**HDFS 272: Human Services Practicum**

**CRN 34296 W 3-3:50 pm; IA201B**

**Winter 2020**

**Instructor:** Elizabeth Pearce

**Office:** NSH 116

**Phone:** 917-4904

**E-mail:** [liz.pearce@linnbenton.edu](mailto:liz.pearce@linnbenton.edu)

**Office Hours:**Check [Instructor Website](http://cf.linnbenton.edu/wed/ed/pearcel/web.cfm?pgID=3751) or [Calendar](https://calendar.google.com/calendar/selfsched?sstoken=UUd5ZjhLcFk5TzVifGRlZmF1bHR8YWVmZjUzZTRlNDk0ZTRkNjg2MWIyMzc2ZjUwMzQ1ZWI) to make an appointment.  I am glad to speak with you by phone or F2F during office hours.

**Division Support:** Susie Plowhead; [plowhes@linnbenton.edu](mailto:plowhes@linnbenton.edu) ; NSH 101; 541 917 4258.

**Course Description:**

Field experience to learn, primarily through observation, how to apply human service intervention strategies and skills to helping individuals and families served by professional agencies and organizations. Supervision by agency and instructor. Requires 90 hours of work on-site. Supplementary seminar, readings, and reports. Graded P/N. This course may be repeated at OSU for up to eight credits.

**Course Learning Outcomes:**

Upon successful completion of HDFS 272 the student will:

1. Integrate classroom learning with field experience.
2. Summarize work experience and growth as a helping professional.
3. Evaluate and report on workplace competencies and skills as defined by the National Organization of Human Services.
4. Describe the dynamics of power, privilege, and interculturalism in one's own experience.

|  |
| --- |
|  |

**Class Structure**

**Attendance:**You are required to complete 90 contact hours in the field and participate in all weekly seminars (10) on the LBCC campus. MIssing any seminar time may result in a failing grade in this class. The mentor and instructor who will be guiding you through this experience expect you during the times that you have committed to be there. If an emergency occurs and you cannot fulfill your obligation at your site, please contact the mentor well ahead of time and arrange to “make up” the hours you miss. If you must be absent, it is expected that you will call your mentor in advance. Failure to do so may result in a failing grade for this class.

**Please note that the 90 hours of contact time on site in a field site are worth 200 points towards your final grade. If you complete fewer than 90 hours on site, you will receive 0 of the 200 points possible. All hours must be completed by Friday of Week Ten.**

If an extreme circumstance requires you to miss seminar, contact Liz as soon as possible. Class seminars cannot be made up.

**Expectations:**It is expected that you will behave in a manner befitting a professional in all of your interactions. At the field site this includes learning about and following the field site dress and behavior code, setting up a good communication system with your mentor, signing in each day you visit the field site, and notifying the mentor in case of an absence. *Take the initiative to be informed.*

In the college classroom and the online environment this includes using language that befits a future professional. As soon as you identify yourself as a future human services professional, you become a role model. **Practice “role model” behavior** in the college classroom as well as in the field site and the community. Learn to ask clarifying questions and be a coach for your classmates.

**It is expected that you communicate by speaking and in writing.** In the college classroom, we spend time discussing and debating current issues. These issues are complex and multifaceted. When you listen thoughtfully it is quite probable that your perspective will shift and change. Be open to new points of view. Share your own perspective, even if this is challenging for you. It’s an important way to contribute. Your weekly reflections are an ideal place to share your thinking with the Instructor.

**Moodle:** This is a face-to-face class taught with Web enhancement. You are expected to access Moodle at least once a week. As class members you will be enrolled on LBCC’s e-learning system as a portal to Moodle. Once you have accessed Moodle, you can bookmark it and enter it directly from your home computer. You will upload your assignments (reflections and hours tally) in Moodle. Seminar rubrics and LPETs will be turned in as a hard copy.

**Required Text and Materials**

A. Martin, Michelle. (2018). *Introduction to Human Services* (4th Ed).

B. Kabat-Zinn, Jon. (2016). *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*

**LBCC Comprehensive Statement of Nondiscrimination**

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

**LBCC Center for Accessibility Resources Statement of Disability**

Students who may need accommodations due to documented disabilities, who have medical information which the instructor should know, or who need special arrangements in an emergency should speak with their instructor during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the [**CFAR Website**](https://www.linnbenton.edu/cfar) for steps on how to apply for services or call (541) 917-4789.

**Course Requirements**

1. Active professional participation at your field site. (200 points)
2. Weekly seminar participation. (200 points)
3. Weekly (8) reflections/logs. (160 points)
4. Midterm LPET submission with acceptable progress (150 points)
5. SMART goals/Calendar plan (40 points)
6. [Professional Identity](https://docs.google.com/document/d/1-Bd7pqweGNNAcUXdobaGmxfQi9x4XDTA7-qxfkKCk7A/edit?usp=sharing) (final reflection) submission (100 points)
7. Final LPET submission with acceptable progress (150 points)

**Evaluation Totals**

Field Site 200

Seminars 200

Reflections 160

SMART goals/Calendar 40

Midterm LPET 150

Professional Identity Reflective 100

Final LPET 150

**Total                                                  1000 points**

The course is graded P/NP. You must complete all 90 hours, all seminars, submit all written work, and submit both LPETs with acceptable progress in order to pass the course. Failure to meet **any one** of these requirements will result in a NP/F grade.

**Instructor’s Notes**

It is my purpose to help you understand the concepts in this class as deeply and broadly as possible.  I want you to retain these concepts in your long-term memory, as opposed to your short-term or working memory.  The assignments are intended to help you make personal and professional connections to the course content.  Making these kinds of connections is more challenging than merely reading, listening and memorizing content. **It requires deeper thinking, interaction with course materials and your peers; and will result in lasting changes in your thinking and behaviors.**

**Late Work:** This class is modeled after a professional environment. You must keep up to date in your hours and LPET submissions. In order for reflections to be meaningful, this must be a regular weekly practice. Do not get behind in your practicum hours or in your reflective practice.

**Note:  I do not accept emailed assignments. To submit electronically, you must use Moodle.**

**Campus Resources**

Many resources such as the Library, Student Help Desk (for computers and software) Learning Center, the Writing Center, and Family Connections, are available to you as a student. They are described on the LBCC website.

**Tools for Success**

* Schedule time for your reading and work related to this class (about three-four hours per week). Read.
* Come to class every day prepared to question, think, and discuss your experiences.

**The Instructor reserves the right to make changes to this course schedule.  Changes will be announced in class and on Moodle. Check the live link for the updated version.**

**HDFS 272 Winter 2020 Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week** | **Big Ideas** | **Readings/Viewings due Wednesdays**  **(All readings in the *Mindfulness for Beginners* unless otherwise noted)** | **Every Week** | **Written Work Due** |
| **1**  ***6-12 JAN*** | First Days; Focus; Significance and Reflective Thinking | Read Ch. 3,  *Introduction to Human Services,* Professional Ethics and Values, Martin; view  [Why Mindfulness is a Superpower](https://www.youtube.com/watch?v=w6T02g5hnT4&list=PL7Ov_8ABbHnMJzuCb_mERFd6ifvE0zMfJ&index=2); read online article [What is Workplace Culture?](https://www.yourerc.com/blog/post/Workplace-Culture-What-it-Is-Why-it-Matters-How-to-Define-It.aspx) | **Seminar Rubrics** are due during seminar time each week.  **Reflections** are due weekly, Mondays by midnight weeks two through nine. [Here is a link to the folder containing instructions and samples.](https://drive.google.com/drive/folders/1vZG3-rqEZ0BLSyNamuascMxczH62q-zO?usp=sharing)  Reflections will be word processed, double spaced in 10-12 point font, maximum 3 pages in length. Reflections are **not** summaries. Rather they are the connections, critical thinking, and questioning about your experience in your field site and how it relates to the theory and academics that you have studied.  Don’t tell me what you did; tell me how you think about it, how it connects to what you’ve read and studied and to your understanding of yourself as a professional and your future profession.  Your reflections should contain comments about your mindfulness experience(s) that week. |  |
| **2**  ***13-19 JAN*** | Mindfulness and Wellbeing; Workplace Culture;  [How Mindfulness Empowers Us](https://www.youtube.com/watch?v=vzKryaN44ss&t=2s)  (awareness) | Read about half of Part I and online article: [What are the benefits of Mindfulness](http://www.apa.org/monitor/2012/07-08/ce-corner.aspx) | SMART goals plan and Calendar due Wednesday |
| **3**  ***20-26 JAN*** | Check In: LPET; Ethics and Values;  [How Meditation can reshape our brains](https://www.youtube.com/watch?v=5mTtc3o1RQw) | Finish Part I; view [Mind the Bump; Mindfulness and how the brain works](https://www.youtube.com/watch?v=aNCB1MZDgQA&list=PL7Ov_8ABbHnMJzuCb_mERFd6ifvE0zMfJ&index=3) |  |
| **4**  ***27 JAN- 2 FEB*** | Skills and Strategies you are using in your practicum | Read Ch.4, *Introduction to Human Services,* Skills and Intervention Strategies, Martin |  |
| **5**  ***3 -9 FEB*** | Mindfulness Resource sharing: **bring a resource to class** | Read Part II; view [All it takes is 10 mindful minutes](https://www.youtube.com/watch?v=qzR62JJCMBQ) |  |
| **6**  ***10-16 FEB*** | Mindfulness in the workplace | Read about half of Part III; read online article [Mindfulness practice reduces burnout](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4776732/) | Midterm LPET due Wednesday |
| **7**  ***17-23 FEB*** | What about my privilege? Reading check in | Finish Part III; read online blogs: [Aren’t systems just people?](http://www.agjohnson.us/glad/arent-systems-just-people/); [The racism of good white people](https://agjohnson.wordpress.com/2015/12/02/the-racism-of-good-white-people/) |  |
| ***8***  ***24 FEB- 1 MAR*** | Looking Ahead | Read Part IV; read [Social Work: 21st Century Law Degree](https://www.insidehighered.com/views/2016/02/25/social-work-has-become-21st-century-law-degree-essay) |  |
| ***9***  ***2-8 MAR*** | The personal and the professional: overlap and spillover | Read Part V; [How Mindfulness Empowers Us](https://www.youtube.com/watch?v=vzKryaN44ss) |  |
| ***10***  ***9-15 MAR*** | Next Steps | Review your Martin text, [the NOHS website](https://www.nationalhumanservices.org/), your SMART goals, and the five competencies in the LPET. |  |
| ***11*** | Finals Week. |  | Final signed LPET due Monday 5:00 p.m. in NSH 116 or to administrative assistant in NSH 101 (hard copy only).Professional Identity Reflective Statement due Wednesday March 18th via Moodle at 3:00 p.m. | |

Students in this course are expected to take a greater level of responsibility and self direction than they do in other courses. That extends to the professional and the student environment. Seminar time will be used for substantive discussions, not logistics and due dates. You are expected to manage those on your own and to use the Moodle forum to get clarification from the Instructor.

### 

### 

### “Perhaps the most important thing we bring to another person is the silence in us, not the sort of silence that is filled with unspoken criticism or hard withdrawal. The sort of silence that is a place of refuge, of rest, of acceptance of someone as they are. We are all hungry for this other silence. It is hard to find. In its presence we can remember something beyond the moment, a strength on which to build a life. Silence is a place of great power and healing.”

**Rachel Naomi Remen, Physician and Author of *Kitchen Table Wisdom* and *My Grandfather’s Blessings***

### 

### 

### Tips:

1. Bookmark this syllabus (available in the “Assignments and Documents” folder in the first block of our Moodle class shell) so that you can easily access weekly online readings from the live links.
2. Use the “Questions and Logistics” Forum, also in the first block of the Moodle class shell, to ask and answer questions/clarifications about dates, where to find things, and logistics.
3. Remember there are **two parts** to every reflection upload:
   1. In the online text box copy and paste the following statement with the correct number of hours included:  **"Hours worked this week: \_\_\_\_\_\_\_\_\_\_\_, Cumulative Hours to date: \_\_\_\_\_\_\_\_\_\_\_\_.”**
   2. **Upload your reflection as an .pdf**
4. Start your final professional identity reflective statement **now.**  Jot down notes as they occur to you.
   1. What do you notice about yourself and how you fit in with your placement setting?
   2. Which competencies are more challenging to achieve?
   3. Where do you experience the feeling of “great fit”?
   4. Refer to the NOHS website to reflect upon how your experiences fit in with what you find there.
   5. What are you wondering about in your first few weeks of the practicum? Being able to look back on your early thoughts and questions will help you to write a more detailed reflective statement with perspective.
   6. What have you learned about yourself as a future professional?
5. Get phone numbers right away. Put both your mentor’s phone number and Liz’s cell number (541 908 3130) into your mobile phone so that you have them handy in an urgent situation.
6. Keep up to date with your records, including your hours log that must be signed by your mentor.
7. Keep yourself open to learning. This is, above all, an opportunity to learn and grow.
8. Practice, practice, practice. Ask when you don’t know. Find out the best way to connect with your mentor (does s/he prefer face to face questions, email, or telephone?) Stretch yourself. Be brave. Ask Liz and your mentor for advice. Use your peers for support. Communication is key.

“Wounding and healing are not opposites. They're part of the same thing. It is our wounds that enable us to be compassionate with the wounds of others. It is our limitations that make us kind to the limitations of other people. It is our loneliness that helps us to to find other people or to even know they're alone with an illness. I think I have served people perfectly with parts of myself I used to be ashamed of. ”

**Rachel Naomi Remen, Physician and Author of *Kitchen Table Wisdom* and *My Grandfather’s Blessings***