

California State University, Stanislaus
Student Counselor
Counseling Skills Evaluation (University Instructor Fills Out)

Name of Student Counselor: _____ Date Completed: _____

University Instructor: _____

RUBRIC SCORING: 1=N/A; 2= Poor; 3=Adequate; 4=Good; 5=Excellent

Counseling Skill Acquisition:

		1	2	3	4	5
1.	Begins session smoothly. Provides structure when helpful to client.					
2.	Explains the nature and objectives of counseling when appropriate.					
3.	Assists client in beginning to discuss concern.					
4.	Is able to explore the dimensions of the problem.					
5.	Is relaxed and comfortable in the interview.					
6.	Communicates interest in and acceptance of the client.					
7.	Uses appropriate posture and eye contact.					
8.	Keeps the focus primarily on the client and avoids own agenda (except in doing appropriate self-disclosure).					
9.	Facilitates client expression of concerns and feelings.					
10.	Is able to identify themes in client's story.					
11.	Engages in verbal following and demonstrates accurate paraphrases of client's concerns (cognitive).					
12.	Demonstrates accurate reflection of client's stated and implied positive feelings (affective).					
13.	Demonstrates accurate reflection of client's stated and implied negative feelings (affective).					
14.	Summarizes accurately during session.					
15.	Avoids solution giving or cheap advice.					
16.	Demonstrates accurate discrimination between cognitive and affective client statements and responds appropriately.					
17.	Uses a variety of attending and influencing skills. Avoids excessive questions, especially closed-ended questions.					
18.	Responds to the client by accurately hearing and responding to the concerns of the client (accurate empathy).					
19.	Is perceptive in evaluating the effects of their own counseling techniques.					

The Conceptualization Process:

		1	2	3	4	5
1.	Focuses on the content of the client's problem.					
2.	Recognizes and resists manipulation by the client.					
3.	Is spontaneous in the interview.					
4.	Uses silence effectively in the interview.					
5.	Is aware of own feelings in the counseling session.					
6.	Communicates own feelings to the client when appropriate.					
7.	Recognizes and deals with positive affect of the client.					
8.	Recognizes and deals with negative affect of the client.					
9.	Recognizes and skillfully interprets the client's covert messages					
10.	Facilitates realistic goal setting with the client as appropriate.					