

Jacob Campbell, Ph.D., LICSW at Heritage University

Getting Settled with Advanced Seminar I

Week 01 of SOWK 5901

Agenda

Week 01

- Reviewing course syllabus
- Learning contract planning
- Developing practice learning reflection group norms
- Mindfulness activity
- Planning for student led discussion (SLED)
- This weeks SLED topic: Safety & Well Being, Self-Care

Learning Objectives

Students will recognize the shared experiences of peers in their practicum and be able to use the group as a method for sharing and problem-solving.

Students will analyze their practicum experience, reflecting on how it connects to their development and demonstration of competence.

Students will actively practice a mindfulness activity.

Students consider safety, well-being, and self-care and how they relate to their practice.

Course Syllabus

The General Map of this Class



SOWK 590 Advanced Seminar I Fall 2024, Toppenish, 1 Credit

INSTRUCTORS	Dr. Jacob Campbell, LICSW
OFFICE HOURS	Toppenish Campus Office: Simpkins Hall, Office 2126 Hours: Tuesday's 2-3 PM Kennewick Campus Hours: Wednesday's 2-3 PM Other times by arrangement. Meetings can be in-person or via zoom.
PHONE	(509) 392-1056
EMAIL	campbell_j@heritage.edu
DATE(s)	In-person sessions will be every other Saturday beginning 08/24/24 through 11/16/24.

Land Acknowledgement

Heritage University occupies its home on the traditional lands of the Yakama People. These ancestral homelands are the Yakama, Palouse, Pisquouse, Wenatshapam, Klikatat, Klinquit, Kow-was-say-ee, Li- ay-was, Skin-pah, Wish-ham, Shyiks, Ochechotes, Kah-milt-pa, and Se-ap-cat, who today are represented by the Confederated Tribes and Bands of the Yakama Nation [TREATY OF 1855] and, whose relationship with this land continues to this day. Heritage University, grounded in the vision of the two Yakama women founders, respects Indigenous peoples as traditional guardians of the lands and the enduring relationship that exists between Indigenous peoples and their traditional territories. We offer gratitude for the land itself, for those who have stewarded it for generations, and for the opportunity to study, learn, work, and be in community on this land. We acknowledge that our university's history, like many others, is fundamentally tied to the first colonial developments in the Yakima Valley. Finally, we respectfully acknowledge and honor past, present, and future Indigenous students who will journey through this home called Heritage University.

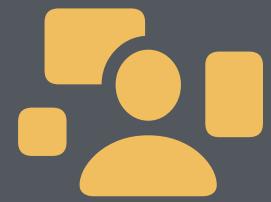
Course Description

Advanced seminar is taken concurrently with Advanced Practicum I. This course allows the student an environment to apply advanced field practicum experience to the program curriculum. Students are encouraged to critically reflect on theory, ethics, values, skills, knowledge, and cognitive and affective processes that shape social work practice. Designed as a supportive environment, students are encouraged to practice using peer supervision to manage both the challenges and successes in their field placement. This course is graded as Pass/No Pass.

3 Products



Attendance



In-Class Participation

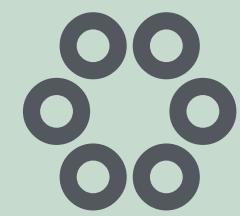


Weekly Reflective Journal

Course Grading

Pass / No Pass

In-Person Format



Practice Learning Reflection Group



Mindfulness Activity



Student Led Discussion

Reviewing Learning Contracts

- Where are you at in development
- Scheduling a time to review
- Support you need

Developing Group Norms

What are our rules for the
practice learning reflection
group



HOLD FOR 5 SECONDS

**INHALE
FOR 5
SECONDS**

HOLD FOR 5 SECONDS

**EXHALE
FOR 5
SECONDS**

**BOX
BREATHING**

HOLD FOR 5 SECONDS

INHALE
FOR 5
SECONDS

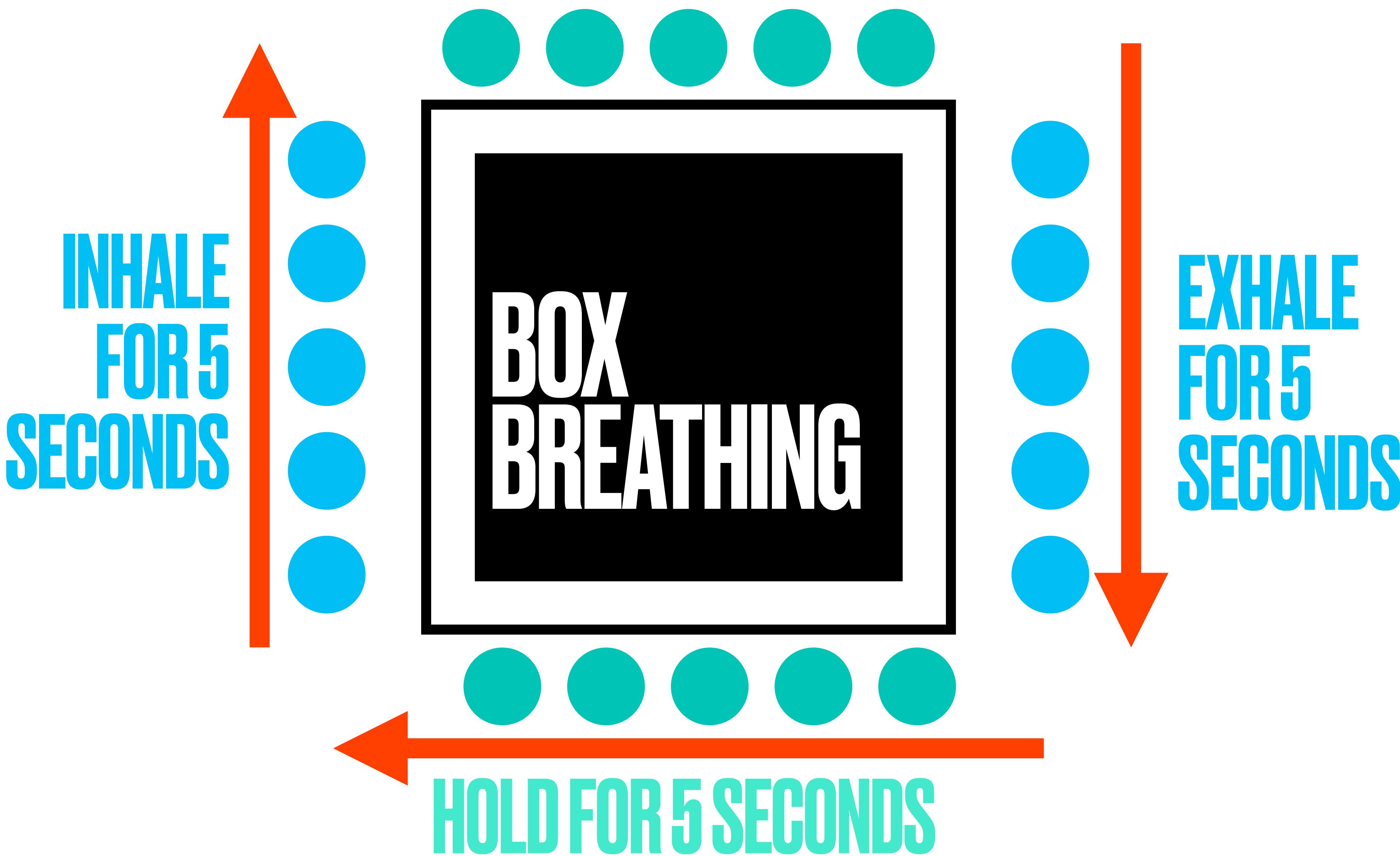
HOLD FOR 5 SECONDS

EXHALE
FOR 5
SECONDS

BOX
BREATHING

1

HOLD FOR 5 SECONDS



2

HOLD FOR 5 SECONDS

INHALE
FOR 5
SECONDS

HOLD FOR 5 SECONDS

EXHALE
FOR 5
SECONDS

BOX
BREATHING

3

Student Led Discussion Topics



- W-01** Safety & Well Being, Self-Care
- W-03** Self-Care and Burnout Prevention
- W-05** Restorative Justice Practices
- W-07** Intersectionality and Identity
- W-09** Community Organizing and Activism
- W-11** Cultural Competence in Practice
- W-13** Ethical Considerations in Social Media Use
- W-14** Innovations in Social Work Practice



Safety,
Well Being,
Self-Care