

## SWK 321 M7 S219: Preassignment

1. Cengage Mindtap - If you have a laptop, tablet, or smartphone, please bring them to our first class session. It is imperative that you attend our first class session as we will be reviewing our publishers online program, **Mindtap**, which we will be using throughout this course.

Mindtap – is an online resource through our textbook publisher. Mindtap will be linked to our blackboard course. You must have Mindtap for the course. You can purchase Mindtap separately (you will have access to the online textbook) OR purchase Cengage Unlimited which gives you access to Mindtap.

If you have questions about Mindtap, please reach out to me, ASAP

2. Read Chapter 1 and be prepared to discuss in class.

3. Prepare for in class activity:

1. In this introductory exercise, you will introduce yourself and share something about yourself with other members of the class. You will:
  - A. Express some basic information about yourself.
  - B. Practice participating in class activities.
  - C. Examine some basic feelings about yourself.
- Procedure
  - A. On an 8" × 5" note card or a piece of scratch paper, draw six equal divisions and fill in the following information:
    - a. **Upper Left-Hand Corner:** Write three adjectives that describe what you like about yourself.
    - b. **Upper Right-Hand Corner:** Write three adjectives that describe what you dislike about yourself.
    - c. **Left Center:** State briefly why you are taking this course.
    - d. **Right Center:** State briefly what you expect to be doing five years from now, both personally and professionally.
    - e. **Lower Left-Hand Corner:** State briefly what makes you angry.
    - f. **Lower Right-Hand Corner:** State briefly what makes you happy.
2. In this exercise, you are asked to create a symbolic representation of major positive and negative events in your life. You will:
  - A. Identify normal life events.
  - B. Develop a perspective on the types of issues and simulations that will be examined throughout the course.
  - C. Examine the effects of various life events and relate them to the ways that similar life events may affect clients.
- Procedure
  - A. Take a few moments to reflect on the most memorable occasions in your life. Think about the most positive happenings. These may include happy occasions, special activities, awards, achievements, special relationships, or graduations. Then focus on some of the major

negative happenings. These might include illnesses, deaths, accidents, job losses, or significant disappointments.

- B. Share as many of the positive and negative happenings in your life as you choose. Focus on the effects of these happenings on your life. You will have approximately 10 minutes for the small-group discussion.
- C. After you finish your discussion, have a representative summarize some of the happenings discussed in the group and share them with the entire class.
- D. Create a symbolic picture of your life. Incorporate the major positive and negative happenings. Anything you feel is too personal to share should either be excluded from the life picture or stated in vague, general terms. You may be as creative as you like in illustrating your life. Examples of different types of formats include: a line or bar graph illustrating various highs and lows, a fan that is divided into different life stages and has different colors that portray positive and negative times, a piano keyboard on which the white keys reflect positive times and the dark keys refer to negative ones, and a time chart with magazine cut-outs to emphasize various life events.
- E. The projects will not be evaluated for artistic ability but rather on such elements as depth of insight, creativity, amount of detail, and completeness. Regardless of the format, specific information needs to be clearly incorporated.