

# Annual Counseling Psychology Self-Evaluation

## 1. Introduction

Instructions: APA accreditation policies require that a training program review the progress of each of its students on an annual basis. We are asking students to take an active role in that assessment by providing us with your assessment of:

- (a) your progress in meeting training goals and
- (b) your strengths and weaknesses as a developing counseling psychologist.

We recommend that either prior to beginning this task, or in the process of completing it, you discuss your progress with your advisor. Please complete and return this form along with an updated copy of your vita to the Training Director. Faculty will meet as a group each Fall to review students' self-evaluations.

Based on your self-evaluations as well as faculty members' observations of your progress in course work, practicum, and general professional development, you will receive a letter assessing your progress and providing general feedback, recommendations, or requirements that may be necessary. A copy will be placed in your permanent file, along with your self-assessment. Students can meet with their advisors for specific feedback.

Note: You will have to complete a similar form each year. We recommend you keep a hard copy as well as the original on disk so that you can revise as needed.

WARNING!! -- The survey takes about 30 minutes. Once you start you can't restart. So, be prepared to finish the survey all at once. You will need the following information:

- Practicum sites
- Publications or papers
- Dissertation title
- Intended graduation date

## 2. Identifying Information

### 1. Please provide your identifying information:

Name:

Address:

Address 2:

City/Town:

State:

ZIP/Postal Code:

Country:

Email Address:

Phone Number:

### 2. What is your gender (optional)?

### 3. What is your racial/ethnic background (optional)?

### \* 4. What year did you enter the program?

### 5. Where did you complete your undergraduate degree and what was your GPA?

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6. Where did you complete your Masters degree and what was your GPA?

\* 7. Who is your Academic Advisor?

8. Who is your Dissertation Advisor?

9. What is your current GPA?

## 3. Program Milestones

10. Have you filed your Course Work Plan?

Yes

No

Comment

11. Have you completed your Qualifying Exam?

Yes

No

Please indicate quarter taken and grade received.

12. Have you met your Pre-Dissertation Research Requirement?

Yes

No

Please describe project and explanation of status.

13. Have you completed your Comprehensive Exam?

Yes

No

Please indicate quarter taken and grade received.

14. If you did NOT pass your comprehesives please indicate...

Have you met conditions  
for conditional pass?

When do you plan to  
retake?

15. Have you completed all of your coursework?

Yes

No

When do you expect to complete?

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16. If you Have completed all of your coursework have you submitted a **TIMELINE** for completing your dissertation (to the chair)?

Yes

No

When do you expect to complete?

17. If you have completed all of your coursework have you registered for Continuing Enrollment and Dissertation Credits?

Yes

No

Please explain

## 4. Dissertation

18. Have you defended your dissertation proposal?

Yes

No

If No, when do you anticipate defending?

19. Please provide some information regarding your dissertation.

Dissertation chair?

Dissertation title?

Dissertation defense date?

## 5. Internship

20. Please answer the following questions about internship:

When do you plan to apply for internship (e.g. Fall 2010)?

Has the Training Director indicated you are **READY** to go on internship?

What type of setting are you thinking of applying to for Internship?

Based on what you know today, what would be your first choice for an internship site?

If you are currently on Internship please specify the site.

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## 6. Scholarly Activity

21. Please indicate any conference papers or presentations you have delivered (Name of Conference, Year, Name of Paper):

Conference, Year, Paper

#1

Conference, Year, Paper

#2

Conference, Year, Paper

#3

Conference, Year, Paper

#4

Conference, Year, Paper

#5

Conference, Year, Paper

#6

22. Please indicate any papers or book chapters you have published (Journal, Year, Title of Paper):

Journal, Year, Paper Title

#1

Journal, Year, Paper Title

#2

Journal, Year, Paper Title

#3

Journal, Year, Paper Title

#4

Journal, Year, Paper Title

#5

Journal, Year, Paper Title

#6

## 7. Practicum Sites

23. Please indicate where and when you were on your practicum sites:

Site #1

Site #2

Site #3

Site #4

## 8. Goal & Competency Progress

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24. Please rate each of the following CP Program Goals according to the extent to which you feel that you have developed the competence you need to function as an independent professional.

Please rate your competence in:

	Very Competent	Moderately Competent	Minimally Competent	Not at all Competent
1. Critical Thinking Skills - Possessing a critical and scholarly approach to the theory, research, and practice of Counseling Psychology based on knowledge of general psychology.	jñ	jñ	jñ	jñ
2. Research Skills - The skills needed to understand and conduct research that contributes to the knowledge and practice of Counseling Psychology.	jñ	jñ	jñ	jñ
3. Clinical Skills - The skills needed to engage in scientifically based practice. At a minimum, individual and group psychotherapy and career counseling.	jñ	jñ	jñ	jñ
4. Multicultural Competence - The skills needed to intervene effectively with clients who represent a broad range of demographic and cultural characteristics and presenting problems.	jñ	jñ	jñ	jñ
5. Psychological assessment - the skill needed to competently conduct and interpret psychological assessments.	jñ	jñ	jñ	jñ
6. Ethical Decision Making - The ability to identify and reason effectively about ethical issues in both science and practice including the awareness and protection of clients' and research participants.	jñ	jñ	jñ	jñ
7. Self Monitoring - The ability to be aware of your own intrapersonal and interpersonal developmental issues and develop the skills to manage how these issues affect your professional relationships.	jñ	jñ	jñ	jñ
8. Supervision Skills - The	jñ	jñ	jñ	jñ

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skill and ability to supervise counselors based on knowledge of counselor/therapist development, the empirical literature on therapy and supervision, and theoretical models of effective supervision.

25. Please rate each of the following CP Program Competencies according to the extent to which you feel that you have developed the competence you need to function as an independent professional.

Please rate your competence in:

	Very Competent	Moderately Competent	Minimally Competent	Not at all Competent
1. Knowledge and understanding of general psychology including social psychology, human development, psychopathology, history and systems, the biological bases of behavior, and learning or cognition.	jñ	jñ	jñ	jñ
The ability to critically read psychological research and theory in these areas and to appropriately apply them in practice and research.	jñ	jñ	jñ	jñ
2. The ability to understand and appreciate the logic of both qualitative and quantitative research designs and the strengths and limits of each.	jñ	jñ	jñ	jñ
3. The ability to design both qualitative and quantitative research studies to test theoretical or practical questions regarding psychological theory or practice.	jñ	jñ	jñ	jñ
4. The ability to develop, implement, and evaluate individual and group psychotherapy interventions that promote the well-being of clients and will be able to describe the theoretical underpinnings of their interventions.	jñ	jñ	jñ	jñ
5. The ability to apply theories of career development, vocational counseling, and the research supporting	jñ	jñ	jñ	jñ

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interventions and assessments.

6. The ability to understand the theoretical and research literature on individual and group psychotherapy and career counseling.

jñ

jñ

jñ

jñ

7. The ability to understand and apply the APA Code of Ethics and be able to evaluate ethical problems in research and practice in terms of the Code.

jñ

jñ

jñ

jñ

8. Understanding the foundational ethical principles and the ability to apply them to ethical issues in both science and practice.

jñ

jñ

jñ

jñ

9. The ability to identify and discuss at least two different theoretical approaches to dealing with client problems, evaluate the research literature on each, and suggest the implications of each for practice with clients from diverse backgrounds.

jñ

jñ

jñ

jñ

10. Identifying as a Counseling Psychologist (as opposed to a Clinical Psychologist) and the history, traditions, orientation, and its relationship to general psychology.

jñ

jñ

jñ

jñ

11. The ability to identify and discuss at least two different models of career development, evaluate the research literature on each, and suggest the implications of each for dealing with clients who are diverse on a number of dimensions including but not limited to age, ethnicity, cultural background, and socioeconomic status.

jñ

jñ

jñ

jñ

12. The ability to compare and contrast at least two different models of supervision, evaluate the research literature on them, and suggest their implications for supervising therapists at different levels of

jñ

jñ

jñ

jñ

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training.

13. The ability to effectively supervise Master's level trainees. jn jn jn jn

14. The ability to understand the basics of psychological test construction. jn jn jn jn

15. The ability to interpret cognitive and personality test results. jn jn jn jn

16. The ability to write reports describing a client and his or her cognitive and personality test results. jn jn jn jn

17. The ability to administer objective and projective tests. jn jn jn jn

18. The ability to develop a multicultural orientation to counseling research and practice. jn jn jn jn

19. The ability to recognize and respond carefully to the diversity of clients and seek consultation when appropriate. jn jn jn jn

20. The ability to identify personal and institutional barriers to developing multicultural counseling skills. jn jn jn jn

21. The ability to intervene with multicultural clients. jn jn jn jn

22. The ability to understand how your own background influences the helping process, the interpretation of data, and the research questions they investigate. jn jn jn jn

23. The ability to examine and present your view of your interpersonal relationships with clients and their understanding of themselves and their relationships with clients as components of the counseling process. jn jn jn jn

24. The ability to prepare materials for professional presentation and publication. jn jn jn jn

25. The ability to develop effective professional relationships with other health care providers. jn jn jn jn

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## 9. Courses

26. What is your planned graduation date?

Date  /  /

MM DD YYYY

27. Please rate each of the following course areas according to your level of satisfaction with the extent to which they have prepared you to function as a psychologist.

	Very Satisfactory	Satisfactory	Unsatisfactory	Very Unsatisfactory	No Opinion
Techniques Courses	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Practicum Seminars	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Statistics Courses	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Theory Courses	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Research Courses	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Electives	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Additional comments

28. What additional courses should we offer?

1

2

3

4

29. Please provide any suggestions for improving the CP Program.

## 10. Self Evaluation

30. Please provide a short description of your professional and career goals and your progress towards accomplishing them.

31. Please provide a short description of your progress in achieving the training goals identified by the program in the areas of: 1) theory 2) research 3) practice 4) multicultural skill and 5) professional and ethical behavior.