



Advanced Seminar I

Fall 2025 Week 10 for SOWK 590

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Plan for Week 10

Agenda

Midcourse Feedback

SLED: Community
Organizing & Activism

Mindfulness activity

Practice Learning
Reflection Group

Learning Objectives

- Students will consider how community organizing and activism can relate to their practice.
- Students will actively practice a mindfulness activity.
- Students will recognize their peers' shared experiences in the practicum and 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.

Midcourse Feedback

SOWk 590 and 595

- Completed
- Not Completed



I love working with young students!

What I'm learning in this course in the semester is that I'm able to understand and follow the ethics in my practice.

I like the SLED, I think it's a great addition to seminar. We didn't do that for BSW program. I enjoy our discussions, talking about how it is going and being able to give each other advice.

Something that are going well is the hour log because I keep track of my hours every week so I don't fall behind on it.

Something that are going well for me is the journals. I like journaling like experience towards the end of my shift because it helps me reflect on the day that I had and if I need to debrief with anyone about a patient, I am able to do so before I go home.

I've learned that I'm capable of more than I ever gave myself credit for. This year, I've always been a bit shy, but I've started to see a new side of myself like learning to speak up and advocate for myself during practicum.

Quiz Completion

Selected Quotes

Poi Spinning

A Self Care Activity

- Is inherently mindful
- Re-energizes the brain after long periods of cognitive-heavy tasks
- Gives emotional boost
- Allows for movement metaphor
- Facilitates multi-sensory experiencing
- Involve rhythmic, bilateral movement
- Crosses multiple midlines
- Creates community when spinning with others



Make Your Poi Ball

Pick a pair of socks the style of your choice
Fill up a bag with rice, about $\frac{1}{3}$ to $\frac{1}{2}$ cup

Determine proper length before tying holding knots. A poi should not be longer than the spinner's arm. The best way to determine where to tie the knot (for holding the poi) is to hold the sock at the open end and put your arm straight up. Adjust where you hold the poi until the ball-end is hanging between the elbow and the bicep.



Lori Sirs, DSW, LICSW
Poi Spinning FAQ's

Let's Practice
Learning to spin

- Planes
- Direction
- Timing

Student Led Discussion

Community Organizing & Activism

Practice Learning Reflection Group

Group Check-in Question:

What's something that felt energizing or draining this week?

Practicum Discussion:

- What are some of the things that are happening in your practicums?
- What are some of the needs of the clients you are working with?
- Examples of client work to share with the group?

Group Norms

- We will be respectful of each other
- We will approach our dialogue with an open mind
- We will engage and fully participate
- We will keep our clients' information confidential