

Wellness Workbook

Reflection for Fieldwork Educators

Self-reflection is a powerful tool that can increase self-awareness, positively impacting your health while decreasing stress. This simple exercise also influences productivity and performance. Taking the time to reflect may deepen your understanding of your role as an educator, and better prepare you to problem solve along the way. The purpose of this workbook is to empower you to be the best educator you can be.

Be proud of yourself for taking the time to reflect and grow!

Work Tasks & Responsibilities

Ask empowering questions

- What is the intended purpose or outcome of fieldwork?

- 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.

Communication

Setting expectations

- How do you expect the student to prepare prior to and during fieldwork?

- Before an issue arises, define what professional behaviors you expect of the student.

- What do 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

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 fieldwork educator.

Practice compassion & empathy

- Ask yourself: *How am I feeling today and what tasks are best for my current state of mind?*

Feeling Stressed About Your Student?

Prioritize your own health & well-being

- Take a “student break.” What is one thing you can do independently at least once per day?

- Establish an intentional routine to signal work is over. What might this look like?

Resolving conflict

- In the event of conflict, how will you address the issue and come to a resolution?

Ask for help

- Name two resources you can access if you need help during the supervision process (e.g., coworkers, fieldwork coordinator, onsite mental health support, self-care practices, etc.).

Remind yourself: *I am educating the student the best I can!*