

POSTGRADUATE CLINICAL PSYCHOLOGY PROGRAM OPTIONAL SELF-ASSESSMENT EXERCISE

This process is designed to support you to assess your suitability for the postgraduate clinical psychology program.

1. **Rate yourself** against the capabilities required to complete the postgraduate clinical psychologist program successfully. How well do the statements below describe you?
2. Have a **trusted colleague/supervisor** (not a friend) rate you, using the *Colleague* version of this document and,
3. **Discuss** your results.

I have:

a sound understanding of both general psychology and clinical psychology, including relevant models and theories

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

high level written and verbal communication skills, including listening, appropriate to the psychology profession

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

high level interpersonal skills, including those required for therapeutic relationships, team-work and conflict resolution

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

sound counselling skills, including micro-skills and rapport building capabilities

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

a basic understanding of systematic psychological assessment, diagnostic classification systems, and a range of intervention techniques for both individuals and groups

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

high level organisational skills and attention to detail

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

high level time-management skills; able to prioritise competing demands to meet deadlines and accommodate changing circumstances

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

a sound understanding of appropriate professional behaviour; interactions with colleagues, clients, and other professionals are grounded in professional ethics and standards

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

sound ability to apply ethical principles effectively to ethical dilemmas and generate appropriate responses to such dilemmas

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

high level self-awareness and self- reflection; able to critically evaluate and reflect on performance

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

high level ability to give, receive, and integrate feedback into practice

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

a sound ability to write academically, including the use of APA formatting and referencing

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

a sound understanding of psychological research, including methods, data analysis and interpretation, and reporting

1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Somewhat A great deal

well-developed higher order thinking skills, including: problem solving, critical thinking, synthesis, analysis, and evaluation of information

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

very high-level stress management skills

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

high levels of self-motivation, initiative, and autonomy

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

I am able to work under pressure

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

I am resilient

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

I demonstrate self-care

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

I am open to learning and able to learn quickly

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal

I demonstrate perseverance, persistence, diligence and sustained focus

1 _____ 2 _____ 3 _____ 4 _____ 5
Not at all Somewhat A great deal