Video Transcription Analysis Worksheet

Transcribing behaviors from a video will help you analyze your growth and development in basic counseling skills.

## Instructions

After completing your skills demonstration video assignment, transcribe your entire session and record your application of each skill using the form below. Follow the examples provided. Add additional rows if necessary. Then complete the reflection questions that follow.

## Video Transcription

| Video Time Stamp | Transcription | Question:  Open/Closed | Minimal Encouragers | Reflection of Feeling | Paraphrase |
| --- | --- | --- | --- | --- | --- |
| *Ex: 1:15* | *Counselor: Hi, David. How are you today?* | *Open* |  |  |  |
| *Ex: 2:30* | *Client: I am ok. I wanted to talk with you about a situation that came up at work.* |  |  |  |  |
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## Questions for Reflection

1. After watching your practice session, identity a skill that is your strength. Explain how you know this skill is your strength.

Click to add your response.

1. Identity one area of improvement for your next practice session. What steps will you take to work on this skill?

Click to add your response.