

# CSK-L2 Examples of Assignments

## Relating to others:

**Target length:** 1,500/2,000 words

This assignment should explore the ways in which you relate to others and include barriers and difficulties in relating. Also, your motivation for helping others and what you bring to the role. The type of issues you may find useful to explore could be:

- » Why do I want to help others?
- » Why do others come to me for help?
- » How do I form relationships with others – friends, family, and others?
- » How do I assess my relationship skills?
- » What qualities do I have that I can develop?
- » Do I have specific blocks in listening to some people?
- » Have I identified some of my prejudices and stereotyped views?
- » What do I need from my relationships?

## Exploring change:

**Target length:** 1,500/2,000 words

The focus of this assignment should be your own experience(s) of personal change. You could explore recent or past experiences, compare past and present patterns of behaviour, and/or give an overview of a longer period of change. An important aspect of the assignment is exploring the difficulties and uncertainties of change.

## Using the skills in context:

**Target length:** 1,500/2,000 words

The focus of this assignment should be on showing how you use your skills and understanding in your helping role and work with helpees.

The level of work addressed by the course (CPCAB helping work level A) should be discussed, especially with regard to the difference between:

- (i) using counselling skills in helping interactions.
- (ii) using counselling skills in the more complex helping relationships that arise as a recognised part of professional roles.
- (iii) formal therapeutic counselling.

Consideration should be given to personal aspects of helping, the demands on you, qualities needed and how you manage any role of 'skilled helper'.