**CSK-L2 Candidate Self-review Sheet for Recorded Session**

Candidate’s name: ………………………………………………………………….. Date: ……………………………………

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| **Reflect on:** | **Related criteria number** | **Comments:** |
| Why did you choose that section of the session to transcribe? | 7.1 |  |
| How were you feeling during the helping session? Explain how your feelings impacted either positively or negatively on the helping session. | 5.4 |  |
| Give an example of a counselling skill you used in the session, explaining how it helped the helpee. | 6.1  6.2 |  |
| Give an example of something you said in the session that was not helpful, explaining why. | 7.1 |  |
| Give yourself constructive feedback on the session. | 7.1 |  |
| How helpful was the tutor/observer/helpee feedback? | 7.1 |  |
| How will you use the feedback in future sessions? | 7.1 |  |
| What have you learnt from this process? | 7.1 |  |

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| **Other comments and reflections:** |