

Learning journal week 6

This week has been full of surprises. Journals have generally been of a much higher standard than needed and full of useful feedback for me. I work from the assumption that I have 2 aims with courses: meet the expressed needs of the groups concerned and meet the requirements of the exam board so they will pass their certificates. There are a few students who would rather do the first than the second, but usually I can find a way through to do both. Talking about assignments has spooked a few students, mostly those who are likely to pass effortlessly, anyway.

I have been aware throughout this week that the number of reasonable diploma courses around is a bit low, I wonder if it might be possible to set something up in future years either at the college or at Portsmouth. I've been looking into the HND and it seems to be a nice middle ground between the very academic, theoretical courses run by universities and the practical, experiential courses run by colleges. The ABC diploma course is very learning journal led, very difficult to administer I have found in the past. It becomes incredibly full of paperwork at the end!

I'm still finding teaching too much work – I just said yes to too many commitments at once and have been a bit bombarded with work. At the end of the day, I am just here to teach counselling really, though they now want me to teach psychology as well, which is tempting because I find the subject fascinating.... But my real life is losing out quite a lot. Everything will calm down in April, when I just have the one group to work with.

One of the things I love is the warmth of person centred work – reviewing it for the course has made me fall in love with PCC all over again. I have always had PC counsellors, and I find the experience just so satisfying. Putting me first for a whole hour a week – I know lots of people go to a spa or a gym or whatever – this is my relaxation. I can waffle on without being judged, and meander my way to my own solutions. If I teach a diploma, it would have to be PCC at its core – I really believe it's the only model that puts the client completely first. It's also the hardest to learn in its entirety, because it calls for so much personal development.