

# Advanced Seminar I

Fall 2025 Week 02 for SOWK 590

# Agenda

Plan for week 02

Learning contracts and reminders

SLED: Safety, Well Being, and Self-Care

Mindfulness activity

Practice Learning  
Reflection Group

# Learning Objectives

- Students consider safety & well-being, as well as self-care, and how these aspects relate to their practice.
- Students will actively practice a mindfulness activity.
- Students will recognize the shared experiences of their peers in the practicum and be able to utilize the group as a method for sharing and problem-solving.



# Reviewing Learning Contracts

- Where are you at in development
- Scheduling a time to review
- Support you need

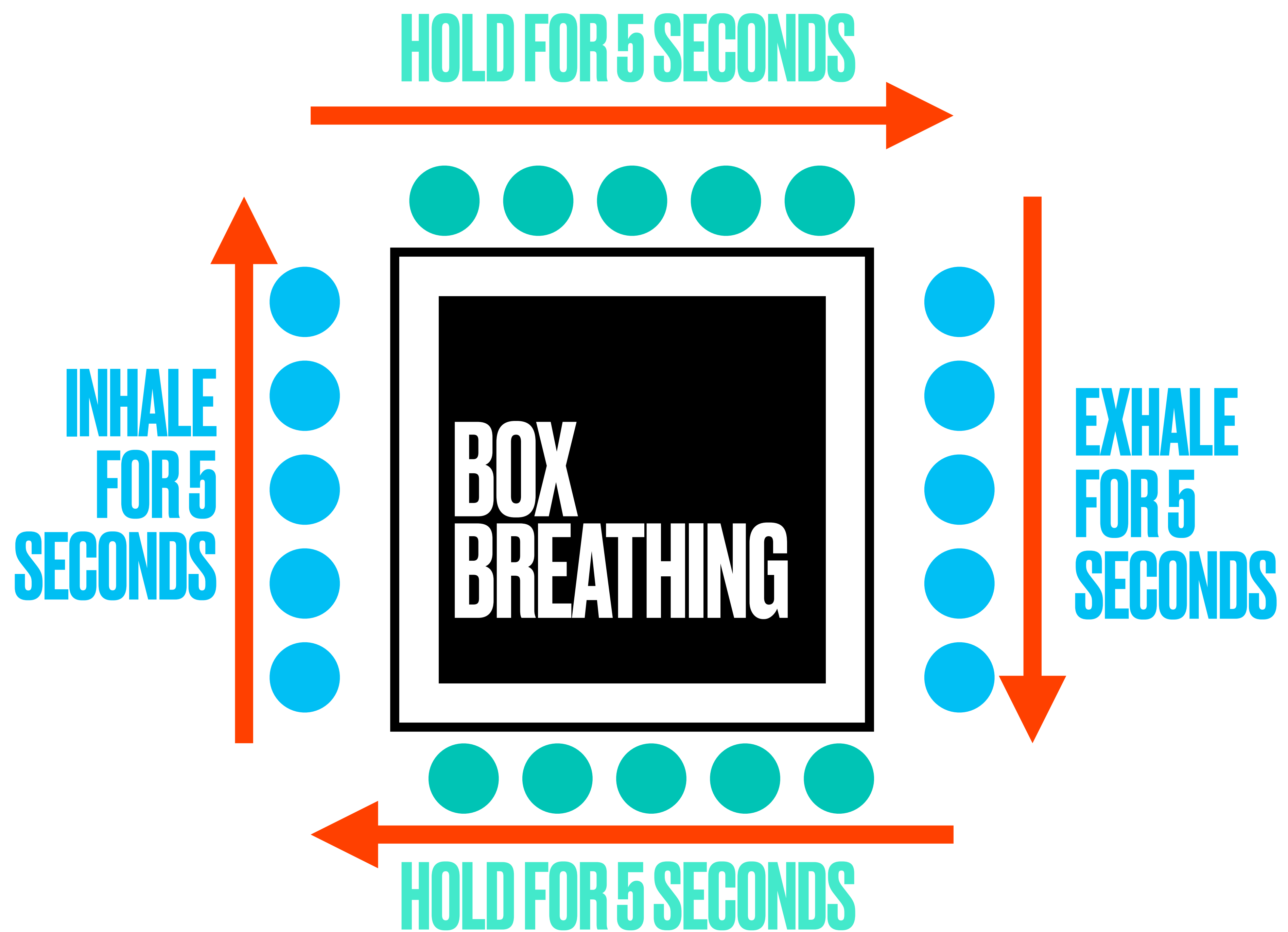
# Reminders

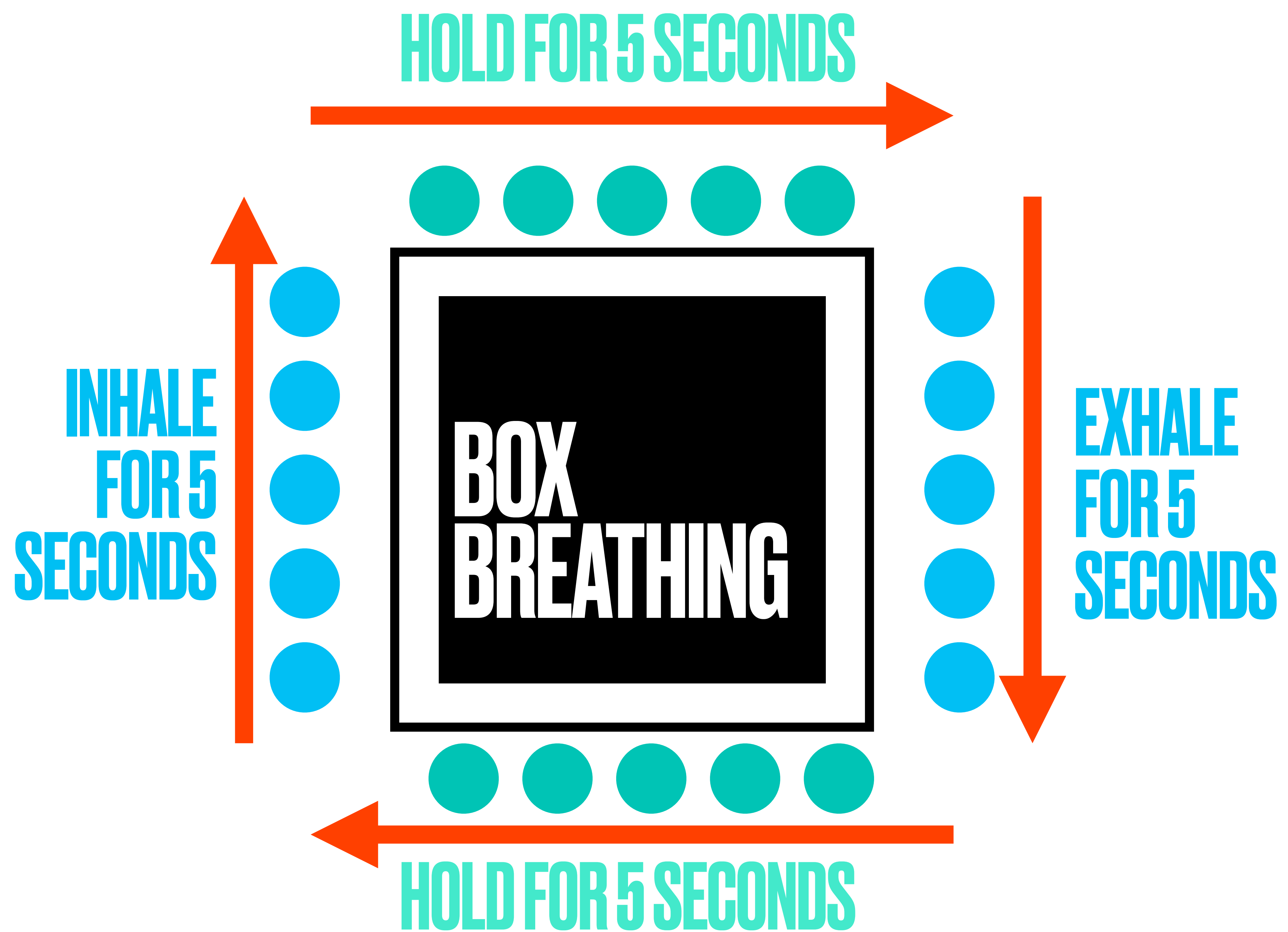
## Be Professional

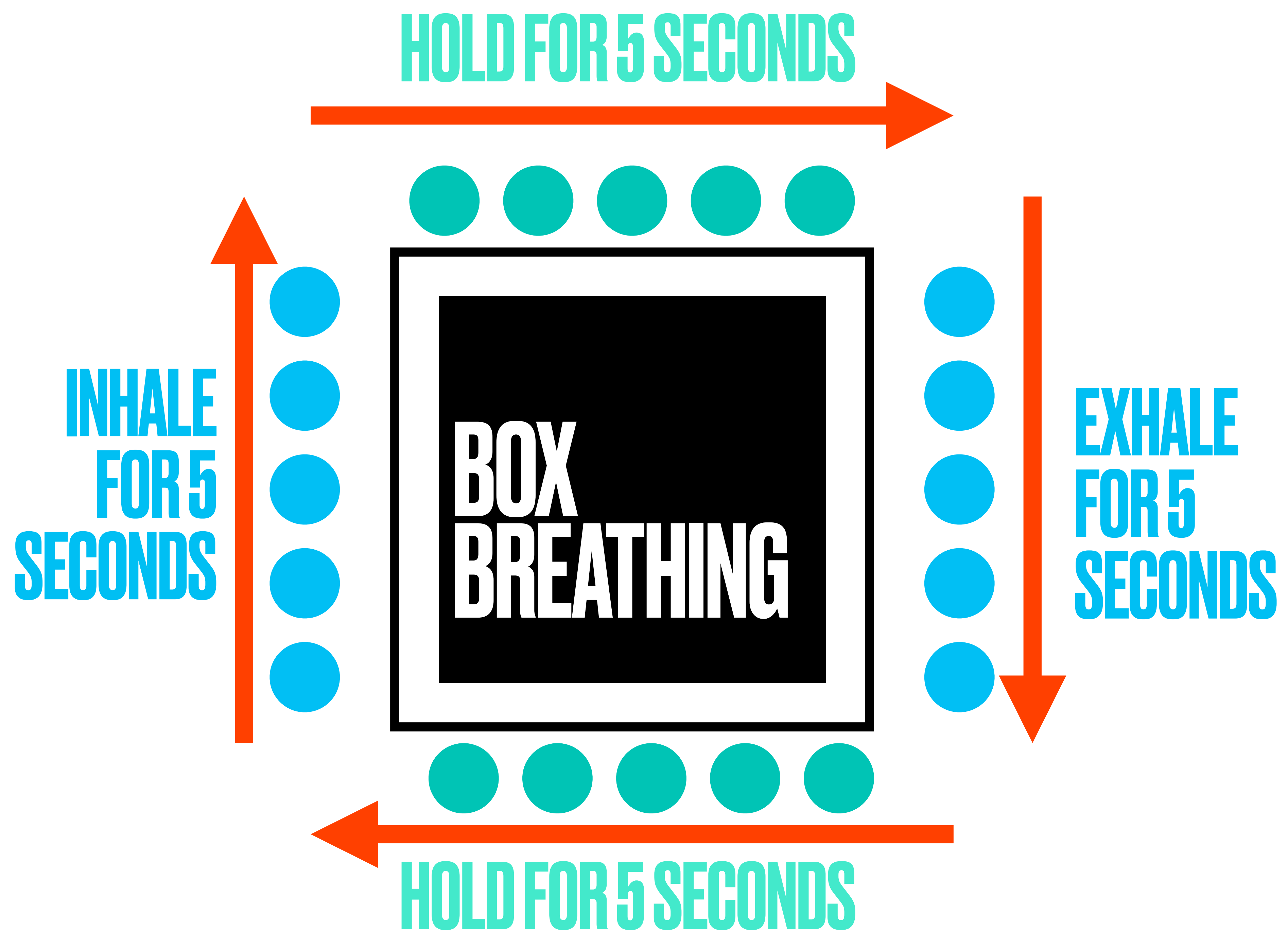
- **Supervision Requirement:** Students should be aware that supervision is mandatory. It is required on a weekly basis and outlined in both the practicum manual and the course syllabus. You should document your supervision in the monthly hours, and reflect on it in your journal.
- **Accommodations:** If you need accommodations, contact  
  
*Bianca Chavez, MSW*  
Counselor/Accommodations Specialist  
Office: Student Affairs Violet Lumley Rau Center  
Phone: (509) 865-8455  
Ext: 1742
- **Supervision Agendas:** Some students struggle with content for supervision, but since it's mandatory, we can guide them in creating supervision agendas. I'll attach an example for your reference.
- **Communication:** Students need to respond to emails, texts, or calls within 24-48 hours. If you prefer other guidelines, please feel free to share, and we'll remind students accordingly.
- **Learning Contracts:** Some students are anxious about their learning contracts. We'll be working with them closely, and site visits are planned soon to review contracts and tour practicum sites.
- **Banking of Hours:** Students can bank up to 20 hours, but no more. While some students want to accumulate more hours to finish early, the focus should be on the practicum experience, not just hours.
- **Competing Journal and Hours**

Student-Led Discussion

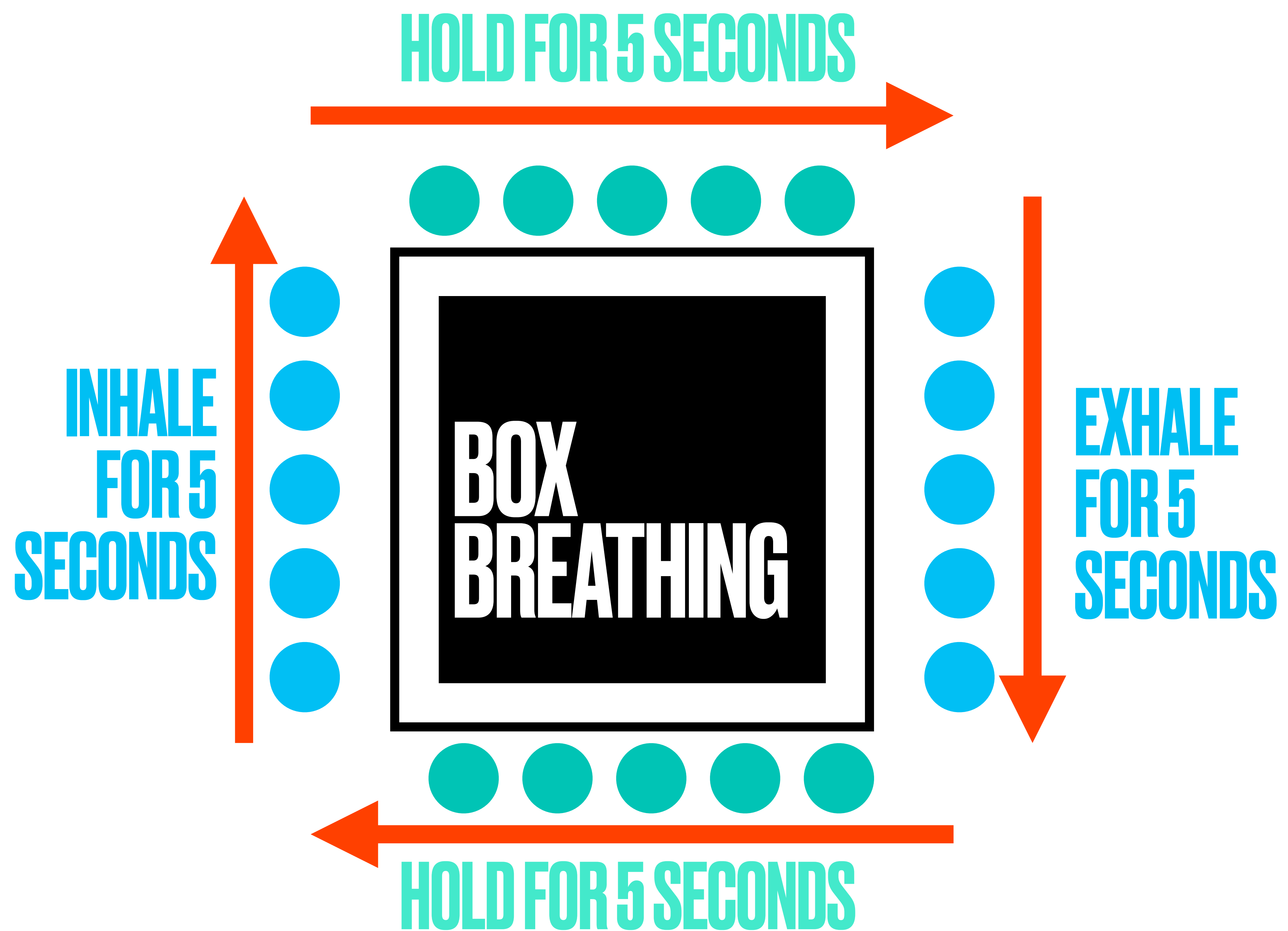
# Safety, Well Being, & Self-Care













# Developing Group Norms

What are our rules for the  
practice learning reflection  
group

## 2024 Cohort 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 client's information confidential



Photo by [Jonny Gios](#) on [Unsplash](#)



# Practice Learning Reflection Group

## **Group Check-in Question:**

What weather pattern would your practicum have been this last week?

## **Practicum Discussion:**

- What are some of the things that are happening in your practicums
- What are some of the needs of the clients you are working with
- Examples of client work to share with the group