Participant Counseling Questionnaire

You may complete your responses electronically. Type into the fields then digitally sign and email back.

Please answer the following questions in detail so that little or no follow-up is needed.

Student Name: _____ **Course #:** _____

1. Are you currently in counseling? ☐ Yes ☐ No

2. What issues were/are being addressed in counseling? (check all that apply)

☐ Depression	☐ Low motivation	☐ Anger	☐ Academic
☐ Anxiety	☐ Family/Divorce/Death	☐ Aggression	☐ Other
☐ Self Harm	☐ Eating Disorder	☐ Substance Abuse	

3. List all medications currently taking or started/stopped in the last 30-60 days for issues listed above. Provide the date you started/stopped taking the medication(s).

4. How often do you/did you see your counselor? _____ times per ☐ day ☐ week ☐ month

5. How long have you been/were you in counseling? From: _____ To: _____

   5a. If you are no longer in counseling:

   Who terminated counseling? ☐ You ☐ Counselor/Therapist

   5b. Describe the reasons for discontinuing counseling.

6. How does/did counseling affect your ability to address the above issue(s)?

7. Evaluate your reliance on support systems (friends, counseling, etc.) for assistance in your day-to day life by placing an X on the scale?

Low — Medium — High

☐ ☐ ☐ ☐ ☐

Participant Counseling Questionnaire *(continued)*

8. Outward Bound will be stressful at times. What are your specific coping skills for managing stress?

9. Are you interested in attending Outward Bound to address issues currently being discussed in counseling? ☐ Yes ☐ No

   If yes, please explain.

10. Could any of the issues addressed in counseling keep you from successfully completing your course at this time? ☐ Yes ☐ No

    If yes, please explain.

11. Outward Bound courses are designed to push participants out of their "comfort zone" which will likely cause anxiety. There are many environmental and social factors that can cause difficulty on a wilderness course. Participants must be highly motivated to complete the course. Leaving the course for any reason can be difficult for all participants, instructors, family, etc. Please discuss preventative coping skills with your therapist that will help prepare you for successful completion of your wilderness course. Be prepared for a "solo" experience and know what to expect. Being in the wilderness can cause significant self –reflection about a person's past, present, and future and each participant must be prepared to cope with any emotions in a healthy way. Unsafe behaviors could result in dismissal from the course.

I have read and understand this information. ☐ Yes ☐ No

Who filled out this questionnaire? ☐ The Applicant ☐ Parent/Guardian ☐ Other:

_____

Participant Signature **Date**

_____

Parent/Guardian Signature **(If 21 years old or under)** **Date**