

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

Candidate's name: .....

Date: .....

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	

**Other comments and reflections:**