feel as though these techniques are most beneficial in a school setting.

**Committee’s Recommendations for Continued Progress:** Blair you are a delight to know. Always so enthusiastic and supportive of others! You are resourceful, knowledgeable, skillful and professional as a school counselor and this is evident from the praises you received from your site supervisor at Wilson High School. She wrote: “Blair has been a wonderful addition to our guidance office this semester. She has been flexible, optimistic, good natured, and very willing to take on any task. She has not had a large amount of contact with administrators, parents or teachers; but when she has been able to interact, it has been appropriate and professional. Her group work has been well thought out and applicable and she has a loyal following of students at this point!” When I observed your group I could tell that the students loved you. You seem to naturally build rapport with others. I also heard from the high school that you are a real “go getter” and that you don’t just sit around waiting for things to happen. You find things that need to be done and you do them. As I listen to your recordings I hear you using a variety of counseling techniques both in individual counseling and in your consultation project. You’ve had some interesting cases and are getting some good results. Your presentation on Mental Health Concerns for Children and Adolescents gave us a lot of good information to consider when working in the schools. Best of luck in your internships in a middle and elementary school during the next school year.

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Student Signature