

Week 10: Putting It All Together

Can you believe it? It's the last week of the term! This week we will sum up our learning over the past ten weeks, and talk about where to go from here. I am hopeful to have you all in at least one class next term, but I wish you all a safe and relaxing winter break.

The assignments this week are to complete the Final Reflection and submit your Final Response Paper (Option 1, 2, or 3). There will be NO QUIZ this week.

Learning Outcomes for the Week

- Describe self-care strategies.
- Evaluate your own goals and interests in working in the human services field.

Course Materials

- [Chapter 9-Becoming a Professional](#)
- [UCLA's Guided Meditations](#)
- [All It Takes is 10 Mindful Minutes](#) (Viewing time: 9 minutes 24 seconds)

“Week 10 Overview” by Yvonne Smith for [Open Oregon Educational Resources](#) is licensed [CC BY 4.0](#).