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
- <u>Mindful Minute</u>: 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:

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- o 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