

Practicum Seminar II

Week 14 for SOWK 591.1

Agenda

Plan for week 14

SLED: Continued
Development
(Professional and Self)

Mindfulness Activity

Practice Learning
Reflection Group

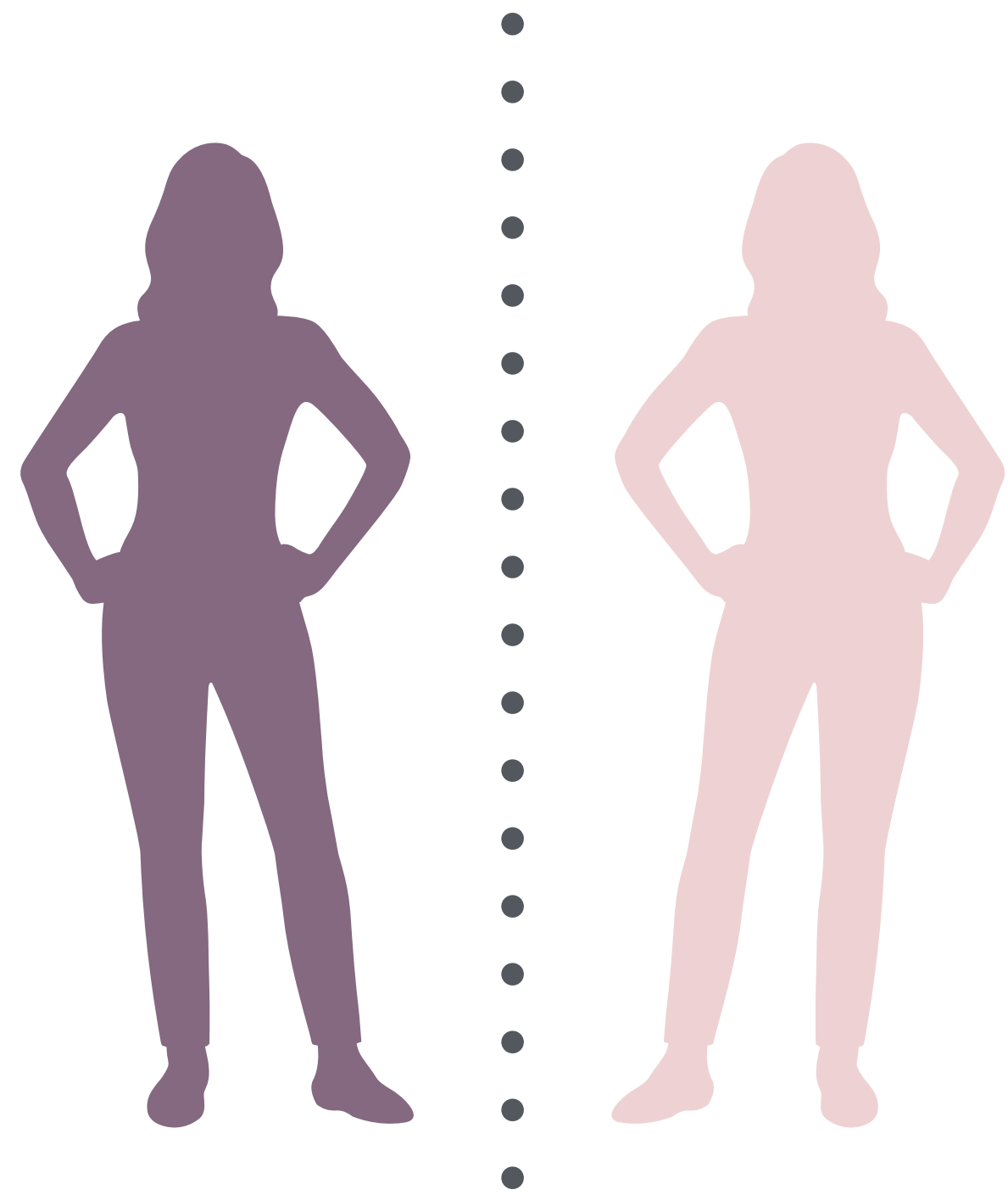
End of course evaluation

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 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 continued development (professional and self) and its application to practice.

Continued Development (Professional and Self)

Student **LEd** **D**iscussion



Mirror Movement with a Partner




Mindful Movement / Flow Activity

(Bennett, n.d.)



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 and
Sensory Grounding	 Taste and Smell 
Mindful Movement / Flow	  Poi Ball Spinning Chair Yoga  During Seminar I & II
Creative/Art-Based	Mandala Coloring Page  
Intention and Reflection	 Setting Intentions 5-Minute Gratitude Free Write  Zen Card Contiplmation 

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 dialog with an open mind
- We will engage and fully participate
- We will keep our client's information confidential

End of Course Evaluations

Please do for 591 and 596