

Nutrition Counseling Rubric

Circle one Self-evaluation or Peer Evaluation

Student:

Client Initials:

Counseling skill	Guidance/What to look for	Observed (yes/no)	Comments – strengths/areas for development
Establishes rapport with client	<ul style="list-style-type: none">• Greet client warmly• Introduces self appropriately• Shows sensitivity to cultural differences• Engages in conversation that begins to build rapport		
Open-ended questions	<ul style="list-style-type: none">• Uses open-ended questions• Uses follow up questions or probes to gain deeper level of understanding		
Affirms client	<ul style="list-style-type: none">• Provides statements that are validating and shows empathy or understanding• Shows sincerity in affirmations• Highlights past successes or efforts		
Reflective Listening	Uses one or more of the following strategies to help better understand the client's needs, interests, motivation, and priorities and to assess readiness to change <ul style="list-style-type: none">• Mirroring• Paraphrasing• Summarizing• Assessing confidence to make change• Assessing importance of behavior change to client• Exploring ambivalence		

Client- Centered Approach	<ul style="list-style-type: none"> • Allows client to actively participate in the session • Listens actively; doesn't dominate "talk time" • Focuses on client's needs • Shows sensitivity to cultural issues and life-state of the client 		
Offers Education	<ul style="list-style-type: none"> • Offers education, allowing client to accept offer prior to proceeding with delivering content. • Allows client to choose what type of education or information would be most helpful • Provides education that is individualized for the client 		
Develops a plan	<p>Demonstrates consideration of the client's environment, food, nutrition, and lifestyle choices in their efforts towards health promotion and disease prevention. What are their barriers and supports that need to be addressed or enhanced in this process? How can you address these barriers and supports in the plan?</p> <ul style="list-style-type: none"> • Summarizes key issues from the encounter • Develops a clear plan with the client • Establishes meaningful goals • Ensures that the client is actively involved in developing the plan • Plans follow up appointments or encounters as appropriate • Includes what will be monitored to evaluate the efficacy of the plan. 		

Employs Behavior Change Strategies	<ul style="list-style-type: none"> • Uses constructs of a relevant Behavior Change theory to promote behavior change • Manages resistance behaviors and responses using reframing, agreeing with a twist, double-sided reflection, shifting focus, emphasizing personal choice, and/or reflection when appropriate 		
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Additional Comments: