SUPERVISION PREP FORM

What’s on my mind today related to my Learning Contract/Practice:

What I’ve learned about social work practice and/or myself since our last session:

Challenges I am facing right now:

What I have and have not tried so far:

Opportunities I have right now:

What I have and have not tried so far:

What am I currently doing to help with my stress?

 Self-care plan in Action:

 What needs can the FI/my team assist me in meeting?

How I would like to use our supervision time (Please develop an agenda):