

# Fieldwork Educators:

## Tips to Optimize Your Well-Being While Supporting a Student

### Work Tasks & Responsibilities

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#### Ask empowering questions

- What is the intended purpose or outcome of FW?
- What barriers may I experience during the supervision process?
- What supports do I need as an educator?

#### Brain dump journaling

- Write down everything you need to do
- Star what you can tackle today and underline what can wait

#### Work-life balance

- Don't overschedule yourself
- Say "no" or delegate tasks you cannot handle
- Prioritize your health and well-being!

### Communication

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#### Setting expectations

- Specify how you expect the student to prepare prior to and during FW
- Define professional behaviors before an issue arises
- Identify what you expect the student to initiate independently
- Define short and long-term objectives and a plan for recourse if necessary

#### Setting boundaries

- Plan and set limits on how and when you will check-in with the student (i.e., frequency, formal vs. informal, etc.)

### Purpose & Compassion

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#### Reflect on values and beliefs

- Why is being a fieldwork educator meaningful to you?
- In what ways are you contributing to the profession?
- What personal strengths do you bring to the role as an educator?
- Identify one thing you are grateful for as a FW educator

#### Practice compassion & empathy

- Remind yourself: *I am educating the student the best I can!*
- Ask yourself: *How am I feeling today and what tasks are best for my current state of mind?*
- [Just Like Me](#) mindful practice
- Focus on one client or task at a time

### Feeling Stressed About Your Student?

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#### Take brief mindful breaks

- [Square breathing](#), [meditation](#), [mindful eating](#), [movement](#)

#### Practice empathetic listening

- Request clarification, reflect feelings, summarize, ask open-ended questions

#### Prioritize your own health & well-being

- Take a "student break" once per day: Do something independently
- Mute or turn-off distractions when focus is required
- Monitor your [sitting](#) and [standing](#) posture
- Utilize [ergonomic principles](#) when documenting
- Establish an intentional routine to signal work is over

#### Resolving conflict

- Acknowledge the situation and let the student express their feelings
- Define the problem and underlying needs
- Find a solution and determine how to follow-up
- Develop an action plan should resolution not be reached

### Ask For Help

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#### Resources

- Seek out counseling at your place of work if needed
- Confide in supportive colleagues with supervision experience

#### Don't hesitate to reach out to the FW Coordinator:

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