

Pre-Assessment Rubric

Client: _____

Date: _____

	Core Concept Recognition	Self-Reflection/ Awareness	Acceptance of Responsibility	Willingness for Change
0	Demonstrates no knowledge of any of the core concepts (EX. Expressions of denial, Minimization, Blame, without mentioning any skills, techniques or concepts that impacted the situation.	Demonstrates no evidence of self-reflection in context of program materials.	Demonstrates no evidence of personal responsibility in context of program materials.	Demonstrates no willingness to change (Ex. Scored all 0s for every other section scores)
1	Demonstrated little knowledge of some of the core concepts of the program. (Ex. Mentioned a core concept at least once with understanding or explanation)	Demonstrates limited evidence of self-reflection in context of materials. (EX. Makes a simple declaration(s) of realizations and new understandings.)	Demonstrates limited evidence of personal responsibility in context of materials. (EX. Makes a simple declaration(s) of realizations and new understandings of own thoughts, feelings and behaviours)	Demonstrates limited willingness to change (Ex: Scored 1 in every other category)
2	Demonstrates a basic knowledge of some of the core concepts with some detail.	Demonstrates evidence of basic self-reflection in context of materials. (EX. Makes simple declarations of realizations and new understandings.)	Demonstrates evidence of basic personal responsibility in context of materials. (EX. Makes simple declarations of realizations and new understandings.)	Demonstrates some willingness to change (Ex: Scored a combination of scores between 1 and 2 for each category)
3	Demonstrates working knowledge of several core concepts in a fair amount of detail.	Demonstrates evidence of advanced self-reflection in context of materials. (EX. Makes deep connections, declarations of realizations and new understandings)	Demonstrates evidence of advanced personal responsibility in context of materials. (EX. Makes deep connections, declarations of realizations and new understandings)	Demonstrates a reasonable degree of willingness to change (Ex. Scored 3s in every other category)
	Category Total:	Category Total:	Category Total:	Category Total:

Post-Assessment Rubric

Client: _____

Date: _____

	Core Concept Recognition	Self-Reflection/ Awareness	Acceptance of Responsibility	Willingness for Change
0	Demonstrates no knowledge of any of the core concepts (EX. Expressions of denial, Minimization, Blame, without mentioning any skills, techniques or concepts that impacted the situation.)	Demonstrates no evidence of self-reflection in context of program materials.	Demonstrates no evidence of personal responsibility in context of program materials.	Demonstrates no willingness to change (Ex. Did not move any scores/regressed scores)
1	Demonstrated little knowledge of some of the core concepts of the program. (Ex. Mentioned a core concept at least once with understanding or explanation)	Demonstrates limited evidence of self-reflection in context of materials. (EX. Makes a simple declaration(s) of realizations and new understandings.)	Demonstrates limited evidence of personal responsibility in context of materials. (EX. Makes a simple declaration(s) of realizations and new understandings of own thoughts, feelings and behaviours)	Demonstrates limited willingness to change (Ex: Moved 1 score in one category)
2	Demonstrates a basic knowledge of some of the core concepts with some detail.	Demonstrates evidence of basic self-reflection in context of materials. (EX. Makes simple declarations of realizations and new understandings.)	Demonstrates evidence of basic personal responsibility in context of materials. (EX. Makes simple declarations of realizations and new understandings.)	Demonstrates some willingness to change (Ex: Moved at least 1 score in two or more categories)
3	Demonstrates working knowledge of several core concepts in a fair amount of detail.	Demonstrates evidence of advanced self-reflection in context of materials. (EX. Makes deep connections, declarations of realizations and new understandings)	Demonstrates evidence of advanced personal responsibility in context of materials. (EX. Makes deep connections, declarations of realizations and new understandings)	Demonstrates a reasonable degree of willingness to change (Ex. Moved at least 1 score in two or more categories)
	Category Total:	Category Total:	Category Total:	Category Total: