

Access to HE Diploma Assignment Brief (Form AP3)



Provider name:	Sunshine College
Access Diploma title:	Access to HE Diploma (Counselling)
Unit title and code:	Fundamental Skills of Counselling PS1/3/AA/06G
Assignment title and number, e.g. 1 of 1 or 1 of 2 etc:	Assignment 1 of 3 - Report: An exploration of the skills and qualities of the counselling relationship.
Assessor name:	Jane Brown

Assignment briefing and mapping to unit:

Your task is to produce a report of approximately 1,500 words which shows your understanding of active listening skills (Learning Outcome 1) and the core conditions of the counselling relationship (Learning Outcome 3). This means you need to explore the range of skills that counsellors use in practice including the therapeutic conditions counsellors try to offer clients and the potential barriers to the therapeutic relationship.

You must **assess** the value of the following skills;

- Non-judgemental responses
- Open and closed questions
- Paraphrasing
- Summarising
- Reflecting feelings
- Use of silence
- Immediacy
- Non-verbal communication

To provide a true assessment of the value of these skills you should consider how each skill is used in counselling practice and the impact of the skill on the counselling relationship (1.1).

You must also **discuss** how internal and external barriers to communication can impinge on listening skills (1.2) and give examples to illustrate how you could **develop** strategies to minimise the impact of internal and external barriers on listening skills (1.3)

The qualities of the counselling relationship should be explored. You must **discuss** the meaning of; (3.1)

- Empathic understanding
- Unconditional positive regard
- Congruence (genuineness)

Your report should be word processed in an academic style following the guidance from your tutor. Appropriately referenced material should be included making use of the Harvard referencing style.

Assignment hand out date:	
Assignment submission deadline date:	
Draft(s) permitted: Yes/No <i>If yes, include deadline date(s) for draft(s)</i>	No

Mapping to Unit

This assignment covers the following learning outcomes & assessment criteria.

LO1 Understand a range of active listening skills

AC 1.1 Assess the value of each of the following active listening skills:

- a) Non-judgemental responses
- b) Open and closed questions
- c) Paraphrasing
- d) Summarising
- e) Reflecting feelings
- f) Use of silence
- g) Immediacy
- h) Non-verbal communication

AC 1.2 Discuss how internal and external barriers to communication can impinge on listening skills

AC 1.3 Develop strategies to minimise the impact of internal and external barriers on listening skills

LO3 Understand the core conditions of the counselling relationship

AC 3.1 Discuss the meaning of:

- d) Empathic understanding
- e) Unconditional positive regard
- f) Congruence (genuineness)

Grading information for this assignment

Grade descriptor: 2a and c Application of knowledge

The student, student's work or performance:

For a pass:

Meet the assessment criteria to achieve the learning outcomes for the unit

For Merit:

- a. makes use of relevant
 - ideas
 - concepts
- and
- c. **very good** levels of
 - insight
 - synthesis

Contextualisation:- You should ensure that you assess each of the active listening skills in terms of its use in counselling practice and its impact. The assessment of skills should link to the discussion of barriers to communication and strategies for overcoming these. The core conditions of the counselling relationship should be discussed and linked to relevant active listening skills.

For distinction:

- a. makes use of relevant
 - ideas
 - concepts
- and
- c. excellent levels of
 - insight
 - synthesis

	<p>Contextualisation: - In addition to the above you should link the use of counselling skills to the expression of the core conditions in counselling practice, linking specific skills to the expression of specific core conditions.</p>
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Grade descriptor:	7b and c: Quality
The student, student's work or performance:	
For a pass:	Meet the assessment criteria to achieve the learning outcomes for the unit
For Merit:	<p>b. puts forward arguments or ideas which are generally unambiguous but which are in a minor way limited or incomplete.</p> <p>c. taken as a whole, the work demonstrates a very good response to the demands of the brief/assignment</p> <p>Contextualisation: - The ideas should be clearly discussed but may include minor issues such as ambiguous terminology or some incomplete explanation. You should ensure you address each aspect of the assessment criteria giving equal weight to each aspect. The work should have a clear academic style but there may be some minor issues with the way ideas are expressed</p>
For distinction:	<p>b. puts forward arguments or ideas which are consistently unambiguous and cogent</p> <p>c. taken as a whole the students work demonstrates an excellent response to the demands of the brief/assignment</p> <p>Contextualisation: -The ideas expressed should be consistently clear. Correct terminology should be used throughout. There should be a consistent academic style throughout the work and adherence to the word count.</p>

Declaration: I confirm that this assignment is my best attempt and all my own work and that it conforms to the course policy on plagiarism.		
Print name:	Student signature:	Date: