# Learning Plan

***(Appendix G)***

To be completed and submitted as required by the Instructor.

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| Student Name | Course | Date Submitted to Instructor  for Approval |
| Supervisor’s Name | Phone | City |
| Supervisor’s Signature: | | Date Supervisor Approved |

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| **Learning Activity for**  **Each Practicum**  *Criteria:**Each activity is to be specific, measureable, approved by your Supervisor, and obtainable in 13 weeks.  You must have a minimum of 3 specific learning goals to a maximum of 6.*  *The activity must be unique to you (not part of the practicum expectations or a specific item off the evaluation form as the items on the evaluation form are goals within themselves).*  *For samples, see Draft Examples below.* | **Progress Review:** *Scale of 1 to 5  (1 = goal has not been addressed …. 5 = goal has been fully met)* | | |
| **Progress Review:  Week 4** | **Progress Review:  Week 8** | **Progress Review:  Week 12** |
|  |  |  |
| *Date* | *Date* | *Date* |
| *Student Signature* | *Student Signature* | *Student Signature* |
| *Supervisor’s Signature*  *(In agreement with the progress ratings)* | *Supervisor’s Signature*  *(In agreement with the progress ratings* | *Supervisor’s Signature*  *(In agreement with the progress ratings* |
| **EXAMPLE:**  Conduct first session intake/ assessment interviews in a manner that the working alliance is given first priority and I am still able to complete the first session tasks in an ethical, complete manner. | **Progress Score: 2**  *I observed 2 intake sessions and had a mock session with my supervision. Next week, I will do a solo intake.* | **Progress Score: 3.5**  *Did 4 intakes; I don’t feel confident, as I am still dependent on reading off the form. I am also moving too fast. I need to observe more intakes*. | **Progress Score: 4.5**  *I did it! Just a few things to touch up (e.g., write more succinctly). My Supervisor watched clips of me leading 2 ‘awesome’ first sessions with grace!* |

|  | **Progress Review: Week 4** | **Progress Review: Week 8** | **Progress Review: Week 12** |
| --- | --- | --- | --- |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |
|  | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: | **Progress Score: \_\_\_\_**  Rationale for Score: |

**DRAFT Examples:** *Do* ***not*** *submit this page with forms for approval.*

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| **Sample Activity** | **Is this a good activity?** |
| Interact with Supervisor – consultation, feedback, direct one-on-one interactions | No, because it is an expectation for the practicum. Furthermore, it does not define what “interact” means in terms of quality, frequency, etc |
| Complete session notes in a succinct, ethical manner according to the appropriate Code of Ethics/Standards of Practice. Provide an activity related to report writing (e.g., to write assessment results in an efficient and ethical manner that has value to the reader of the report, such as teachers). | No, because it is an expectation for the practicum (see your practicum evaluation midterm/final term report). |
| Become proficient, at a beginning level, with applications of hypnotherapy by practicing with 6 clients under direct supervision. | Acceptable. It is specific enough and ‘beginning level’ provides enough detail at this point given the form restriction. |
| Actively participate in reflecting team supervision on a weekly basis. I will be active in offering my ideas, my feedback, and being open to receiving feedback. | Acceptable. It is specific enough at this point given the space restriction. |
| Completion of mid-term formative and final summative evaluation. | No, because it is an expectation for the practicum. |
| Effectively use four assessment tools that take at least 30 minutes to administer. | Acceptable. It is specific enough at this point given the space restriction. |
| Articulate clearly and in a knowledgeable manner to my Supervisor the role attachment may play in my clients’ presenting concerns. | Acceptable. It is specific enough at this point given the space restriction. |
| Demonstrate to my Supervisor how I use my countertransference reactions to promote healthy client understanding and change. | Acceptable. It is specific enough at this point given the space restriction. |
| Describe my personal counselling theory to my Supervisor by identifying in a clear and knowledgeable manner how my borrowed theory influences my case conceptualization. | Acceptable. It is specific enough at this point given the space restriction. |
| Be able to effectively conduct filial therapy with 3 clients. | Acceptable. However, these activities are only reasonable if your Supervisor has training in this form of therapy and there is a caseload that the Agency can supply clients suitable for this type of therapy. |
| Effectively use creative expression interventions (for at least 20 minutes) in at least 3 sessions. |
| Implement the use of CBT with presenting problems related to anxiety and depression in a smooth, well informed manner that produces client change. | Acceptable. Most placements will have clients with anxiety and depression so it is a reasonable expectation to work with this presenting issue. |
| To practice CBT, Narrative Therapy and Gestalt Therapy when appropriate to do so. | Not acceptable because there are 3 items that need to be evaluated within one statement. Furthermore, it is too general. |
| To have at least one client on my caseload that presents with issue X.  (X could be trauma, addiction, etc. and you can also include a cultural reference such as you want to gain experience working with Chinese immigrants) | This could be acceptable. However, if working at an Agency that only works with these presenting issues and/or cultural group then this activity is already assumed thus is not appropriate. Instead, make the goal more specific. |