Your Portfolio & YOU

Begin early to finish strong!
Setting Up Your Portfolio

• Get your LiveText log in information from Donna
  • This was probably emailed to you in the past. 😊

• Let’s look at LiveText and how to initially set up the beginning of a portfolio (See handout).
What to include in your portfolio...

- Your Student Handbook (p. 34-36) will give you some important information about your Portfolio contents and the overall process.
- Examples of LiveText portfolio
- The following slides will give examples of items you could choose to include in each section
  - Items are only included in one section of your portfolio even if they could fit into multiple sections (it’s your choice where your item best fits)
  - If you wish to include something that you don’t have physical evidence of (for example, attending a workshop/lecture), you can write a brief reflection of the experience to be included as an artifact.
  - You can include things from outside of Stetson that have contributed to your counselor development
What to include in your portfolio...

1. Professional Orientation (not an inclusive list)
   - Professional resume/vitae
   - General liability insurance
   - Theoretical position paper
   - Training certificates (TF-CBT, EMDR, Sand tray training)
   - Professional memberships
   - Proof of conference attendance
   - Assignments related to your professional identity (for example, Career Portfolio assessments/assignments)
What to include in your portfolio...

2. Advanced Counseling Skills (not an inclusive list)
   • Treatment planning assignments from class
   • Human Relations Methods & Skills transcripts (do not include videos)
   • Feedback from your Counseling Children & Adolescents video
   • Forms used at your Practicum/Internship site (assessment, treatment planning, etc.)
   • Practicum/Internship evaluations
3. Cultural Issues (not an inclusive list)

• Assignments from Multicultural Counseling
• Papers and presentation that have a cultural component
4. Legal & Ethical Issues (not an inclusive list)

- Legal & Ethical case studies
- Baker Act training certificate
- Papers and presentation that ask you to address any legal/ethical considerations
- Ethical dilemmas
- Suicide assessment papers/experiences
What to include in your portfolio...

5. Personal Growth & Wellness (not an inclusive list)

- 8 personal counseling sessions letter
- Family autobiography
- Family genogram
- Career portfolio assignments
- Wellness plans
- Journals and reflections
- Expressive arts activities
6. Technology Skills (not an inclusive list)

- Microsoft Office (PowerPoint, Word, Excel, etc.)
- SPSS (during graduate or undergraduate training)
- Blackboard
- Prezi
- Webpage design
- Wiki pages
- Client management software at your Practicum/Internship site
What to include in your portfolio...

7. Targeted Specialty

- Assignments/trainings related to your particular interest
  - Can be broad (i.e., Children) or more specific (i.e., Children whom have been sexually abused)
- You should limit this to one or two populations at most
What’s different about the oral portfolio defense?

• The **20 minute** defense has 5 sections rather than 7 (these can be presented in the order of your choice)
  1. Ethically Informed Professional Identity
  2. Awareness of Personal Strengths and Resiliency
  3. Appreciation of Diverse Cultures
  4. Critical Thinking and Creative Expression
  5. Efficacious Commitment to Professional and Community Service

• This presentation can be done creatively and/or with a theme
Ethically Informed Professional Identity

- Demonstrate your knowledge of the ethical decision making process
  - Include an example of a time you found yourself in an ethical dilemma (preferably during practicum or internship)
  - Take us through the steps you followed (or the ones you should have!)
- Name your primary theoretical orientation(s) and why this/these fit with you

Ethical Decision Making

- Ethical decision-making model:
  1. Identify the problem or dilemma
  2. Identify the potential issues involved
  3. Apply the ethics codes
  4. Know the applicable laws and regulations
  5. Obtain consultation
  6. Consider possible and probable courses of action
  7. Explore the consequences of various decisions
  8. Decide on the course of action
Awareness of Personal Strengths & Resiliency

- What are your strengths?
- What have you overcome and persevered through?
- Who/what have been your support?
- How are these things integrated into your counselor self?

Sometimes you just have to pick yourself up and carry on...
Appreciation of Diverse Cultures

- What have you learned about your biases? How will you continue to work on these?
- How will you relate to clients of a different culture than you?
  - Specifically, what will you do differently?
- How has your upbringing shaped your interaction with those different than you?
- In this section, you can choose to describe an example of a time you related to a client from a different culture in a culturally sensitive manner.
Critical Thinking & Creative Expression

• Give an example of a time you interacted with a client that best illustrates your theoretical orientation.

• Same example or another one: Talk about a time in which you were able to come up with an appropriate intervention to use with a client without specific instructions from somebody else.

• What other evidence is there of your creativity?
Efficacious Commitment to Professional and Community Service

• To what professional organizations do you belong?
• Have you participated in community service (Camp Begin Again, Chi Sigma Iota activities, outside organizations, church, etc.)?
• What is your interest in advocacy? How might you be an advocate for the profession in the future?
• Do you have future plans to further your counselor training (certifications, certificate programs, etc.)?
Portfolio Defense

- See the appendix of your Student Handbook for the Portfolio Defense Rubric!