Week 1 Exam:

Before the end of the first week of the semester, your task is to compose a 150-300 word well written essay (about 1-2 page if you are using WORD, double spaced, 12 pt font, 1” margins all around) outlining your goals for this semester. Your goals should be specific and measurable:

* Specific: Specific goals outline a logical purpose for engaging in certain behaviors. For example, "I want to learn everything possible" is NOT specific and therefore not acceptable, however, "I want to learn everything possible about working with children in foster care" is somewhat more specific and would likely be acceptable. Being even more specific, and therefore in exact alignment with the expectations for this assignment, you could say, "I want to learn about therapy approaches to working with children in foster care".

* Measurable: A measurable goal is one that can be quantified in some way for comparative purposes. Creating measurable goals is difficult because it is inherently hard to quantify subjective amounts of learning; however, it is possible! For example, "I want to learn about therapy approaches to working with children in foster care" is very specific but not measurable. Changing the wording to "I want to learn three therapy approaches to working with children in foster care" makes it very measurable, and by the end of the course.

If your goals are specific and measurable, you can assess if you accomplished your goals by the end of the semester without guessing.

⇒ Here’s what to include in the Week 1 exam:

Your Week 1 exam essay should consist of a minimum of two paragraphs. The first paragraph should provide an overview of your practicum site (or the site you hope to obtain), including the type of population you anticipate working with (who you’ll be helping), the activities you expect to engage in (what you might do), and the overall purpose/mission of the site (why they exist and why you want to be there). Depending on your writing style, this may take more than one paragraph. The final paragraph should not necessarily be in paragraph form, but needs to include an itemized list (bullet points) of your specific and measurable goals as described above. You should include a minimum of 3 goals, but you are encouraged to come up with 5-10.

Mid-term Exam:

Somewhere towards the middle of the semester (check your syllabus for the specific date), your task is to compose a 300-500 word well written essay (about 2-3 pages if you are using WORD, double spaced in 12 pt font, 1” margins) revisiting your goals for this semester that you outlined in your Week 1 Exam. You will be assessing and revising your goals based on your current practicum placement and normal duties there.
Here’s what to include in the Mid-term exam:

Similar to the Week 1 exam, the first paragraph should provide an overview of your practicum site and specify exactly what type of population you are working with, the activities you are engaging in on a regular basis, and why you wanted to train at this site and if the site is meeting your expectations. Depending on your writing style, this may take more than one paragraph. The next paragraph(s) should focus on what has been good and bad during the first half of the semester at your practicum site, and what your goals for personal / professional improvement are going forward through the remainder of the semester. This is reflective in nature and it should be approached as a personal challenge for yourself to see what you can do better. If you cannot identify anything you can do better or any ways for you to improve personally or professionally, you are not thinking creatively enough! The final part of your Mid-term (not included in the page/word count) is to copy / paste the following table to the end of your essay and fill in the information. (Add more rows to the table as needed)

<table>
<thead>
<tr>
<th>Goal #</th>
<th>Week 1 Goal</th>
<th>Revised Goal at Mid-Term</th>
<th>Is your revised goal specific &amp; measurable?</th>
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<tbody>
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Final Exam (for students who are not graduating at the end of this term):

Due by the end of the final exam day (date noted in the syllabus), your task is to compose a 500-700 word well written essay (about 4-5 pages if you are using WORD) assessing your overall personal and professional performance this semester. **Your essay should include the following components:**

- Your assessment of your progression this semester: Did you enjoy your work? Were you comfortable working with the population assigned? Were you particularly disappointed or excited about anything you were exposed to?

- Your assessment of your goals: On the Week 1 Exam and Midterm Exam, you identified and refined at least three specific and measurable goals. If you were, in fact, specific and measurable, you will now be able to determine if you reached your goals. What goals were obtained? What goals were not completed? Why/why not?
- Your improvement: Based on the areas you identified for personal and/or professional improvement at mid-term, were you able to grow? Why/why not? What are you plans for continued growth in the (near) future?

- What you could have done differently: Indicate what you could have done differently (and/or better) during your semester on practicum. You can also think about experiences that worked out well, but in hindsight, you think could have been handled differently. This is an assessment of YOUR behaviors, not necessarily anyone else, even if another person caused you difficulties.

- Concluding thoughts: Conclude by summarizing your experiences including what you feel you gained from this experience. Indicate if you enjoyed working at this site and with the people you worked for and with. Indicate if this experience gave you a favorable or dis-favorable impression of this one area of the mental health field (or related field). Is psychology, in an applied form such as what you experienced on practicum, something you might be interested in pursuing in the future, whether as a job or through graduate school? Why/why not?

- At the end of your essay, please copy / paste your specific & measureable goals table from your Mid-term exam (not included in the page/word count). This is simply for your reference while writing your final exam, as well as my reference as I read through your final exam.

**Final Exam (for graduating seniors only):**

As a graduating senior, your undergraduate life is just about over. But, that doesn't mean your professional development is done. Whether you like it or not, you are about to reach a pivotal decision in your life--will you:

1) Go to graduate school;
2) Seek a job (entry level or otherwise) in a field related to your degree;
3) Keep the status quo in your life.

In a 1-2 page personal reflection essay, outline the next steps you plan on taking in the next 3-6 months, 6-12 months, and 12-24 months. Make sure you address the question above in your response.