**CST-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, and also reflect on your personal and professional development in relation to the seven 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 1,500-2000 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.

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| **Learning outcome 1 - Prepare to work within an ethical framework for counselling:** |
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| **Learning outcome 2 - Understanding the counselling relationship:** |
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| **Learning outcome 3 - Understand difference & diversity issues to develop empathic understanding:** |
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| **Learning outcome 4 - Work within a user-centred approach to counselling:** |
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| **Learning outcome 5** **- Use counselling theory to develop self-awareness in counselling practice:** |
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| **Learning outcome 6 - Understanding theories of counselling and mental health:** |
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| **Learning outcome 7 - Use feedback, reflection and supervision to support counselling studies:** |
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Word count:

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| Learning Outcome | For completion by the tutor: |
| Tutor feedback |
| 1 |  |
| 2 |  |
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| 7 |  |
| General comments (these might include areas for development, actions to take place, or raise concerns of potential contraindications)  Tutor name: Date: | |