**PROGRESS REVIEW**

**Student ­** Blair Staton **Semester ­** Fall 2011 **Date 11/17/11**

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 made significant progress this semester. I have grown a lot as a person, and my counseling skills have developed a lot as well. My understanding of the role of the counselor has completely changed, and I feel like I have a better understanding of the counseling process. I also have a better understanding of the role of the school counselor. I have also developed a good relationship with not only my professors but also my peers. This semester has been a little overwhelming with the amount of information to soak in, but I think I’ve done well at absorbing the information. I feel mostly comfortable with going to Practicum next semester. I think that this program has made me grow as a person, and I’m on my way to better understanding myself so that I can help others understand themselves.

**My Plan for Continued Progress**

My plan for the next few semesters is to keep an open mind through all of my classes and absorb all of the information presented to me. I also plan to give a lot and take in a lot of information during my practicum and internship experiences so that I will have as much experience in the field as possible. I also plan to continue to get to know myself better and develop my counseling skills. I want to work on becoming aware of the relationship between my clients so that I’m more able to recognize the process and how to best help my clients come to know themselves and recognize their maladaptive patterns. My plan also is to keep having an open mind to all of the things that my professors, and also students, have to teach me and be welcoming to criticisms of my work.

**Committee’s Recommendations for Continued Progress**

You are the one student who always completes assignments early and so your time management skills would be rated outstanding! You display a real curiosity for gaining knowledge and always have good questions, which lead to important discussion points. You show a real concern for your classmates and always support them as well as share resources with them. You have learned a lot from your shadowing and group counseling experiences in the schools and this has led to a better understanding of the ASCA model and how it enhances the school counseling program. Thank you for being a member of VCA and CVCA. You should enjoy your practicum experience next semester with Jodi Myers at Wilson High School.

Blair is making excellent progress in the program. In Process of Counseling, Blair developed her understanding of therapeutic relationship and is working well to integrate theory and technique. Blair is sensitive and emphatic and able to create warm interpersonal climate and a good rapport with her client. Blair increased her understanding of some of the more advance clinical concepts and consequently she grew in her ability to “make sense” of client’s self-expression. This was evident by her engage and thoughtful participation in class discussion of the reading and the sessions. Blair made good use of the self of growth opportunities in the class and was a risk-taker as a client, doing some great work. Blair is ready for practicum. Keep up the great, Blair!

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