

CAST-L3 Self-review

Candidate name:

Date:

This template provides a structure for your candidate self-review. In this self-review you should summarise what you have learnt under each of the seven headings in both Unit 1 and Unit 2, and also reflect on your personal and professional development in relation to these areas. Aim to strike a balance between description of what you have learnt and reflecting on your process of learning. You may want to include any challenges you have faced, any 'light-bulb moments' of personal development, or commenting on examples from your skills practice sessions. (Target 2000-3000 words)

Submit this to your tutor who will assess your work and provide you with feedback. Your tutor's feedback will help you identify any areas for development, and actions to address these.

The self-review can be an excellent opportunity to explore your strengths and areas for development during the course. It can also be used as a way for your tutor to signpost any areas for concern that might affect your overall proficiency in the qualification.

You can also use this self-review as evidence for criteria.

Unit 1

Learning outcome 1 - Prepare to work within an ethical framework for counselling:

Learning outcome 2 - Understanding the counselling relationship:

Learning outcome 3 - Understand difference & diversity issues to develop empathic understanding:

Learning outcome 4 - Work within a user-centred approach to counselling:

Learning outcome 5 - Use counselling theory to develop self-awareness in counselling practice:

Learning outcome 6 - Understanding theories of counselling and mental health:

Learning outcome 7 - Use feedback, reflection and supervision to support counselling studies:

Unit 2

Learning outcome 1 - Understand ethical, legal and professional frameworks for the use of counselling skills in a range of occupational settings

Learning outcome 2 - Understand the nature of relationships in a range of occupational settings

Learning outcome 3 - Know the importance of using empathy and understanding diversity in a range of occupational settings

Learning outcome 4 - Understand the nature of working alliances in a range of occupational settings

Learning outcome 5 - Understand the importance of self-awareness in the application of counselling skills in different occupations

Learning outcome 6 - Understand frameworks for the use of counselling skills in non-counselling settings

Learning outcome 7 - Understand the role of feedback and reflection in applied counselling skills

Word count:

Unit 1 Learning Outcome	For completion by the tutor:
	Tutor feedback
1	
2	
3	
4	
5	
6	
7	
Unit 2 Learning Outcome	Tutor feedback
1	
2	
3	
4	
5	
6	
7	

General comments (these might include areas for development, actions to take place, or raise concerns of potential contraindications)

Tutor name:

Date: