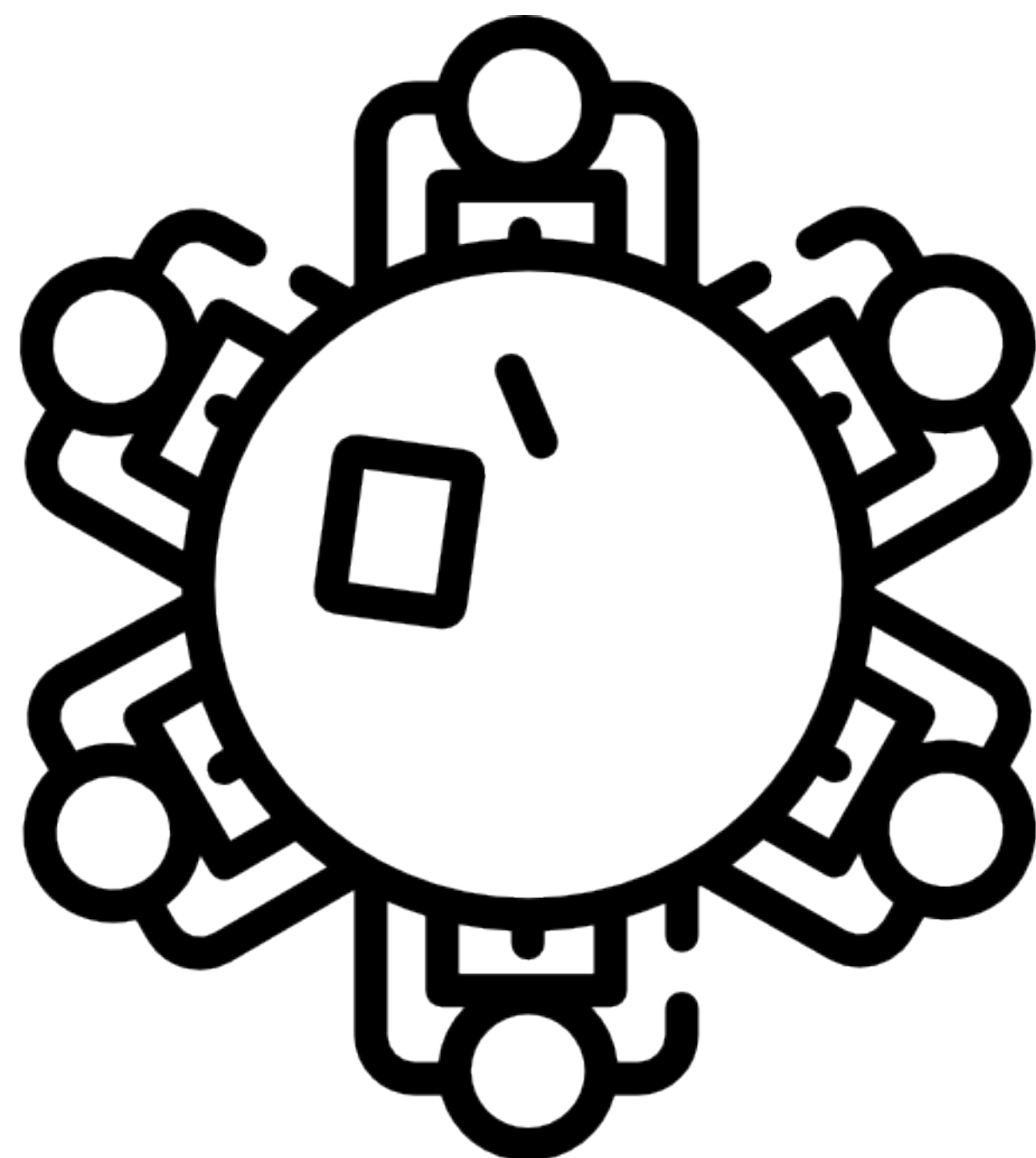




Advanced Seminar I

Fall 2026 Week 06 for SOWK 590

Agenda

Plan for week 05

SLED: Self-Care and
Burnout Prevention

Mindfulness activity

Practice Learning
Reflection Group

Learning Objectives

- Students consider self-care and burnout prevention, and how these concepts 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.
- Students will analyze their practicum experience, reflecting on how it connects to their development and demonstration of competence.

Student Led Discussion

Self-Care and Burnout Prevention

Mindfulness Activity

5 Senses Activity

5 you can see

4 You can hear

3 You can feel

2 You can smell

1 You can taste

Practice Learning Reflection Group

Group Check-in Question:

What was one moment that felt significant this 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

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 client's information confidential