

Spring 2005 Basic Counseling Skills Evaluation

The following data reflect assessment of EDC 280 and EDC 475 students during the Spring 2005 semester. Paired samples procedures were conducted only on those data where students were assessed at the Midterm and Final assessment points. Thus, data from students who only received one assessment were not included. These data are presented on pages 2 and 3.

Cross sectional data do not show within-student change, but allow for general comparison between groups of students. Data presented on page 4 reflect overall changes on major domains of the Counseling Skills Evaluation between the end of EDC 280 and the end of EDC 475.

The Basic Skills Evaluation is presented on page 5.

P-values are reported as follows:

NS – Non Significant

*** $p < 0.05$**

**** $p < 0.01$**

***** $p < 0.001$**

Paired Samples Statistics 280

		Mean	N
Midterm	Began and ended on time	3.82	17
Final	Began and ended on time	4.59 **	17
Midterm	Timely warning at end	3.71	17
Final	Timely warning at end	4.71 ***	17
Midterm	Appropriate non-verbals	3.71	17
Final	Appropriate non-verbals	4.18 **	17
Midterm	Reflected client's feelings and attitudes	2.53	17
Final	Reflected client's feelings and attitudes	3.00 *	17
Midterm	Reflected content of client's message	3.00	17
Final	Reflected content of client's message	3.29 NS	17
Midterm	Reflected discrepancies in client's communication	2.53	17
Final	Reflected discrepancies in client's communication	2.94 NS	17
Midterm	Limited self-disclosure, but self-disclosed when appropriate	3.12	17
Final	Limited self-disclosure, but self-disclosed when appropriate	3.18 NS	17
Midterm	Fostered specific and concrete communication	3.18	17
Final	Fostered specific and concrete communication	3.76 **	17
Midterm	Fostered immediacy	2.71	17
Final	Fostered immediacy	3.18 *	17
Midterm	Variety of responses and techniques	2.76	17
Final	Variety of responses and techniques	2.94 NS	17
Midterm	Set limits appropriately	1.00	17
Final	Set limits appropriately	2.71 ***	17
Midterm	Encouraged / empowered	3.18	17
Final	Encouraged / empowered	3.94 ***	17
Midterm	Returned responsibility / limited advice giving	3.18	17
Final	Returned responsibility / limited advice giving	3.65 *	17
Midterm	Collaborated w/ client to establish clear goals	2.59	17
Final	Collaborated w/ client to establish clear goals	3.53 ***	17
Midterm	Focused session around client objectives	3.18	17
Final	Focused session around client objectives	3.18 NS	17
Midterm	Facilitated movement towards goals	2.88	17
Final	Facilitated movement towards goals	3.76 ***	17
Midterm	Moved neither too slowly or too quickly	3.24	17
Final	Moved neither too slowly or too quickly	2.88 NS	17
Midterm	Recognized and addressed resistance	2.24	17
Final	Recognized and addressed resistance	4.82 ***	17
Midterm	Cultural, gender, age, etc sensitivity	3.41	17

Final	Cultural, gender, age, etc sensitivity	2.71 **	17
Midterm	Knowledge of professional literature	2.24	17
Final	Knowledge of professional literature	2.88 ***	17
Midterm	Consistent use of counseling theory	2.53	17
Final	Consistent use of counseling theory	3.00 **	17
Midterm	Creativity	2.76	17
Final	Creativity	3.41 **	17
Midterm	Understanding of dynamics of client concerns	3.24	17
Final	Understanding of dynamics of client concerns	4.47 ***	17
Midterm	Presented as professional counselor	3.18	17
Final	Presented as professional counselor	3.76 **	17
Midterm	Showed tolerance of stress and discomfort	3.29	17
Final	Showed tolerance of stress and discomfort	4.06 **	17
Midterm	Responses flow easily	3.24	17
Final	Responses flow easily	3.76 **	17
Midterm	Appropriate self-assurance / confidence	3.24	17
Final	Appropriate self-assurance / confidence	4.12 ***	17
Midterm	Accurately self assesses	3.47	17
Final	Accurately self assesses	3.18 NS	17
Midterm	Appropriate steps with education, consultation, referral	3.12	17
Final	Appropriate steps with education, consultation, referral	4.35 ***	17
Midterm	Receives and uses feedback	3.76	17
Final	Receives and uses feedback	1.00 ***	17
Midterm	Neat, thorough, accurate, and prompt record keeping	1.12	17
Final	Neat, thorough, accurate, and prompt record keeping ↓	3.76 ***	17
Midterm	Adheres to ACA Ethical Standards	3.24	17
Final	Adheres to ACA Ethical Standards	3.54 **	17
Midterm	Mean Session Management Score	2.95	17
Final	Mean Session Management Score	3.26 **	17
Midterm	Mean Goal Setting Score	2.82	17
Final	Mean Goal Setting Score	3.16 ***	17
Midterm	Mean Theoretical and Professional Knowledge Score	2.84	17
Final	Mean Theoretical and Professional Knowledge Score	3.87 ***	17
Midterm	Personal Skills	3.24	17
Final	Personal Skills	3.22 NS	17
Midterm	Outside Session	2.94	17
Final	Outside Session	4.53 ***	17

Paired Samples Statistics 475

		Mean	N
Midterm	Began and ended on time	3.98	40
Final	Began and ended on time	4.4 ***	40
Midterm	Timely warning at end	3.83	40
Final	Timely warning at end	4.35 ***	40
Midterm	Appropriate non-verbals	4.00	40
Final	Appropriate non-verbals	4.325 **	40
Midterm	Reflected client's feelings and attitudes	3.70	40
Final	Reflected client's feelings and attitudes	4.2 ***	40
Midterm	Reflected content of client's message	3.55	40
Final	Reflected content of client's message	4.25 ***	40
Midterm	Reflected discrepancies in client's communication	3.08	40
Final	Reflected discrepancies in client's communication	3.725 ***	40
Midterm	Limited self-disclosure, but self-disclosed when appropriate	3.55	40
Final	Limited self-disclosure, but self-disclosed when appropriate	3.925 **	40
Midterm	Fostered specific and concrete communication	3.53	40
Final	Fostered specific and concrete communication	4.3 ***	40
Midterm	Fostered immediacy	2.73	40
Final	Fostered immediacy	3.5 ***	40
Midterm	Variety of responses and techniques	3.38	40
Final	Variety of responses and techniques	4 ***	40
Midterm	Set limits appropriately	3.40	40
Final	Set limits appropriately	3.975 ***	40
Midterm	Encouraged / empowered	4.10	40
Final	Encouraged / empowered	4.425 **	40
Midterm	Returned responsibility / limited advice giving	3.70	40
Final	Returned responsibility / limited advice giving	4.25 ***	40
Midterm	Collaborated w/ client to establish clear goals	3.25	40
Final	Collaborated w/ client to establish clear goals	4.025 ***	40
Midterm	Focused session around client objectives	3.23	40
Final	Focused session around client objectives	3.9 ***	40
Midterm	Facilitated movement towards goals	3.25	40
Final	Facilitated movement towards goals	4.15 ***	40
Midterm	Moved neither too slowly or too quickly	3.18	40
Final	Moved neither too slowly or too quickly	3.63 NS	40
Midterm	Recognized and addressed resistance	3.08	40
Final	Recognized and addressed resistance	4.725 ***	40
Midterm	Cultural, gender, age, etc sensitivity	4.08	40

Final	Cultural, gender, age, etc sensitivity	3.55 *	40
Midterm	Knowledge of professional literature	2.95	40
Final	Knowledge of professional literature	3.8 ***	40
Midterm	Consistent use of counseling theory	3.28	40
Final	Consistent use of counseling theory	4.05 ***	40
Midterm	Creativity	3.70	40
Final	Creativity	4.075 **	40
Midterm	Understanding of dynamics of client concerns	3.78	40
Final	Understanding of dynamics of client concerns	4.45 ***	40
Midterm	Presented as professional counselor	4.30	40
Final	Presented as professional counselor	4.43 NS	40
Midterm	Showed tolerance of stress and discomfort	3.83	40
Final	Showed tolerance of stress and discomfort	4.225 *	40
Midterm	Responses flow easily	3.70	40
Final	Responses flow easily	4.225 ***	40
Midterm	Appropriate self-assurance / confidence	3.73	40
Final	Appropriate self-assurance / confidence	4.375 ***	40
Midterm	Accurately self assesses	3.70	40
Final	Accurately self assesses	4.3 ***	40
Midterm	Appropriate steps with education, consultation, referral	3.85	40
Final	Appropriate steps with education, consultation, referral	4.6 ***	40
Midterm	Receives and uses feedback	4.25	40
Final	Receives and uses feedback	4.65 ***	40
Midterm	Neat, thorough, accurate, and prompt record keeping	4.10	40
Final	Neat, thorough, accurate, and prompt record keeping	4.575 ***	40
Midterm	Adheres to ACA Ethical Standards	4.13	40
Final	Adheres to ACA Ethical Standards	4.11 NS	40
Midterm	Mean Session Management Score	3.58	40
Final	Mean Session Management Score	3.91 ***	40
Midterm	Mean Goal Setting Score	3.20	40
Final	Mean Goal Setting Score	3.945 ***	40
Midterm	Mean Theoretical and Professional Knowledge Score	3.56	40
Final	Mean Theoretical and Professional Knowledge Score	4.3625 ***	40
Midterm	Personal Skills	3.89	38
Final	Personal Skills	4.5 ***	38
Midterm	Outside Session	3.99	38
Final	Outside Session	4.5 ***	38

Cross Sectional data comparing Final end of semester summary scores in EDC 280 compared to Final end of semester summary scores in EDC 475.

Session #		Course	N	Mean
Final	Overall Session Management Score	EDC 280	38	48.00
	Overall Session Management Score	EDC 475	49	53.98 ***
	Overall Goal Setting and Achievement Score	EDC 280	38	13.71
	Overall Goal Setting and Achievement Score	EDC 475	49	20.1***
	Overall Theoretical Score	EDC 280	38	17.68
	Overall Theoretical Score	EDC 475	49	19.80***
	Overall Personal Skills Score	EDC 280	38	15.08
	Overall Personal Skills Score	EDC 475	49	17.43***
	Overall Outside Skills Score	EDC 280	38	13.26
	Overall Outside Skills Score	EDC 475	49	22.51***

**California State University, Sacramento
Basic Counseling Skills Evaluation**

Counselor _____ Supervisor _____

Specialization Career Community MFCC School Course EDC _____ Site _____

Client _____ Session # _____ Date ____ / ____ / ____ Evaluation by: Student Supervisor

(Circle the appropriate number for each counselor competency: 5 is high)

Session Management, Attending and Facilitation Skills:	Overall	1	2	3	4	5
1. Began and ended session on time.		1	2	3	4	5
2. Gave timely warning before end of session.		1	2	3	4	5
3. Demonstrated appropriate non-verbal attending skills.		1	2	3	4	5
4. Reflected client's feelings and attitudes with appropriate frequency and accuracy.		1	2	3	4	5
5. Reflected content of client's message with appropriate frequency and accuracy.		1	2	3	4	5
6. Reflected discrepancies in client communication.		1	2	3	4	5
7. Limited self-disclosure, but skillfully self-disclosed when appropriate.		1	2	3	4	5
8. Fostered specific and concrete (rather than general and abstract) communication.		1	2	3	4	5
9. Fostered immediacy in the counseling session.		1	2	3	4	5
10. Demonstrated a variety of responses and techniques.		1	2	3	4	5
11. Set limits appropriately.		1	2	3	4	5
12. Encouraged / empowered client as appropriate.		1	2	3	4	5
13. Returned responsibility / encouraged client's decision making / refrained from giving advice.		1	2	3	4	5
Goal setting and achievement:	Overall	1	2	3	4	5
14. Collaborated with client to establish clear therapeutic goals.		1	2	3	4	5
15. Focused the session around client objectives.		1	2	3	4	5
16. Facilitated movement toward client goals.		1	2	3	4	5
17. Moved neither too slowly nor too quickly for client.		1	2	3	4	5
18. Recognized and effectively addressed resistance.		1	2	3	4	5
Theoretical and other professional knowledge:	Overall	1	2	3	4	5
19. Showed awareness and sensitivity to issues of culture, gender, age, etc.		1	2	3	4	5
20. Showed knowledge of professional literature related to client concerns/issues.		1	2	3	4	5
21. Demonstrated consistent use of counseling theory.		1	2	3	4	5
22. Demonstrated creativity.		1	2	3	4	5
23. Showed understanding of the dynamics of client concerns/issues.		1	2	3	4	5
Personal Skills:	Overall	1	2	3	4	5
24. Presented as a professional counselor and dressed appropriately.		1	2	3	4	5
25. Showed tolerance of stress and discomfort (of own feelings and client's).		1	2	3	4	5
26. Made responses that flowed easily.		1	2	3	4	5
27. Exhibited appropriate self-assurance, confidence, and trust in own ability.		1	2	3	4	5
Outside of counseling sessions:	Overall	1	2	3	4	5
28. Accurately self-assesses.		1	2	3	4	5
29. Takes appropriate steps toward increased education, consultation, referral.		1	2	3	4	5
30. Appropriately receives and uses feedback.		1	2	3	4	5
31. Completes client records promptly, with neatness, thoroughness, and accuracy.		1	2	3	4	5
32. Adheres to ACA Ethical Standards, both in and out of counseling sessions.		1	2	3	4	5

TOTAL =