**OPCP-L5 Self-Review for Candidates**

A self-review is essential to the process of learning and demonstrating reflective skills. Apart from being a requirement for internal assessment, it also enables you to take responsibility and keep track of your own professional and personal development.

You may find it helpful to think about your learning and understanding gained in relation to each of the seven processes of the OPCP-L5. The review could include:

* + - * A summary of main learning points
      * A review of progress to date
      * A review of personal learning goals for the course
      * An evaluation of learning needs
      * Reflections on how you have applied your understanding to online and phone counselling practice.

Here is a possible outline of a self-review:

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| **Summarise what you have learnt on this course so far:** |
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| **Review your progress:**  (this may help address the following assessment criteria)  5.1 Evaluate own use of self to create meaningful therapeutic connections in online and phone counselling.  7.1 Use feedback to evaluate own effectiveness as an online and phone counsellor. |
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| **Review your personal learning on this course so far:**  (this may help address the following assessment criteria)  5.3 Reflect on own experiences that might enhance or limit working with online and phone counselling |
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| **Review your learning needs:**  (this may help address the following assessment criteria)  7.2 Reflect on own areas for development as an online and phone counsellor and outline a plan for further continuing professional development. |
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Name: ……………………………………………………………………………..

Signed: …………………………………………………………………………….

Date: ………………………………………………………………………………..