



# 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:

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**Participant Signature**

**Date**

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**Parent/Guardian Signature**

**(If 21 years old or under)**

**Date**