Participant Counseling Questionnaire

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

Please answer the following questions and return the completed form to Admissions.				
Name: Course #:				
1. Are you currently in counseling?				
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				
5. How long have you been/were you in counseling? From:To:				
5a. If you are no longer in counseling:				
Who terminated counseling?				
Who terminated counseling?				
6. How does/did counseling affect your ability to address the above issue(s)?				
or from does, and countering affect your nome; to address the above some(c).				
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)

	Parent/Guardian Signature (If 21 years old or under)	Date
	Participant Signature	Date
Wh	o filled out this questionnaire? The Applicant Parent/Guardian	Other:
		0.1
I ha	we read and understand this information. Yes No	
11.	Outward Bound courses are designed to push participants out of their "comfor likely cause anxiety. There are many environmental and social factors that can exilderness course. Participants must be highly motivated to complete the course for any reason can be difficult for all participants, instructors, family, etc. Pleas coping skills with your therapist that will help prepare you for successful complex wilderness course. Be prepared for a "solo" experience and know what to experiences can cause significant self—reflection about a person's past, present, a participant must be prepared to cope with any emotions in a healthy way. Unsaresult in dismissal from the course.	cause difficulty on a see. Leaving the course e discuss preventative etion of your ect. Being in the and future and each
10.	Could any of the issues addressed in counseling keep you from successfully corthis time? Yes No If yes, please explain.	npleting your course at
10		
	If yes, please explain.	
9.	Are you interested in attending Outward Bound to address issues currently being counseling? Yes No	ng discussed in
8.	Outward Bound will be stressful at times. What are your specific coping skills for	or managing stress?