



CNL-520: Peer Review/Self-Review and Reflection

Part 1: Self-Reflection

Directions: After the group session has been conducted, reflect on the group experience, and answer the questions listed below. Provide short answers of **75-150 words each** for the following questions/statements. Do not exceed 200 words for your response.

1. What specific contributions did you make in the group session?

This week's topic was pretty floor-opening, which made me feel comfortable enough to talk about personal experiences. I felt like I led and help things flow due to the way I shared my vulnerable experiences within the session with the team. Which resulted in us bouncing prevalent ideas and life experiences off one another. I believe that I was able to listen to and understand other people's points of view. While giving my answers, I respected those who participated. But I also had respect for all of their points of view.

2. What stage of development do you believe this group to be in currently? Explain.

I think we are in the performing stage. The goal of this stage is to develop a culture of true interdependence, where team members are able to adapt to the needs of their teammates. This type of work is very productive both professionally and personally. We showed commitment and empathy towards one another. After four sessions, we were able to form strong bonds. I believe that we are beginning to understand the concept of collaborative work. The sessions were filled with excitement and personal development. We also discovered how to sustain our enthusiasm and how to keep it going each week.

3. What observations did you experience as it applies to the process of the group? How will these observations enhance your future role as a counselor?

I think the ability to observe behavior is a key component of successful group sessions. Because we was able to develop a sense of independence and manage various tasks and responsibilities well. Having a clear understanding of each other's schedule helped us collaborate better. By understanding each other better, we have improved our understanding of group processes and each other's weaknesses or strengths. I observed also in the group we encourage personal growth by providing feedback in a supportive environment. Also, every member actively participates in the group's activities and discussions

4. How did your participant role affect the group dynamics?

I think by listening to other people's points of view, providing feedback, calling on other members to give their point of view, and taking on tasks that were aligned with my own strengths, I was able to foster a more collaborative atmosphere. This gives me a firm stance each week. For instance, we went over gender roles and how depression affect males and females differently. By having Jack serve as the only male who could give us his perspective, we had a more collaborative atmosphere

Part 2: Peer Review: Group Leader Feedback

Directions: This is a feedback form where students may give peers feedback about their performance while facilitating a practice group in class. It is urged that all students treat their peers with great respect during this process or review.

Fill out the box located on page one with your name, the group leader's name, the group date, and the group topic. For questions 1 through 4, rate the group leader by selecting the checkbox below the appropriate rating/number. For questions 5 and 6, indicate the group leader's specific strengths and areas for improvement.

1. The group leader brought relevant material to the group. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. The group leader was able to engage the group fully. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. The group leader kept the group on track with the assigned subject. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. My overall rating for the group leader is: (Select one)

Good

5. The following are skills the group leader did very well (Refer to the skills listed on the Class Resource “Overview of Group Leadership Skills”). Be sure to provide short answers of 75-150 words.

The leader had clearly stated the objectives, provided instructions, made sure everyone understood the task, and listened to our concerns and feedback. The group discussion was conducted in a way that was efficient, and the leader ensured that everybody had an opportunity to participate. She also managed the meeting time effectively. She mentioned how she made extra slides to stay on the right time frame and added questions because

6. The following are areas of skill improvement for the group leader (Refer to the skills listed on the Class Resource “Overview of Group Leadership Skills”). Be sure to provide short answers of 75-150 words.

I did not see anything she could improve on this session. The leader made the group strive to perform at our best, setting an encouraging and productive atmosphere. The leader listened to each group members' concerns and feedback, demonstrating empathy and showing a level of understanding. The group as a whole agreed we felt valued and included while she gave her powerpoint. I think by doing that it continues to create a secure and