

# Counselor Self-Rating Scale

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No counselor can display all the characteristics and behaviors of the so-called “ideal counselor.” As a camp counselor, however, you should be aware of your strengths and weaknesses, and continually seek to improve your qualifications. The following rating system will help you become more aware of how you might enhance your skills.

After returning from camp, reflect on your experience by completing the table below. Think about what you knew *before* camp and about what you know *after*. Indicate your level of agreement with each statement below by placing a check under strongly disagree, disagree, neutral, agree, or strongly agree.

BEFORE					COMPETENCIES	AFTER				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
					<b>Child and Adolescent Development Knowledge</b>					
					I can plan activities appropriate for different camper ages, stages, abilities, and learning styles.					
					I can effectively manage camper behavior (setting and explaining rules, correcting behavior, giving appropriate consequences, etc.).					
					<b>Communication</b>					
					I am comfortable speaking in front of a group and can deliver a message effectively.					
					I am a good listener.					
					<b>Cultural Awareness</b>					
					I know how to include campers and counselors of various backgrounds in camp activities.					
					<b>Health, Wellness, and Risk Management</b>					
					I know how to maintain a safe environment for campers.					
					I know camp safety and emergency procedures.					
					<b>Personal Commitment</b>					
					I am committed to my role as a camp counselor (regular attendance at meetings, engaged in all aspects of camp, puts campers first, positive attitude).					

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BEFORE					COMPETENCIES	AFTER				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
					<b>Professional Development</b>					
					I understand how my role as a camp counselor relates to my future (applying for college or jobs and performing well).					
					<b>Professionalism</b>					
					I understand the difference between the role of camper and counselor, and am able to act accordingly.					
					I can be counted on to demonstrate maturity, responsibility, and trustworthiness in the camp counselor role.					
					<b>Program Planning</b>					
					I can utilize appropriate resources to develop a lesson/program plan.					
					<b>Role Model</b>					
					I am a good role model for others.					
					<b>Self-Direction</b>					
					I feel comfortable taking charge of a group or activity without being asked.					
					I can complete camp related activities with minimal supervision or direction.					
					<b>Supportive Relationships</b>					
					I have the skills necessary to establish positive relationships with campers and help them have a great experience at camp (create a welcoming environment; help homesick, ill, or struggling campers; etc.)					
					<b>Teaching and Facilitating</b>					
					I am prepared to successfully give instructions and lead a camp activity.					
					<b>Teamwork and Leadership</b>					
					I can work well with other members of the counselor group to accomplish a goal.					
					<b>Thinking and Problem Solving</b>					
					I am prepared to handle common situations that arise at camp.					
					I can work with other counselors and adult staff to solve problems that arise.					
					<b>Understands Organizational and Camp Environment</b>					
					I understand the purpose of camp and what campers gain from a positive camping experience.					
					I understand camp rules and why they need to be followed.					

Based on your responses, what competencies could you use more training in?

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