



MOVING UP TO THE NEXT LEVEL CHECKLIST

Taking the step to the next level can seem daunting and to some extent is like taking a step into the unknown. Most people who return to education can feel uncomfortable or may ask the question 'Can I do this?' The answer is yes, you can! However, it is useful to consider the realities and commitment that is involved in progression.

Moving from level 2 to level 3

Not as big a step as moving up from level 3 but still some considerations to think about are:

- Can I commit to studying for a year?
- How do I feel about working in a group?
- How do I feel about engaging in personal development groups where my worldview may be challenged?
- Will I be challenged by the academic workload (assignments, journals, etc.)

Moving from level 3 to level 4, 5 or Degree

Moving up to practice level is a big step, not least because it will ask you to commit at least two years of your life.

You will have to engage in extracurricular activities such as finding a counselling placement and supervisor, starting in practice, and beginning your therapy.

Some courses also have a residential experience where students may go away for a weekend of personal development workshops.

If you are considering progression, it is worth considering the following:

- Can I commit to two years (or more) of study?
- Can I engage with the academic level?
- Do I understand the total cost involved?
- Have I got any other life-changing plans that may get in the way (changing job, moving out of the area, hospital appointments, or an operation)?
- Am I willing to embrace the challenge to my personal view of the world and belief system?
- Am I emotionally robust enough to work with clients?

It's worth considering that it is challenging to catch up with missed classes.

As these are experiential, it is impossible to capture the personal development aspect of the workshops if you are not present. High attendance in classes is a must.

If you are still reading this handout and still want to move up to the next level, then well done!

Remember the saying 'Never let fear get in the way of your dreams.' Onward and upward!