

## Career Counseling Evaluation

Evaluation sheets are crucial for understanding whether a client's needs are being met by counseling and how to improve future interventions.

Ask clients to reflect on the sessions with the counselor and rate each of the statements on the next page by ticking the appropriate box (modified from Niles & Harris-Bowlsbey, 2017).

Once done, return to these questions:

What were the most helpful aspects of career counseling?

What were the least helpful aspects of career counseling?

Review and collate the answers from various clients to identify how to improve the support a counselor provides.

### References

- Niles, S. G., & Harris-Bowlsbey, J. (2017). *Career development interventions*. Hoboken: Pearson.

	0 - N/A	1 - Strongly disagree	2 - Disagree	3 - Agree	4 - Strongly agree
My non-career concerns/needs were understood.					
I can identify effective coping strategies for non-career concerns.					
My career concerns/needs were understood.					
I can identify effective coping strategies for career concerns.					
Learning and reviewing my interests, skills, and values was helpful.					
Learning about my occupational choices was helpful.					
Learning about the career planning and decision-making process was helpful.					
Career counseling has helped/ will help me achieve my personal and career goals.					
Career counseling has helped/ will help me function better as a worker, student, etc.					
Overall career counseling has been helpful.					