

Supervised Session Self-Preparation Checklist

Dear Student,

To help you feel ready and confident for your supervised sessions, here are some simple suggestions to keep in mind while preparing:

Before Your Session, Consider:

- ☒ Find a quiet and comfortable space where you won't be interrupted.
 - ☒ Check your internet, camera, and microphone to avoid tech issues.
 - ☒ Review your client or mock case notes briefly to refresh your memory.
 - ☒ Think about the goals or skills you want to focus on during the session.
 - ☒ Have any materials or notes you might need nearby.
 - ☒ Take a few deep breaths or a moment to relax and focus before starting.
 - ☒ Keep an open mind to learning and feedback from your supervisor.
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Remember: This is a safe learning space to build your confidence and skills step by step. Trust your process and be kind to yourself.

