



Practicum Seminar II

Week 03 for SOWK 591.1

Agenda

Plan for week 03

SLED: Practicum

Supervision/Supervision

Agendas

Mindfulness activity

Practice Learning

Reflection Group

Learning Objectives

- Students will recognize the shared experiences of peers in their practicum and be able to use the group as a method for sharing and problem-solving.
- Students will analyze their practicum experience, reflecting on how it connects to their development and demonstration of competence.
- Students will actively practice a mindfulness activity.
- Students consider intentionality and supervision and how they relate to their practice.

Practicum Supervision/ Supervision Agendas

Student **LEd** Discussion

Actively appreciating the experiences we engage with in our daily lives appears to be a potent way for improving the quality of our social relationships, producing sustained improvements in psychological wellbeing and overall happiness.

(O'Connell et al., 2018, p. 2441)



Consider Starting to Keep a Gratitude Journal

- Establish it as a routine
- Consider small moments
- Personally reflect

5-Minute Gratitude Free Write

Write about anything you are grateful for.

Practice Learning Reflection Group

Group Check-in Question:

What is something that has supported you in your practicum in the last couple of weeks?

Practicum Discussion:

- Discuss things going on at your practicums.
- Explore client needs and group problem-solving.
- Share about the work you are doing with your clients.

Group Norms

- We will be respectful of each other
- We will approach our dialog with an open mind
- We will engage and fully participate
- We will keep our client's information confidential