

Week 5 Overview

Welcome to Week 5! This is week 5 and we are halfway through the term. Last week you should have reviewed your planning plan using the rubric. This and the coming few weeks, you will arrange with your mentor to discuss your progress, strengths and areas for growth. Remember that this is a journey and that we are using a growth mindset. What's important is your willingness to learn and grow.

At the end of this module, you will be able to:

1. Connect your experience in your internship setting and your learning outcomes/ internship goals.
2. Create new learning goals to enhance the learning process
3. Discuss challenges of working with clients, including transference, countertransference, and overidentification
4. Identify the possible impact of documentation on diversity, equity, and inclusion
5. Use self-care activities to prevent burnout and compassion fatigue.

Once again, you will have a mixture of graded assessments and learning activities, along with targeted readings and videos. Be sure to read and watch:

1. Chapter 5: Reviewing Your Experience and Planning Ahead from Human Services Practicum: An Equity Lens
2. Chapter 5 from The Body Keeps The Score
3. [What are the benefits of mindfulness](#) from the American Psychological Association; [Website]
4. [Mindful Minute](#) [Google Doc]
5. [Why Mindfulness is a Superpower](#). [Streaming Video]
6. [Mind the Bump: Mindfulness and how the mind works](#), [Streaming Video]
7. [How Mindfulness Empowers Us](#) [Streaming Video] and
8. [How Meditation can reshape our brains](#) [Streaming Video]

And complete:

1. Essential Questions
2. Week 5 Road Check Survey
3. Pre-Class Questionnaire #5
4. Week 5 Onsite Discussion
5. Learning Plan Assessment (due module 7)

And finally, turn in:

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1. Week 5 Reflection Journal