**ICSK-L2 Candidate Self-Review**

Use this form to review your development in relation to the seven learning outcomes and your own learning objectives. (Suggested target 1,000 words)

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

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| **Learning outcome 1 - Work within the limitations of the helping role** |
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| **Learning outcome 2 - Establish boundaries for helping work** |
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| **Learning outcome 3 - Communicate empathic understanding** |
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| **Learning outcome 4 - Focus on the helpee’s agenda** |
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| **Learning outcome 5 - Understand the importance of self-awareness in helping work** |
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| **Learning outcome 6 - Use listening and responding skills** |
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| **Learning outcome 7 – Use review and feedback to develop initial counselling skills** |
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| **Learning goals**: |
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