

MENTOR'S EVALUATION OF STUDENT ENROLLED IN EPC 659A

Department of Educational Psychology and Counseling
California State University, Northridge

(For Students Beginning Fall 2006)

Instructions: MENTOR to complete and forward to student's EPC 659A instructor by the last week of fall semester classes.

Date: _____

Student's Printed Name

E-mail Address:

Student's EPC 659A Instructor

Mentor's Name

Mentor's Supervisor

Student completes information above this line.

BASIC COUNSELING/RELATIONAL SKILLS*

Based on direct observation, please indicate the level (1 to 5, 5 = highest level) at which the student (S) normally functions in counseling his/her clients (C) by circling a number.

- Positive Regard: Ability to respect the personhood of each individual and believe that all people have inherent worth. Individual is never rejected, although a person's actions may be confronted.
 - 1 = S shows a complete lack of respect for C's feelings, experiences and potentials; they are not even worthy of consideration.
 - 2 = S shows little respect for C's feelings, experiences and potentials. May respond mechanically or ignore many obvious clues.
 - 3 = In many ways, S shows a positive respect and concern for C's feelings, experiences and potentials.
 - 4 = S shows a very deep respect and concern for C. Enables C to feel free to be her/himself and to feel her/his value as an individual.
 - 5 = S shows the very deepest respect and caring for C. S/he is fully committed to C's value as an individual.
 - N/A = Not able to assess

- Empathy: Ability to understand another person's communications (i.e., feelings, world-view, beliefs, values experiences, and goals).
 - 1 = S shows no awareness of C's obvious feelings. S detracts significantly from C's communications. S is bored disinterested or prejudiced.
 - 2 = S shows some awareness of C's obvious surface feelings but responds to something other than what C is expressing.
 - 3 = S reflects accurately C's expressed surface communications but doesn't show understanding of C's deeper feelings.
 - 4 = S feeds back C's feelings noticeably enriched, at a level deeper than C could express them.
 - 5 = S is fully attuned to C's wavelengths at all levels. They can readily explore all untouched regions together.
 - N/A = Not able to assess

- **Congruence:** Ability to be completely genuine with others; i.e., verbal and nonverbal messages are not in conflict, and reactions are in the here and now and do not hide behind the façade of the professional role.

- 1 = S either speaks in a manner unrelated to her/his feelings or his/her genuine expressions are used only for destructive purposes.
 - 2 = S either speaks in a manner unrelated to her/his feelings or s/he can't use her/his negative genuine expressions constructively – s/he acts a role.
 - 3 = S seems to make appropriate, sincere responses, but shows no real involvement with C.
 - 4 = S responds sincerely with many of her/his own feelings and uses all responses constructively whether they are positive or negative.
 - 5 = S is freely and deeply her/himself with S. Uses all responses as a means to open further areas of exploration for S and C.
- N/A = Not able to assess

- **Self-disclosure:** Ability to volunteer unique personal information that is relevant to the client's situation.

- 1 = S actively tries to conceal her/his own feelings and personality. Any self-revelation s/he makes shows her/his indifference to C's needs. Or, S shares highly personal material that is not relevant to C's situation and may be a burden to C.
 - 2 = S only responds to direct questions about her/himself, and then only briefly and with a minimum of information. Never volunteers such information. Or, S shares highly personal material that may be somewhat relevant to C's situation, but may be a burden to C.
 - 3 = S volunteers moderate personal information about her/himself (e.g., her/his reaction to what C is presenting) that may be somewhat relevant to C, but it is often vague and doesn't reveal anything that is unique about her/himself.
 - 4 = S freely volunteers in a constructive way moderate information about her/his feelings, experiences and beliefs, revealing her/himself as a unique individual.
 - 5 = S freely volunteers in a constructive way moderate information about her/himself that reveals her/himself as a unique individual and is meaningful and highly relevant to C's situation.
- N/A = Not able to assess

Overall Rating of Basic Counseling/Relational Skills (circle one)	
5	Exceptional
4	Consistent
3	Satisfactory
2	Progressing
1	Unsatisfactory

Comments (optional): _____

Signature of Mentor

Date

*Modified from Carkhuff and Martin Scale (1967), using recent research findings as cited by Young (2003) and personal experience as psychotherapist and counselor educator. RRM 4/05