



# Practicum Seminar II

Week 07 for SOWK 591

# Agenda

Plan for week 07

Complete Midterm  
Feedback

**SLED:** Planned Change  
Process

Mindfulness Activity

Practice Learning  
Reflection Group

# Learning Objectives

- Students will provide feedback to help guide this course.
- Students consider the planned change process and how that can be implemented.
- 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.

As you come in, please  
complete both surveys

## SOWK 591 Survey



Consider site visits  
and learning  
contracts



## SOWK 596 Survey

Links can  
also be  
found on  
MyHeritage

# Planned Change Process

Student **LEd** Discussion

# GoNoodle®

**Developed by teachers — alongside leading health care professionals — SuperNoodle helps Kindergarten - 5th grade teachers manage the energy in their classrooms.**



## **SuperNoodle For Teachers**

Change the energy in your classroom! SuperNoodle focuses on eight core competencies: Connection, Choice, Coping Skills, Creativity, Compassion, Curiosity, Confidence, and Collaboration.

## **SuperNoodle For Students**

SuperNoodle's game-like curriculum — featuring GoNoodle's beloved Champs — makes learning feel fun.

## **SuperNoodle For Schools + Districts**

Education leaders can feel confident in SuperNoodle's emotional literacy curriculum, developed by expert educators and informed by known frameworks such as CASEL and PBIS and delivered in a platform that is easy for teachers and fun for students.

## **SuperNoodle For Community Health**

Now health care systems have a meaningful way to support and invest in the mental health outcomes of preschool - elementary-aged children.



## Whale Breath



<https://www.gonoodle.com/videos/ywe97w/whale-breath>

# Practice Learning Reflection Group

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

What is something you are doing to take care of yourself?

## **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