



## Field Education Office Sample Learning Contract Activities

---

The following list is composed of sample activities that can be completed at your field placement. While some activities might reflect multiple competencies, a student cannot list the same activity under multiple competencies on the Learning Contract. These sample activities can be used to help you complete your Learning Contract; you may have to adjust the language to fit your specific field placement.

Sample Activities	Generalist	Specialized
<b>1. Demonstrate Ethical &amp; Professional Behavior</b>		
I will discuss appropriate roles and boundaries at my placement in supervision.	x	
I will use professional language (verbal/nonverbal) when communicating with clients and other professionals in the workplace. Discuss how you have accomplished this in supervision.	x	
I will ask for and be open to feedback regarding documentation, oral and written communication during supervision.	x	x
I will discuss an ethical dilemma that pertains to the agency in supervision.	x	x
I will reflect on professional behaviors at my agency in a monthly reflection log.	x	x
I will prepare questions to discuss with my supervisor regarding my social work experience, and questions about their social work career.	x	x
I will review agency forms and/or signage that could be more inclusive and review my findings in supervision.	x	x
I will complete an implicit bias test and discuss results in supervision.	x	x
Sample Activities	Generalist	Specialized
<b>2. Advance Human Rights and Social, Racial, Economic, and Environmental Justice</b>		
I will research population health for my agency community and share what I learn in a infographic for all staff	x	x
I will discuss Anti-Racism Principles with my supervisor and the impact on our agency's culture/client population.	x	x
I will discuss a current event and the impact the event may have on my agency and policy with my supervisor	x	x
I will identify forms of oppression or discrimination of client populations and discuss them with my supervisor.	x	
I will conduct research to identify economic barriers to social services and care; discuss with supervisor.	x	x
I will research specific policies that affect the agency's clients and discuss advocacy strategies in supervision.	x	x
I will identify community events that promote advocacy for a specific population and share with staff and/or clients	x	
I will ask my supervisor and staff agency what advocacy looks like for the agency and compile findings into a document that will be shared with all staff	x	

Sample Learning Contract Activities

Sample Activities		Generalist	Specialized
<b>3. Engage Anti-Racism, Diversity, Equity, and Inclusion (A DEI) in Practice</b>			
	I will discuss strategies to engage and improve A DEI in practice with my supervisor.	x	x
	I will share my own culture/beliefs/experiences with my supervisor and discuss when it is appropriate to share with clients.	x	x
	I will write a reflection about ways I engage in cultural humility within the practice setting.	x	x
	I will research the experience of a specific population of clients seeking services in my practice setting and determine any barriers to seeking services.	x	x
	I will discuss in supervision my personal strengths and limitations when engaging with clients of a different culture with.	x	x
	I will journal about a time that A DEI Laws impacted social work practice in my setting.	x	x
	I will discuss with my supervisor what diversity means to me and how my agency considers diversity.	x	
	I will seek external diversity training and discuss my experience in supervision.	x	x
	I will ask clients about their culture and how it has shaped their life, discuss in supervision.	x	
	I will develop a training for staff on a way that our agency can better serve a specific population.	x	x
	I will review agency policies and develop a recommendation for a policy update to improve equity or inclusivity	x	x
<b>Sample Activities</b>		<b>Generalist</b>	<b>Specialized</b>
<b>4. Engage in Practice-informed Research &amp; Research-informed Practice</b>			
	I will research trauma and discuss the effects of trauma on our clients with my supervisor.	x	x
	I will review evidence informed methods and evaluative tools utilized by the agency and create a presentation that summarizes the agency's evaluative tools to share with supervisor and agency workers.	x	x
	I will discuss in supervision common theories and perspectives utilized when working with clients in my agency and their effectiveness with different populations.	x	x
	I will research evidence-informed policies informing agency practice and client population; discuss with supervisor.	x	x
	I will read professional journal articles relevant to clients served by the agency discuss in supervision.	x	x
	I will develop and implement one evaluation process that engages clients as evaluators. Share your evaluation process in supervision.		x
	I will research why certain cultures do not engage in therapy and recommend steps to reduce barriers/ stigmas. Share your findings in supervision; or in agency staff meetings.		x

Sample Learning Contract Activities

Sample Activities		Generalist	Specialized
<b>5. Engage in Policy Practice</b>			
	I will identify one piece of legislation and identify how it may impact my agency’s policies.	x	x
	I will identify a policy that impacts my practice setting and critically evaluate its impact on the individual and/or community we serve. Discuss in supervision and share with agency staff members.	x	x
	I will critically evaluate the history behind a policy impacting services delivered at the agency. Discuss with supervisor in supervision.	x	x
	I will collaborate with my supervisor to make a potential policy recommendation that can be implemented at my agency.	x	x
	I will identify a barrier to services for a specific population and advocate for a low barrier solution.	x	x
	I will participate in a group discussion with clients, staff, or community stakeholders focused on collective problem solving.	x	x
Sample Activities		Generalist	Specialized
<b>6. Engage with Individuals, Families, Groups, Organizations, &amp; Communities</b>			
	I will discuss in supervision ways to engage with person(s) who may be of a different culture/background	x	x
	I will complete a monthly reflection focusing on how my role as a social worker may impact my engagement with clients	x	
	I will seek feedback from supervisors about ways to build rapport and trust, and to roll with resistance with clients.	x	x
	I will review literature on rapport-building/ interpersonal skills and practice in various communities and apply concepts in practice. Discuss in supervision.	x	x
	I will engage in active listening with clients, agency staff, and supervisors and review this skill in supervision.	x	x
	I will observe supervisor and agency workers during their interactions with clients. Discuss the client interactions with your supervisor.	x	x
	I will identify areas of comfort and discomfort in client engagement and discuss in supervision.	x	x
	I will role play with supervisor an initial interaction with a client.	x	x
Sample Activities		Generalist	Specialized
<b>7. Assess with Individuals, Families, Groups, Organizations, &amp; Communities</b>			
	I will complete a literature review of an assessment used with the population our agency serves and discuss in supervision the appropriateness of this assessment with in the agency.		x
	I will help to complete a family genogram after client assessment.	x	
	I will discuss with supervisor appropriate terminology and documentation of interactions with clients	x	x

Sample Learning Contract Activities

	I will observe client assessment and discuss my observations during supervision.	X	X
	I will complete documentation of an assessment within my agency and review the document with my supervisor.	X	X
	I will discuss in supervision how to navigate when an assessment makes a client ineligible for services.	X	X
	I will complete an ecomap of the community my agency services and discuss in supervision.	X	X
	I will complete an organizational analysis (including staffing, finances, etc) and share within my generalist class	X	
	<b>Sample Activities</b>	<b>Generalist</b>	<b>Specialized</b>
<b>8.</b>	<b>Intervene with Individuals, Families, Groups, Organizations, &amp; Communities</b>		
	I will write a treatment plan for a client and review with supervisor for direction and feedback	X	X
	I will develop a list of community agencies/referrals for clients that will be shared with all staff	X	
	I will facilitate a support group or psycho educational group. Discuss in supervision your feelings on group facilitation, and best group facilitation practices.	X	X
	I will develop a post treatment plan for clients and discuss this process in supervision	X	X
	Select a specific intervention used at the agency and at the micro, mezzo, and macro level with your supervisor.	X	X
	I will research an alternative form of therapy for the population served by my agency and share findings with staff and supervisor (via email, presentation or other means)		X
	<b>Sample Activities</b>	<b>Generalist</b>	<b>Specialized</b>
<b>9.</b>	<b>Evaluate with Individuals, Families, Groups, Organizations, &amp; Communities</b>		
	I will review evaluation and data collection tools/ methods used at agency. Discuss in supervision.	X	X
	I will complete an organizational analysis (including staffing, finances, etc) and share within my generalist class	X	X
	I will discuss in supervision how successful/unsuccessful treatment is evaluated within the agency	X	X
	I will assess my own internship and share my thoughts in supervision.	X	X
	I will complete my evaluative research project within my agency and turn in my completed poster for SOWK 616		X
	I will complete a presentation of my evaluative research findings to agency staff and supervisor		X
	I will interview agency staff about the strengths and limitations of the agency. Share with the agency supervisor your findings	X	
	I will complete an ecomap of the community my agency services and discuss gaps in supervision.	X	X