

# Week 5 What to Read, Watch, and Write

## Read/Watch/Listen:

- [Chapter 5: Reviewing Your Experience and Planning Ahead](#) from *Human Services Practicum: An Equity Lens*
- “[What are the benefits of mindfulness](#)” from the American Psychological Association
- [Mindful Minute](#): A one-minute mindfulness practice activity.
- [Why Mindfulness Is a Superpower: An Animation \[YouTube\]](#) (Viewing time: 2:43)
- [How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg \[YouTube\]](#) (Viewing time: 2:21)
- ["How Meditation Can Reshape Our Brains" Sara Lazar at TEDx \[YouTube\]](#) (Viewing time: 8:33)

## Essential Questions:

- What connections do you see between mindfulness and the second agreement (don't take things personally)?
- How could you/your organization use mindfulness for working with clients?
- Review your experience so far. What has been most rewarding? What do you still want to experience? How will you accomplish this?
- What are the documentation practices at your practicum site? How do documentation practices interact with equity, diversity, and inclusion?

## Due:

- Sunday: Pre-Class Questionnaire; practice the Mindful Minute at least once a day for a week (start today if you have not already).
- On-site assignments:
  - Complete learning plan assessment with supervisor.

- Interview your supervisor or another employee about what kinds of self-care and/or mindfulness practices are recommended or used with clients (This can be brief--e.g. 5-10 minute conversation)
- Bullet Journal: reading notes, your thinking about the essential questions, ideas, and on-site assignment notes
- Monday: Road Check and Reflection 3