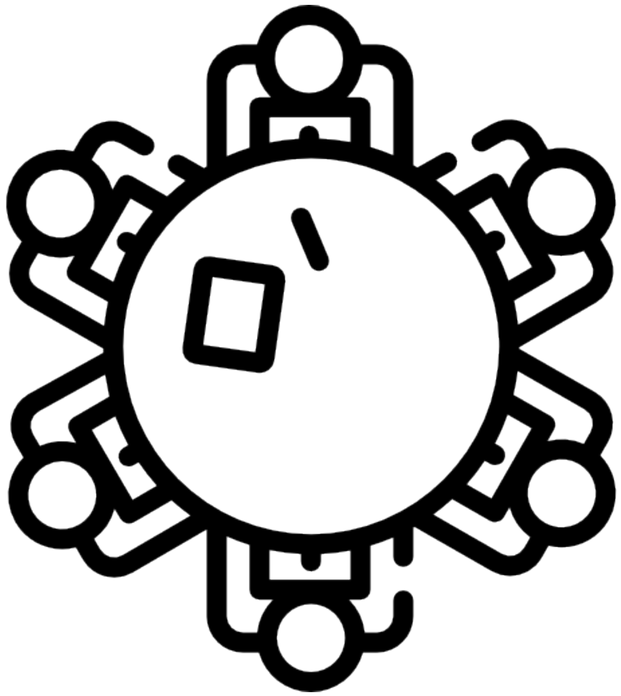


Advanced Seminar I

Fall 2026 Week 11 for SOWK 590

Jacob Campbell, Ph.D. LICSW at Heritage University

Agenda

Plan for week 11

SLED: Cultural Competence in Practice

Mindfulness activity

Practice Learning Reflection Group

Learning Objectives

- Students consider cultural competence in 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.

Midcourse Feedback

Things you all said you are learning:

Things you can do differently, such as participate more in class discussions, ask questions when you're stuck, ask for feedback or advice, and not procrastinate.

It's okay to be overwhelmed, and they're learning how to take care of themselves when they are.

They reflect more on what they do, and notice what to change and what to keep.

They've become more open-minded.

"That I can do anything I put my mind to."

People Like:

- the group setting, class discussions and questions
- the mindfulness exercises and other activities "that relax us"
- meaningful discussions about practicum
- the reflective journal
- practicum learning tools, teaching methods and assignments
- sitevisits and feedback

Problems: ELC

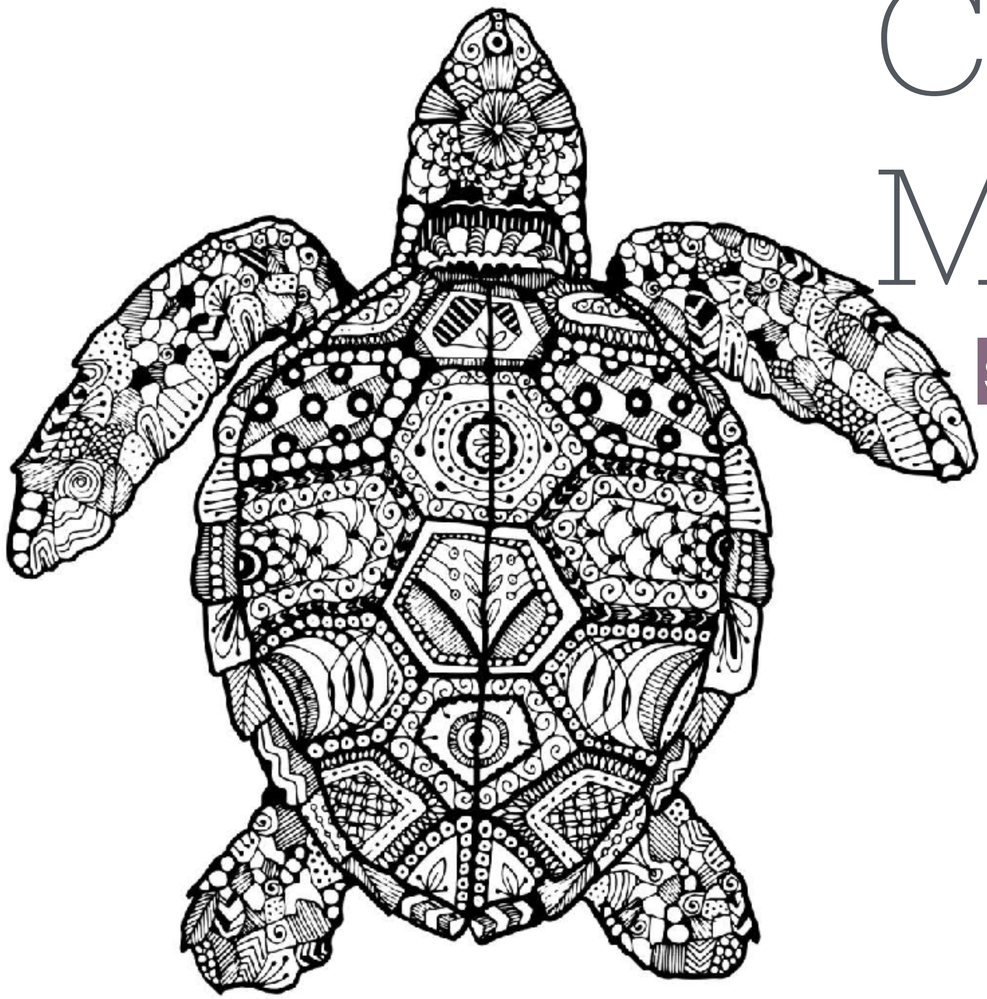
Student Led Discussion

Cultural Competence in Practice

~~Community Organizing and Activism~~

Coloring Mindfully

Spend Time Coloring the Mandala



Turtle Technique

- When something happens, stop
- Go into your shell and take three deep breaths
- Consider possible solutions
- Engage in the solution

Practice Learning Reflection Group

Group Check-in Question:

Give three adjectives that describe how your practicum experience is going.

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