



# Practicum Seminar II

Week 03 for SOWK 591

# Agenda

Plan for week 03

**SLED:** Practicum  
Supervision/Supervision  
Agendas

Mindfulness activity

Practice Learning  
Reflection Group

# Learning Objectives

- Students consider practicum supervision/ supervision agendas and how they relate to their practice.
- Students will actively practice a mindfulness activity.
- Students will recognize peers' shared experiences in their practicum and use the group as a method for sharing and problem-solving.

# 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 dialogue with an open mind
- We will engage and fully participate
- We will keep our clients' information confidential