**CONSENT FORM - Signed**

**Project Title:**  ***Counselor Development: The Roles of Self-Efficacy, Anxiety, and the Impostor Phenomenon***

**Purpose of the Research:**

*This is a research project being conducted by Dr. Matthew Mutchler and Alison Teter at Delaware Valley University. We are inviting you to participate in this research project because you are currently enrolled in the DelVal Graduate Counseling Psychology Program.**The purpose of this research project is to examine the experiences of students as they become counselors. We are particularly interested in the development of self-efficacy.*

**Participation Process:**

*The procedures involve completing surveys at various points throughout your education. Pretest data will be collected at the start of your second semester in the program, and follow up data will be collected at the close of each fall and spring semester through the rest of the program. With your permission, we will also contact you to collect final information from you one year after you graduate. You will be asked to complete some brief demographics followed by three surveys. The surveys measure counseling self-efficacy, the impostor phenomenon, and state-trait anxiety. You will also have the opportunity to answer several open-ended questions. The survey will take approximately 30 minutes to complete. We also ask your permission to use your individual student evaluations, clinical skill evaluations, and practicum and internship evaluations as part of our study.*

**Privacy & Confidentiality:**

*Because this is a longitudinal study, we will need to track your identity from one semester to the next. We will do our best to keep your personal information confidential. To help protect your confidentiality, you will be assigned an ID number. You will be asked to input this number into your survey each time you take it. Any data that has your name affiliated with it will be transcribed into our database such that only your study ID number remains. Because Alison Teter is a student in the GCP program, she will not have access to the code sheet linking your name and your identity, nor will she have access to any raw data that includes your name. Once your cohort has reached completed the 1-year follow up survey, the document linking your names to ID numbers will be destroyed. All data will be stored on a password-protected computer*

*If we write a report or article about this research project, your identity will be protected to the maximum extent possible. Your information may be shared with representatives of Delaware Valley University or governmental authorities if you or someone else is in danger or if we are required to do so by law.*

**Risks:**

*There may be some risks from participating in this research study. The surveys ask you about your feelings and personal experiences in becoming a counselor and about yourself in general. While this may be uncomfortable at times, it will not present any greater risk than participating in the GCP program.*

**Benefits:**

*This research is not designed to help you personally, but the results may help the investigator learn more about counselor development and help counselor educators design programs that encourage the development of self-efficacy while helping students manage their anxiety or feelings related to the Impostor Phenomenon.*

**Voluntary Participation:**

*Your participation in this research is completely voluntary. You may choose not to take part at all. If you decide to participate in this research, you may stop participating at any time. If you decide not to participate in this study or if you stop participating at any time, you will not be penalized or lose any benefits to which you otherwise qualify. Your grades or standing in the GCP program will not be positively or negatively impacted by your choice to participate (or not participate) in this study.*

**Questions?**

*This research is being conducted by Dr. Matthew Mutchler and Alison Teter at Delaware Valley University. If you have any questions about the research study itself, please contact Dr. Mutchler by email at* [*matthew.mutchler@delval.edu*](mailto:matthew.mutchler@delval.edu) *or by phone at 215-489-4188.*

*This research has been reviewed according to the Delaware Valley University IRB procedures for research involving human subjects. If you have any questions or issues relating to the ethics of this research, please contact them at 215-489-4188 or at* [*irb@delval.edu*](mailto:irb@delval.edu)*.*

Signing below, you are affirming that you are at least 18 years of age, the research has been explained to you, your questions have been fully answered, and you freely and voluntarily choose to participate in this research.

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Signature Date

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Printed Name