

# PSD1 Scoring Rubric

NAME of STUDENT COACHING: \_\_\_\_\_ Date: \_\_\_\_\_

EVALUATOR/MC NAME: \_\_\_\_\_

In this coaching session I was:    coach    client    observer    MC

ADAPT Model of Coaching	Yes	No
Engaging and Opening the conversation		
Agenda–Setting focus		
Evoking		
Pausing before Planning		
Planning movement–Support structure		
Closing the session		

The shaded competencies should be a part of any coaching conversation, even a short one. We expect to see the unshaded competencies in any full coaching session—like those you would do for a PSA submission, thus showing the full set of competencies required for coaching proficiency. Which ones did you see in this coaching session?

Core Competencies	Yes	No
<b>A.</b> Be calm, present, and emotionally available		
<b>B.</b> Show empathy		
<b>C.</b> Establish rapport		
<b>I.</b> Actively listen		
<b>J.</b> Ask open-ended questions		
<b>D.</b> Ensure the client’s agenda, needs, interests, and preferences drive the coaching		
<b>E.</b> Invite the client to select the focus of the session		
<b>K.</b> Help the client explore and articulate values, sense of meaning, and purpose		
<b>P.</b> Facilitate the process of self-discovery, learning, and insight		
<b>Q.</b> Prompt for and amplify, positive resources (including past successes, qualities, strengths, and skills)		
<b>F.</b> Explore the client’s vision of optimal health and well-being		
<b>G.</b> Establish long-term goal(s) to be enacted within 3-6 months or by the end of the coaching agreement		



Core Competencies	Yes	No
H. Establish or refine the client’s short-term SMART goals or action steps for what will be accomplished between sessions		
L. Anticipate, plan for, and help the client navigate challenges		
M. Explore broader perspectives and inspire interest in new possibilities		
N. Share information		
O. Discuss and honor the client’s preferences for self-monitoring		

Two elements/skills that went well:	Please give details/examples

For MC and self-evaluation only:

Two elements/skills to deepen:	Please give details/examples