

**A Helpful Handout from the Senior Social Work Majors  
November 2009**

- “I wished someone had warned me that the September class will keep you very busy. I would also recommend that students really think about the living environment that works best for them especially when working 40 hours a week. Not the living environment that works best for their friends. Also, I would recommend that students don't over commit themselves. I am basically doing my practicum and activities with friends and church and I am the perfect amount of busy. I would also tell students to pick their practicum wisely and really look for the experience that they want.”
- “Sleep has been the most important thing to me. No matter how lame friends call me, I need to be in bed early otherwise the kids at school suffer from me not being with it.”
- “I wish I knew that I had to be familiar with the different perspectives, theories and models and be able to recognize them readily. I wish I knew I needed every single social work textbook we've used with us on campus this semester!”
- I wish I'd known early on to save up money for this semester, rather than trying to work on the side...Disengage from student orgs for the semester; let next year's juniors handle it!
- “I have learned to 'say no' to doing certain things at my practicum site when that thing/activity falls outside of the time I am scheduled to be there...I have found positive self-talk to be psychologically beneficial to me.”
- “Try to interview early because during finals time it is a little bit more Stressful and if you don't get your first choice don't stress out too much, it will work out and you will learn wherever you are.”
- “I wish I would have known that although I am a social work intern, my opinion carries so much weight. However, this varies for different practicum sites.”
- “Interview at possible practicum sites until you find one that really sticks out to you (there are lots of cool places out there). When you go to the interviews, notice how staff interact with each other and with clients and spend enough time there to get some idea of the atmosphere. The practicum is a lot of work, but if you like your colleagues and are super interested in what you're doing it will feel easy.”
- “One thing I wish I had known last year was that I should have made sure to schedule some time for myself just to relax and really think and process everything.”
- “Take everything STEP by STEP—you are not expected to know everything or do everything perfectly right away. Enjoy each phase of the SW program as it comes, and you will be fine.”

***Good luck as you begin your practicum placement searches!  
Don't hesitate to contact any of us with questions!***