

TC-L4 Initial Learning Statement

Candidate's name: Date:

1. Course goals and expectations:

What do I expect the course to provide for me?

What would I like it to provide for me?

How can I help myself make the most of this learning opportunity?

2. Course concerns:

What am I concerned about regarding the course?

What am I afraid it might demand or expect of me?

How might I hinder (*or even sabotage*) my own learning on the course?

3. The group:

What do I expect the group to provide for each other and for me? What would I like the group to provide for each other and for me?

What am I prepared to contribute in order to help the group develop?

4. Group concerns:

What am I afraid could happen in the group? What are my concerns about how the group might behave towards me?

How might I hinder, upset or sabotage the process of group development?

5. Learning styles:

What do I expect the course tutors to provide for my learning? What would I like them to provide for my learning?

What am I afraid the course tutors might require of me?

Are there any other concerns I have about the learning requirements?

What support will I need to be able to learn online? (move to the next question if there is no online delivery as part of the course)

6. Learning:

What influences from the past may help or hinder my learning? What are my particular blocks to learning?

How do I learn best?

7. Capability:

How do I assess my warmth, openness and empathy in counselling situations at present in-person, online and via the telephone? How do I form a working alliance?

In which specific ways would I like to develop? How can I do this?

How do I assess my decision-making in a counselling situation at present (*e.g. which skills, how to use them, which responses to give, which directions to follow*)?

How could I best develop my skills in-person and online or via the telephone?

How confident do I feel about beginning to work with clients?

8. Motivation and commitment:

Why am I beginning training on this programme?

At present, what is my motivation and commitment towards the course?
