**TC-L4 Initial Learning Statement**

Candidate’s name: ………………………………………………………………………………… Date: …………………………….

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| **1. Course goals and expectations:** |
| What do I expect the course to provide for me? |
| What would I like it to provide for me? |
| How can I help myself make the most of this learning opportunity? |

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| **2. Course concerns:** |
| What am I concerned about regarding the course?  |
| What am I afraid it might demand or expect of me? |
| How might I hinder *(or even sabotage)* my own learning on the course? |

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| **3. The group:** |
| What do I expect the group to provide for each other and for me? What would I like the group to provide for each other and for me? |
| What am I prepared to contribute in order to help the group develop? |

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| **4. Group concerns:** |
| What am I afraid could happen in the group? What are my concerns about how the group might behave towards me? |
| How might I hinder, upset or sabotage the process of group development? |
| **5. Learning styles:** |
| What do I expect the course tutors to provide for my learning? What would I like them to provide for my learning? |

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| What am I afraid the course tutors might require of me? |
| Are there any other concerns I have about the learning requirements?What support will I need to be able to learn online? (move to the next question if there is no online delivery as part of the course) |

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| **6. Learning:** |
| What influences from the past may help or hinder my learning? What are my particular blocks to learning? |
| How do I learn best? |

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| **7. Capability:** |
| How do I assess my warmth, openness and empathy in counselling situations at present in-person, online and via the telephone? How do I form a working alliance? |
| In which specific ways would I like to develop? How can I do this? |
| How do I assess my decision-making in a counselling situation at present *(e.g. which skills, how to use them, which responses to give, which directions to follow)*? |
| How could I best develop my skills in-person and online or via the telephone? |
| How confident do I feel about beginning to work with clients? |

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| **8. Motivation and commitment:** |
| Why am I beginning training on this programme? |
| At present, what is my motivation and commitment towards the course? |