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APPENDIX

B

Deliberate Practice Diary Form

This book focuses on deliberate practice methods that involve active, live engagement between trainees and a supervisor. Importantly, deliberate practice can extend beyond these focused training sessions. For example, a trainee might read the client stimuli quietly or aloud and practice their responses independently between sessions with a supervisor. In such cases, it is important for the trainee to speak aloud rather than rehearse silently in one's head. Alternatively, two trainees can practice without the supervisor. Although the absence of a supervisor limits one source of feedback, the peer trainee who is playing the client can serve this role, as they can when a supervisor is present. Importantly, these additional deliberate practice opportunities are intended to take place between focused training sessions with a supervisor. To optimize the quality of the deliberate practice when conducted independently or without a supervisor, we have developed a Deliberate Practice Diary Form that can also be downloaded from the "Resources" tab online (https://www.apa.org/pubs/books/deliberate-practice-career-counseling). This form provides a template for the trainee to record their experience of the deliberate practice activity and, ideally, will aid in the consolidation of learning. This form can also be used as part of the evaluation process with the supervisor but is not necessarily intended for that purpose, and trainees are certainly welcome to bring their experience with the independent practice into the next meeting with the supervisor.

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Deliberate Practice Diary Form

Use this form to consolidate learnings from the deliberate practice exercises. Please protect your personal boundaries by only sharing information that you are comfortable disclosing.

Name: _____ Date: _____
Exercise: _____

Question 1. What was helpful or worked well this deliberate practice session? In what way?

Question 2. What was unhelpful or didn't go well this deliberate practice session? In what way?

Question 3. What did you learn about yourself, your current skills, and skills you'd like to keep improving? Feel free to share any details, but only those you are comfortable disclosing.