

# 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.

**Learning outcome 1 - Work within the limitations of the helping role**

**Learning outcome 2 - Establish boundaries for helping work**

**Learning outcome 3 - Communicate empathic understanding**

**Learning outcome 4 - Focus on the helpee's agenda**

**Learning outcome 5 - Understand the importance of self-awareness in helping work**

**Learning outcome 6 - Use listening and responding skills**

**Learning outcome 7 – Use review and feedback to develop initial counselling skills**

**Learning goals:**