

Supervision Reflection Paper Assignment

As I process and reflect on my supervisory skills, I found that it was a similar experience to the teaching internship when I had the opportunity to give feedback to new counseling students as they were practicing their foundational skills in COUC 505. What I did notice was the different aspects of the students working in teams and how their skills had similarities and differences as they conducted a group.

What did you learn about training/supervising group leaders?

I learned that many of the foundational skills for individual counseling can be observed and highlighted for the students. I also learned there are certain aspects of leading groups that need to be addressed for leaders, such as making eye-contact with all group members and being intentional in how the camera is picking up your facial expressions when in an online format. I was paired with another professor to co-supervise a COUN 512 class, but rather than co-supervise, Dr. Doney asked me to observe her the first day and then completely take the role the following day. It was interesting to jump in with an unfamiliar group and take over, but it went really well. I was able to keep the class on track and manage the different groups: those who were observers, those who led the group, and the participants. After the first group led, we had some discussion time, and I was able to keep the comments appropriate and guide them in their timing to stay on track for the second group to have their turn. This was a learning experience for me as I was using the guidelines set by Dr. Doney. It was helpful to have someone else set the expectations for me and then allow me the freedom to take ownership and have my own style.

What was most challenging about the supervisory experience?

I think the most challenging thing was the unfamiliarity with the class. I was just jumping in to a role that was actually assigned to someone else, so I didn't quite feel like this was "my group". While this was a challenge, I feel that the class was very gracious and accepting of a new person in the supervisor role. Dr. Doney noted that the class gave me good feedback and she did not observe any anxiety from me, even though I did feel some anxiety.

What supervisory skills did you excel at, and which skills do you need to improve upon?

I feel that I was able to excel in many skills, such as time management, developing safety, and providing boundaries and guidelines. After the class, I was able to meet with Dr. Doney to get her feedback and she was most gracious in encouraging me that I had done well. She did note that I could work on further developing my classroom management skills. Part of the classroom expectation in the online format is to have the cameras on during class when participating in the discussion. There was one student who was not present during the feedback time, and I did not notice that someone was missing. Fortunately, Dr. Doney was aware and took care of it behind the scenes. This would be something that I can be more aware of in the future and when I have my own class I can be intentional at including this as part of group supervision.