

Practical Skills Assessment: Skills Checklist

Practical Skills In-class ten-minute session that demonstrates appropriate counselling and MI for the given scenarios. Assessment will be video recorded.

Each student will be required to engage in two X four-minute role plays with a fellow student. Following the two role-plays, the student being assessed will be asked to provide some brief self-reflections for two minutes on how they felt each session went. The order of assessment will be confirmed through random allocation by Monday 21st Jan. The allocation of "student clients" for each scenario will be given on the day, so all students must arrive at 9.30am in preparation.

Students must prepare in advance for their role as Counsellor/MI practitioner through the practice in class and wider reading/practice. They should also prepare for their role as a Client by planning two scenarios involving their own ambivalence that they will be prepared to talk about for up to four minutes each. Such scenarios may include: ambivalence about career choices; further study; course engagement; work motivation; relationships; health behaviours. (Please do not choose highly emotive topics that are likely to result in anxiety or distress).

General Counselling Skills		
	1 st Marker notes	Moderator notes
Active Listening (body posture, eye contact etc.)		
Empathy/compassion		
Awareness of boundaries		
Self-reflection (debrief)		
MI Specific Skills (OARS)		
Open questions		
Affirmations		
Reflections		
Summarising		
Evoking change talk		
Collaboration		
Acceptance		

General sense of embracing the spirit of MI <i>(including in the role of client)</i>		
Assessment proforma: Practical Skills: <i>(Counselling/MI skills)</i> Transferable Skills: <i>(preparation, professionalism, contribution on day)</i>		
Marks		