

Practicum Seminar II

Week 14 for SOWK 591

Agenda

Plan for week 14

SLED: Continued
Development (Professional
and Self)

Mindfulness Activity

Practice Learning Reflection
Group

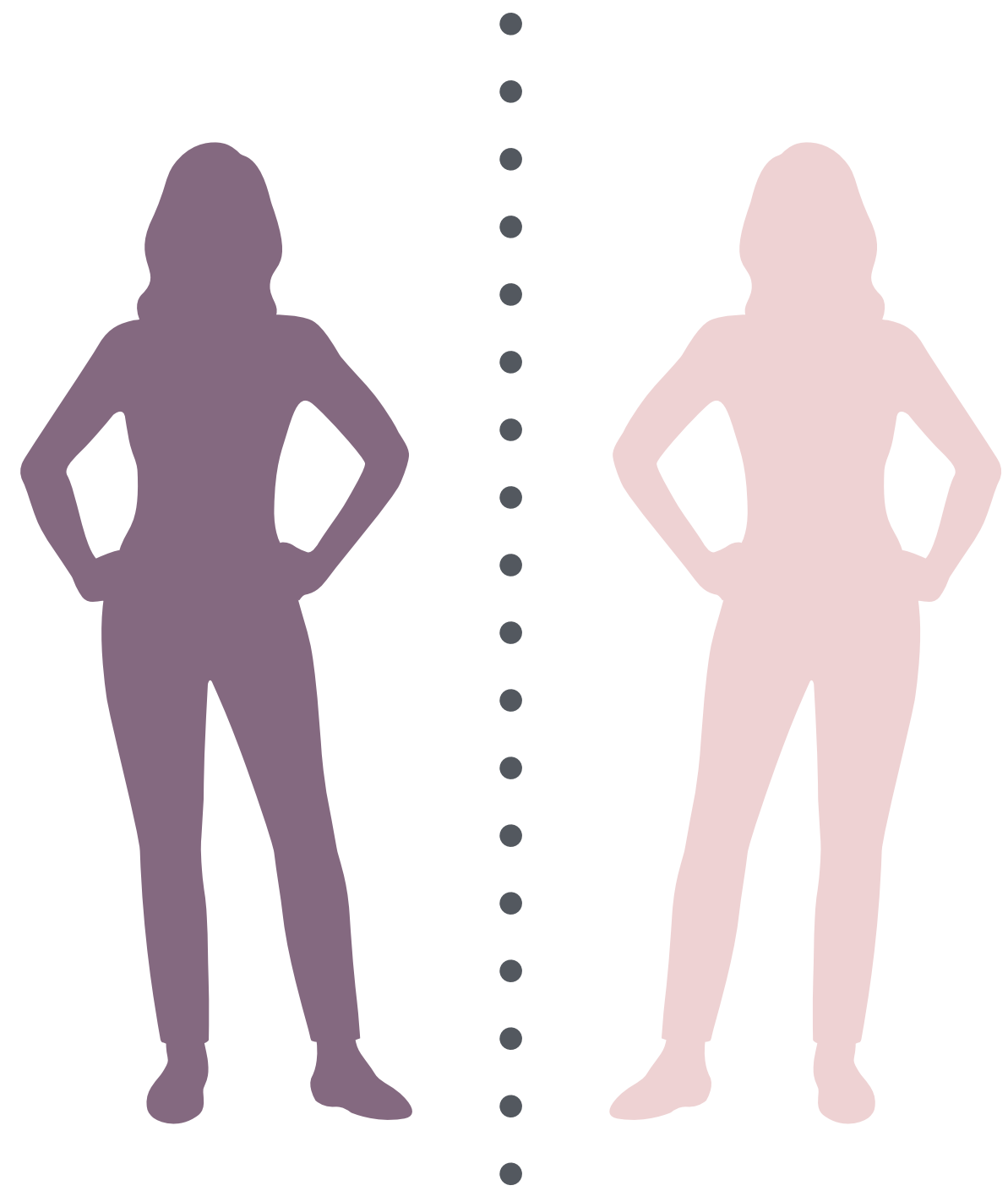
End of course evaluation
and Practicum Evaluation

Learning Objectives

- Students will provide feedback to help guide this course
- 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 actively practice a mindfulness activity.
- Students consider continued development (professional and self) and its application to practice.

Continued Development (Professional and Self)

Student **LEd** Discussion



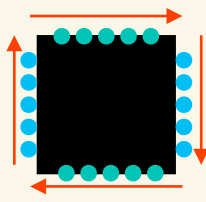







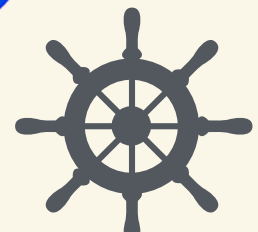










Mirror Movement with a Partner

Mindful Movement / Flow Activity



Mindfulness Activities

During Seminar I & II

Category	Activity
Breathing Practices	 Box Breathing Whale Breathing 
Guided Meditation	 Walking down the spiral stairs 5 Senses Activity      Wheel of Awareness  Progressive Muscle Relaxation 
Sensory Grounding	 Taste and Smell 
Mindful Movement / Flow	  Poi Ball Spinning Chair Yoga  Mirror Movement with a Partner
Creative/Art-Based	Mandala Coloring Page  
Intention and Reflection	Setting Intentions 5-Minute Gratitude Free Write   Zen Card Contemplation 

Practice Learning Reflection Group

Group Check-in Question:

What are the perspectives, skills, lessons, or competencies that you will take away from your practicum placement and into your future career?

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

Anybody willing to follow up
with an incoming student
regarding WSW?

End of Course Evaluations

Please do for 591 and 596

Look for a link in MyHeritage on the sidebar

**Also complete 2026
Practicum Student Evaluation**



<https://forms.office.com/r/UCiDuVrQ1U>