WEBVTT

1 "William Friedrich" (2725093120)

00:00:02.818 --> 00:00:20.370

I am Dr Friedrich for those of you who do not know me I am the field placement coordinator for the professional school counseling, um, students at and and my colleague who's going to be Co leading this um.

2 "William Friedrich" (2725093120)

00:00:20.370 --> 00:00:39.300

Discussion will be Dr Kara Thompson. She is the field placement coordinator taking over for Dr Simon for side of things. Uh, we just kind of want to give you just a general overview of what field placement is.

3 "William Friedrich" (2725093120)

00:00:39.300 --> 00:00:59.300

When do you take it and then we kind of want to leave a little bit of time at the end of the presentation. If you have any specific questions that aren't discussed, or addressed in this particular presentation, we can answer at those time at at that time.

4 "William Friedrich" (2725093120)

00:00:59.300 --> 00:01:04.530

As well, um, yeah, so in general, what is field placement.

5 "William Friedrich" (2725093120)

00:01:04.530 --> 00:01:10.380

It's when you practice your counseling skills with real life clients, or students.

6 "William Friedrich" (2725093120)

00:01:10.380 --> 00:01:15.900

At a site that is outside the, um.

7 "William Friedrich" (2725093120)

00:01:15.900 --> 00:01:35.900

Masters program, so, in the Department of counseling, so up until this point, the closest thing you may have done to working with real life clients would be, um, in your skills class when you're doing your practice sessions with, uh, appear in your class.

8 "William Friedrich" (2725093120)

00:01:35.900 --> 00:01:43.140

Your requirements to start practicum. Are you? You need to have completed 8 of the 9 core courses.

9 "William Friedrich" (2725093120)

00:01:43.140 --> 00:01:48.240

And be registered to take your 9th core class in the same semester you're taking practical.

10 "William Friedrich" (2725093120)

00:01:48.240 --> 00:01:52.320

That's a pretty steadfast rule that we can't, um.

11 "William Friedrich" (2725093120)

00:01:52.320 --> 00:02:02.730

Change so it's 1 of those things you want to make sure that you're following with your advisor when you're registering for courses.

12 "William Friedrich" (2725093120)

00:02:02.730 --> 00:02:20.970

In addition to that to move on to internship internship, you need to pass the practicum course with a grade of B or better complete all your required hours will kind of talk about what that is in just a 2nd here and complete your 9th.

13 "William Friedrich" (2725093120)

00:02:20.970 --> 00:02:40.970

Your final core class, um, and you also need to pass something called the, which is the comprehensive professional counselors exam, which covers all of your core class content and it is a multiple choice exam that all of our students, no matter what.

14 "William Friedrich" (2725093120)

00:02:40.970 --> 00:03:00.970

Track you're in whether it's or you do need to pass that in your practicum semester. Otherwise the following semester, you will not move on to internship. And it, what it does is, it pushes out your graduation date an additional semester. So when.

15 "William Friedrich" (2725093120)

00:03:00.970 --> 00:03:20.970

In practicum you really want to take the serious you want to study for it. You don't want to just go in there, cold turkey and try to pass it. That seems to be. Those seem to be the students who don't do well on the CPC. The ones that don't take it seriously and.

16 "William Friedrich" (2725093120)

00:03:20.970 --> 00:03:37.650

Are no sort of free passes? Um, it's it's a hard and fast rule as well. If you don't pass the, you have to wait till the next semester and the is only you can only take it once per semester. Um.

17 "William Friedrich" (2725093120)

00:03:37.650 --> 00:03:57.650

Indirect and direct hours so at the practicum at your practicum site, you will be, you will have to accrue a total of 100, total hours at your site. 6. at least 60 of those have to be direct hours. And what does what does direct versus indirect mean your direct hours.

18 "William Friedrich" (2725093120)

00:03:57.650 --> 00:04:02.580

There any direct counseling that you do either. Um.

19 "William Friedrich" (2725093120)

00:04:02.580 --> 00:04:07.980

Individual counseling group counseling, or, um.

20 "William Friedrich" (2725093120)

00:04:07.980 --> 00:04:13.410

For school counseling students that could also be classroom guidance lessons.

21 "William Friedrich" (2725093120)

00:04:13.410 --> 00:04:26.639

Um, and you can either Co Co lead or just lead by yourself for the group sessions, or the classroom guidance those count as direct hours pretty much everything else.

22 "William Friedrich" (2725093120)

00:04:26.639 --> 00:04:44.069

Is counting is counted as an indirect hour so that could be prepping for future sessions doing research about different activities that you can use with clients. Sometimes it's record keeping at your site. Um.

23 "William Friedrich" (2725093120)

00:04:44.069 --> 00:05:04.069

Your site supervisor will be able to instruct you kind of what, the day day to day ins and outs of that particular site are as far as it relates to the direct hours. So, if you look at the practicum hours, you're looking at 100, total hours, 60 of which is direct. That's over a 15.

24 "William Friedrich" (2725093120)

00:05:04.069 --> 00:05:19.799

sixteen fifteen sixteen week semesters so not that difficult to do when you move on to internship one and internship two those are in separate semesters those numbers triple

25 "William Friedrich" (2725093120)

00:05:19.799 --> 00:05:34.136

So, in a 15 or 16 weeks semester, you need to have at least 300, total hours at your internship. And at least 180 of those has to be direct hours. Can I.

26 "Cara Thompson" (3831106816)

00:05:34.136 --> 00:05:39.329

Interrupt for a moment. Yeah, I wanted to make a comment. Um.

27 "Cara Thompson" (3831106816)

00:05:39.329 --> 00:05:47.969

About my little, like, funnel shape up there on the right top right corner because 1 of the questions that we often get is can I work.

28 "Cara Thompson" (3831106816)

00:05:47.969 --> 00:05:56.009

While I'm doing practicum our internship hours, just like Dr Frederick said during your practicum, it's technically feasible.

29 "Cara Thompson" (3831106816)

00:05:56.009 --> 00:06:02.519

Um, and probably doable however, when your internship.

30 "Cara Thompson" (3831106816)

00:06:02.519 --> 00:06:08.609

During your internship semesters, it may be quite challenging. I don't like to tell people things aren't possible because.

31 "Cara Thompson" (3831106816)

00:06:08.609 --> 00:06:28.079

Who am I to tell you you can't do something, but it becomes really difficult. And that little funnel means that it's just kind of like a reminder that it's not a linear process. So, you may enter your schedule as, you know, 10 hours a week during practicum or 25 hours a week during internship.

32 "Cara Thompson" (3831106816)

00:06:28.079 --> 00:06:41.249

But those direct hours are not automatic. We are working with people, and especially on the clinical side, there might be no shows or last minute cancellations and you have to build a caseload. And so you don't.

33 "Cara Thompson" (3831106816)

00:06:41.249 --> 00:06:54.779

Begin in January or August with 20 or 10 direct hours. Each week it builds and it shifts. And so and that's normal to have.

34 "Cara Thompson" (3831106816)

00:06:54.779 --> 00:07:06.269

You know, fewer in the beginning of a semester, and then more at the end of a semester, as case codes built, et cetera. So I just wanted to make a note in terms of planning. That tends to be a question that.

35 "Cara Thompson" (3831106816)

00:07:06.269 --> 00:07:12.989

We get and that also tends to have a lot of panic in those initial 2 weeks. You're like, I haven't had any direct hours yet and it's like, well, that's.

36 "Cara Thompson" (3831106816)

00:07:12.989 --> 00:07:18.165

Probably to be expected to be slower in the beginning. Yeah.

37 "William Friedrich" (2725093120)

00:07:18.165 --> 00:07:29.879

Thanks for thanks for mentioning that. Dr Thompson. That's a really important piece there, especially for the students on the clinical side. Um, I always encourage them to.

38 "William Friedrich" (2725093120)

00:07:29.879 --> 00:07:48.749

Plan for more direct hours than what you actually need, because of no shows that happens. And it happens pretty regularly. The other thing to consider, too when you're in practicum an internship. There's a couple things. The 1st thing is the time commitment you have to your to your site, um.

39 "William Friedrich" (2725093120)

00:07:48.749 --> 00:08:08.749

Within that when you're at that site, you also have a site supervisor who provides weekly supervision 1 hour per week. You also have a classroom component to practical internship where you are meeting in person every other week. Um, with.

40 "William Friedrich" (2725093120)

00:08:08.749 --> 00:08:21.239

Your classmates who are also in practical internship and your faculty instructor supervisor. So that's another level of support you have when you're in practice for an internship but.

41 "William Friedrich" (2725093120)

00:08:21.239 --> 00:08:34.799

Uh, some students just assume that, like, okay, all I really have to do is log these hours at the site but there is a classroom component with additional assignments, including, and not limited to.

42 "William Friedrich" (2725093120)

00:08:34.799 --> 00:08:52.619

Presenting recordings of your actual sessions with clients or students in class. So those are things you have to take into consideration as well. Um, and it's why we limit students to a maximum of 3 classes.

43 "William Friedrich" (2725093120)

00:08:52.619 --> 00:08:57.209

You can only take 3 classes when you're taking practical internship.

44 "Tovey" (3940547840)

00:09:01.329 --> 00:09:04.408

Question okay.

45 "William Friedrich" (2725093120)

00:09:04.408 --> 00:09:05.330

I.

46 "Tovey" (3940547840)

00:09:05.330 --> 00:09:15.719

So Dr Thompson, I know you said the difficulties of working, not necessarily that we can't, um, is the internship and project come mainly during the day is there a night components.

47 "Tovey" (3940547840)

00:09:15.719 --> 00:09:21.905

Cause I personally work at night on weekends so that's why I'm just curious. Yeah.

48 "Cara Thompson" (3831106816)

00:09:21.905 --> 00:09:32.219

I like that depends on your site and you can keep that in consideration when you're trying to identify a site until the I know that you live further away. So you're not really in competition with.

49 "Cara Thompson" (3831106816)

00:09:32.219 --> 00:09:37.739

You know, other students that may be kind of trying to look at similar or the same sites. Um.

50 "Cara Thompson" (3831106816)

00:09:37.739 --> 00:09:49.979

But there's nothing in our field place that may know that says you cannot keep working. Um, and I think that's the reality of a lot of people, but working full time during the day.

51 "Cara Thompson" (3831106816)

00:09:49.979 --> 00:09:55.406

Would make it extremely difficult during your internship semesters.

52 "Tovey" (3940547840)

00:09:55.406 --> 00:10:01.139

That's 1 of the reasons why I like this program is because of my non traditional schedule, I'm able to.

53 "Tovey" (3940547840)

00:10:01.139 --> 00:10:07.047

I have the luxury of being able to do both with good time management skills. Mm. Hmm. Yeah.

54 "Cara Thompson" (3831106816)

00:10:07.047 --> 00:10:10.407

So, that would just be something you'd want to bring up in your interviews with any.

55 "Tovey" (3940547840)

00:10:10.407 --> 00:10:16.106

Thank you. You're welcome. All right.

56 "William Friedrich" (2725093120)

00:10:16.106 --> 00:10:30.739

I think we did touch on some of these things already for internship. Um, it is very similar to practicum. You're going to have different assignments and things of that nature for the classroom part of things. Um, oftentimes.

57 "William Friedrich" (2725093120)

00:10:30.739 --> 00:10:38.369

Times, I think when students get to the internship 2 portion of things they have sort of, um.

58 "William Friedrich" (2725093120)

00:10:38.369 --> 00:10:43.439

They're sort of they're sort of looking for what.

59 "William Friedrich" (2725093120)

00:10:43.439 --> 00:11:03.439

You know, what, what do I do an internship to keep keep things fresh or to make sure that I'm still getting the learning experience out of internship too rather than rather than just turning in a weekly login and counting off hours I think that's really important to create goals for yourself at the beginning of each semester.

60 "William Friedrich" (2725093120)

00:11:03.439 --> 00:11:24.049

So, we touched on this earlier as well, you have to earn agree to be your hire and internship as well and then the hour requirement triples from practicum. So total, 300 hours. And at least 180, um, have to be direct. You do need to be present for each.

61 "William Friedrich" (2725093120)

00:11:24.049 --> 00:11:28.469

For the semester at your site, and in the classroom um.

62 "William Friedrich" (2725093120)

00:11:28.469 --> 00:11:48.469

But the site specifically, even if you have met the requirements, either in practicum, our internship, if you've met the required number of hours, and you still have 3 weeks to go in the in the semester you're still required to be at your site, uh, on a weekly basis and it's really something you want to discuss.

63 "William Friedrich" (2725093120)

00:11:48.469 --> 00:11:59.219

With your site supervisor, you don't want to just sort of leave them in alert. I know spring semester, 2, especially for school counseling students.

64 "William Friedrich" (2725093120)

00:11:59.219 --> 00:12:12.359

Often times you are at a school who has a different spring break schedule than the university does. So those are things you have to sort of navigate with your site and your site supervisor.

65 "William Friedrich" (2725093120)

00:12:12.359 --> 00:12:19.607

Dr. Thompson anything you wanted to add there.

66 "Cara Thompson" (3831106816)

00:12:19.607 --> 00:12:38.279

No, only maybe that, like, I just, I struggle with this, like, unpaid internships. I know that that's something that is pretty widely discussed and we all agree that that would be really nice. And I think even school counselors are ahead of us. The clinical.

67 "Cara Thompson" (3831106816)

00:12:38.279 --> 00:12:45.509

Field in that way. Um, but I think until that becomes the norm in this field.

68 "Cara Thompson" (3831106816)

00:12:45.509 --> 00:13:01.859

That we just have to think about not only our network and the relationships and professional relationships that we're building, but also just working with real life people. And I need more time and care. And that is, um, a really big part of.

69 "Cara Thompson" (3831106816)

00:13:01.859 --> 00:13:04.990

Field.

70 "William Friedrich" (2725093120)

00:13:04.990 --> 00:13:20.429

Yeah, that's a great thing. Uh, again that you brought up Dr Thompson for on the PSC side of things for our professional school counselors, um, I would say the majority of our students are hired on for graduation.

71 "William Friedrich" (2725093120)

00:13:20.429 --> 00:13:40.429

Um, I would say it's probably 80 to 90% of our students are, um, that also brings in a lot of other questions. Right? So, ethically, um, what is the difference in the work that you're doing uh, as a full time employee versus what are the what's the difference.

72 "William Friedrich" (2725093120)

00:13:40.429 --> 00:14:00.429

Between the internship hours, sometimes a school will we'll just assume that our students who are still graduate students who have not graduated, because they're hired on full time as a school counselor, and they don't need weekly supervision. They don't need these other things that are a minimum requirement. The site.

73 "William Friedrich" (2725093120)

00:14:00.429 --> 00:14:04.679

So those are things to watch out for as well. Um.

74 "William Friedrich" (2725093120)

00:14:04.679 --> 00:14:21.029

Because I've seen it happen with our PFC students where they're hired on full time, and the site, or the county, the district, the school district just assumes that, well, they're full time employees. So they don't really need this weekly supervision, which is not the case.

75 "William Friedrich" (2725093120)

00:14:21.029 --> 00:14:41.029

So, how do you choose a site? What happens is the semester before you are set to register for practicum. Dr Thompson will send out an email to those students who are looking to be eligible for practicum. You can also review those requirements.

76 "William Friedrich" (2725093120)

00:14:41.029 --> 00:14:50.257

To begin, practicum with your advisor when you meet with them for registration. Um, the.

77 "Marybeth Gaiani" (2874454528)

00:14:50.257 --> 00:14:51.061

We kind of.

78 "William Friedrich" (2725093120)

00:14:51.061 --> 00:14:54.269

Feelers on who is going to be.

79 "William Friedrich" (2725093120)

00:14:54.269 --> 00:15:14.269

Signing up for practicum so we can get numbers for how many classes and sections we need to run. Um, after that you go into and you, you begin what's called a, and you just send this document into Vera to your advisor. There's a.

80 "William Friedrich" (2725093120)

00:15:14.269 --> 00:15:31.469

Down menu where you select your advisor, it goes to them into Vera, they have to review and sign off on it. And then the next thing is, you start looking at how do I choose a site for practical? Um.

81 "William Friedrich" (2725093120)

00:15:31.469 --> 00:15:48.929

I'll say before we get into kind of the differences, it's really important to choose the right site for you. I talk to. This is more for the students, I think, but I always, I always use the metaphor of, um.

82 "William Friedrich" (2725093120)

00:15:48.929 --> 00:16:08.639

And this is good for all students when you're going to interview post graduation. I always tell students that the metaphor I use is that there's a position is open for a reason. Just like, if you're looking to date someone, they're single for a reason. So you have to find out why they're single. And is that a deal breaker for you?

83 "William Friedrich" (2725093120)

00:16:08.639 --> 00:16:14.999

So, for open positions, it's a matter of does that site align with, um.

84 "William Friedrich" (2725093120)

00:16:14.999 --> 00:16:21.509

Your ethics, your idea of what counseling should look like? Um.

85 "William Friedrich" (2725093120)

00:16:21.509 --> 00:16:34.799

You want to go into that interview with potential sites with questions that you have about the site that might give you a better idea if that's going to be the right fit for you. Um.

86 "William Friedrich" (2725093120)

00:16:34.799 --> 00:16:54.419

And oftentimes, it's about being able to not only meet the minimum requirements of providing you with clients and making sure that you did a well rounded experience, and, you know, observe a number of things. But also, like I said, it has to sort of.

87 "William Friedrich" (2725093120)

00:16:54.419 --> 00:17:00.989

Fit with your own style of counseling and what your idea of counseling is.

88 "William Friedrich" (2725093120)

00:17:00.989 --> 00:17:04.156

Um, anything to add Dr Thompson.

89 "Cara Thompson" (3831106816)

00:17:04.156 --> 00:17:19.829

Yeah, and I, I don't plan to get to this today, but at the end of this that we can share with you or you can email me if you want a copy of it. There are some suggestions about questions that you could ask in an interview to get at some of that, um, questions that you can ask whoever.

90 "Cara Thompson" (3831106816)

00:17:19.829 --> 00:17:23.489

Is interviewing you to get an idea of the culture.

91 "Cara Thompson" (3831106816)

00:17:23.489 --> 00:17:39.869

Um, of expectations, um, those kinds of things, like like, it should be a 2 way interview and I think that's a really important part of the process. And certainly you can research the organization or the individual counselor.

92 "Cara Thompson" (3831106816)

00:17:39.869 --> 00:17:46.273

Ahead of time. Um, but I think that the interview process is really important.

93 "William Friedrich" (2725093120)

00:17:46.273 --> 00:17:57.471

Do you want to talk a little bit about the supervisor requirements for and then I'll jump in with the site supervisor requirements for PSC.

94 "Cara Thompson" (3831106816)

00:17:57.471 --> 00:18:08.369

Or so they need to have a masters degree in counseling or related field. What does that mean? That might mean we kind of follow along with the licensure board.

95 "Cara Thompson" (3831106816)

00:18:08.369 --> 00:18:17.459

Um, requirements there, but that might mean a licensed psychologists that might mean an, or, um.

96 "Cara Thompson" (3831106816)

00:18:17.459 --> 00:18:24.269

I think those are probably the main ones that you'll encounter social worker, a licensed clinical social worker.

97 "Cara Thompson" (3831106816)

00:18:24.269 --> 00:18:28.229

But they should have at least 2 years experience in counseling.

98 "Cara Thompson" (3831106816)

00:18:28.229 --> 00:18:32.699

Or related field, um, very closely related.

99 "Cara Thompson" (3831106816)

00:18:32.699 --> 00:18:46.289

And be able to provide weekly supervision, be able to provide you with a caseload, and you have to be able to record client sessions. And then lastly, they have to have relevant training and counselor supervision. However.

100 "Cara Thompson" (3831106816)

00:18:46.289 --> 00:18:56.969

As you're inquiring about sites, you may ask about any training and supervision, you may just tell them like, this is part of our requirements if they say no.

101 "Cara Thompson" (3831106816)

00:18:56.969 --> 00:19:13.569

Does provide like a, it's an online virtual, uh, supervisor training they can take that we keep those records and so they get that training and then they can then say that they do have that formal training and counselor supervision.

102 "William Friedrich" (2725093120)

00:19:13.569 --> 00:19:31.939

Yeah, and so the site supervisor requirements, um, that should say for I'm sorry I know at the bottom there. So site supervisor requirements for is very similar to, except you are putting in instead of counseling school counseling so your, your site supervisor has to have a minimum.

103 "William Friedrich" (2725093120)

00:19:31.939 --> 00:19:41.369

A masters degree in school counseling, they have to currently be working as a school counselor. Um, so if they work at the county office.

104 "William Friedrich" (2725093120)

00:19:41.369 --> 00:20:01.369

They cannot be a site supervisor, so they have to be currently working as a school counselor and have at least 3 years experiences, a school counselor. And then the same requirements as students be able to provide the weekly supervision, provide a client student case load and be able to record sessions with certain students. And, um.

105 "William Friedrich" (2725093120)

00:20:01.369 --> 00:20:10.027

The relevant training and counselor supervision.

106 "Cara Thompson" (3831106816)

00:20:10.027 --> 00:20:24.599

Okay, so this is something that I added just to kind of summarize everything we've just talked about in your field placement manual. There is like screenshots of how to do that process into Vera. Once you get to that place where you've reached out to a site.

107 "Cara Thompson" (3831106816)

00:20:24.599 --> 00:20:28.889

Identify who you want to reach out to.

108 "Cara Thompson" (3831106816)

00:20:28.889 --> 00:20:40.611

You make contact if you don't hear from them right away, which is something that I've heard and I do think this is different from school counseling. Correct. Okay. Um, so this.

109 "William Friedrich" (2725093120)

00:20:40.611 --> 00:20:45.647

So, yeah, this would be specifically for students right here. Okay.

110 "Cara Thompson" (3831106816)

00:20:45.647 --> 00:21:03.899

Thank you so if you do reach out, you're like, I emailed them, nobody responded counselors are crazy busy and have their own different kind of personalities on levels of organizations. So I encourage you to reach out twice. And if you reached out via email, you could maybe, um.

111 "Cara Thompson" (3831106816)

00:21:03.899 --> 00:21:15.839

Email them again, maybe try a phone call and leave a voicemail. Don't recommend reaching out more than 3 times. Max maybe not more than twice. Um.

112 "Cara Thompson" (3831106816)

00:21:15.839 --> 00:21:21.149

If you don't hear from them, then you can kind of move on and then if you do.

113 "Cara Thompson" (3831106816)

00:21:21.149 --> 00:21:33.269

Interview with him, it's just interview etiquette to send to. Thank you. And then into Vera if they say yes, we'd love to have you then you have to go through that. Um.

114 "Cara Thompson" (3831106816)

00:21:33.269 --> 00:21:42.449

Feel placement agreement process with them. That's where they're indicating. The supervisor indicates that they agree with all of their requirements and then.

115 "Cara Thompson" (3831106816)

00:21:42.449 --> 00:21:55.919

Then you start the approval process with me where I have to go and verify their license. I have to look up and research to site and make sure that everything is good to go before. It's finally approved.

116 "Cara Thompson" (3831106816)

00:21:55.919 --> 00:22:09.839

And sure you asked how much formal training and supervision is required. 1 year 2. it's actually not a matter of time. It's a matter of most people will have taken some sort of course.

117 "Cara Thompson" (3831106816)

00:22:09.839 --> 00:22:15.809

In our field in supervision, however, they haven't had the full course then we offer that. Um.

118 "Cara Thompson" (3831106816)

00:22:15.809 --> 00:22:18.839

But they do need to have some sort of formal training.

119 "Cara Thompson" (3831106816)

00:22:18.839 --> 00:22:34.469

Uh, it could be maybe some that they can verify again, like to get their s license, which I just learned recently their, the are, um, not as plentiful as perhaps the board would like.

120 "Cara Thompson" (3831106816)

00:22:34.469 --> 00:22:41.538

So, it's either a class, maybe some, or they would need to take the virtual training.

121 "Sherry McCoy" (1818159104)

00:22:41.538 --> 00:22:46.418

Okay, thank you.

122 "Cara Thompson" (3831106816)

00:22:46.418 --> 00:22:55.019

So, just some other requirements is that not only do you have that 1 hour of weekly supervision, but they actually need to be around and be accessible.

123 "Cara Thompson" (3831106816)

00:22:55.019 --> 00:23:01.949

So you'll have to sign something about, like, emergency procedures. I guess that is being recorded.

124 "Cara Thompson" (3831106816)

00:23:01.949 --> 00:23:21.949

And good timing. Um, but also there has to be somebody on site for you. Like, you cannot be by yourself, seeing clients on location. And if it's some telehealth hours, then there needs to be your supervisor needs to be present and available to you to be able to respond to any kind of.

125 "Cara Thompson" (3831106816)

00:23:21.949 --> 00:23:31.829

Emergent situation, and then we already discussed ours, but that's part of that process when you're asking sites and reaching out to them.

126 "Cara Thompson" (3831106816)

00:23:31.829 --> 00:23:37.829

To let them know what your hour requirement is if they've already had a, you and CP or another.

127 "Cara Thompson" (3831106816)

00:23:37.829 --> 00:23:42.539

Counseling accredited counseling student.

128 "Cara Thompson" (3831106816)

00:23:42.539 --> 00:23:51.299

Then they're probably familiar with our requirement, but it's still really important to communicate that in advance because they may not.

129 "Cara Thompson" (3831106816)

00:23:51.299 --> 00:24:00.749

Really understand what that requires and they may say yeah, sure. No problem. I'll get your clients, but then it might be. I have a student now.

130 "Cara Thompson" (3831106816)

00:24:00.749 --> 00:24:20.749

Several weeks in, and they're not quite, you know, where they should be and so that has to be a really open and direct conversation with the supervisor from the beginning about what the expectations are and then also services. So does require group counseling and our field placement manual we require at least 1.

131 "Cara Thompson" (3831106816)

00:24:20.749 --> 00:24:34.139

Group process experience spanning at least 5 weeks so just keep that in mind that you need to ask if there are opportunities for you to facilitate or Co, facilitate a group. And if there are not then.

132 "Cara Thompson" (3831106816)

00:24:34.139 --> 00:24:42.779

Um, the conversation needs to be had about supporting you and starting a group, or what kind of support would be there for that.

133 "Cara Thompson" (3831106816)

00:24:42.779 --> 00:24:46.169

In that same note, though, you need to know that you can't do all group.

134 "Cara Thompson" (3831106816)

00:24:46.169 --> 00:24:57.689

So some sites are very group focused, but you also need to be doing some individual counseling as well. And I think the field placement manual specifies, at least 2 hours a week of individual counseling.

135 "Cara Thompson" (3831106816)

00:24:57.689 --> 00:25:04.679

And the same thing with Tele counseling, I forget right off hand off to Frederick. I don't know if you remember, but there is a limit. I think it's.

136 "Cara Thompson" (3831106816)

00:25:04.679 --> 00:25:08.557

At least 60% have to be face to face.

137 "William Friedrich" (2725093120)

00:25:08.557 --> 00:25:18.959

Yeah, I believe it's 60% it's in the field placement manual. What not all of your hours at the site can be Tele, counseling ours.

138 "Cara Thompson" (3831106816)

00:25:18.959 --> 00:25:23.519

So that's another really important thing to again, have that conversation before you get to the point of.

139 "Cara Thompson" (3831106816)

00:25:23.519 --> 00:25:30.959

Going through that field placement agreement, thinking you're all set. Those are going to be things that I'm looking and asking for, um, as well.

140 "Cara Thompson" (3831106816)

00:25:30.959 --> 00:25:38.783

Hey, this is your information.

141 "William Friedrich" (2725093120)

00:25:38.783 --> 00:25:45.629

Oh, this is mine yeah. Oh, okay. Um, let I just need to back track.

142 "William Friedrich" (2725093120)

00:25:45.629 --> 00:26:04.529

You don't have to put you don't have to go back slide wise but, um, the, the way that we place students for the professional school counselors is a little bit different. You don't choose your site. Um, the way that works is, I will send out an email to all the students who are.

143 "William Friedrich" (2725093120)

00:26:04.529 --> 00:26:07.889

Registered to take either a practicum or or internship.

144 "William Friedrich" (2725093120)

00:26:07.889 --> 00:26:19.589

And then what happens is in that email, I'll ask you 3, I think 3 or 4 questions. The 1st, 1 is what is your preference for grade level.

145 "William Friedrich" (2725093120)

00:26:19.589 --> 00:26:39.589

So, do you want to work at an elementary school, middle school, high school? You cannot be placed at a community college, or a college setting for the side of things. Um, I know the side can do that. But cannot, it has to be a K through 12 school. Um, so I'll ask you what level you prefer and if you don't mind.

146 "William Friedrich" (2725093120)

00:26:39.589 --> 00:26:59.589

Find, you know, you can say, yeah, definitely I want high school, but not elementary school, or I only want to do high school then I'll ask you what county or district you'd like to be placed in and specific to that if you are located in a specific area where you're like, I don't I don't want to drive more.

147 "William Friedrich" (2725093120)

00:26:59.589 --> 00:27:02.639

Than a half hour 1 way to my site.

148 "William Friedrich" (2725093120)

00:27:02.639 --> 00:27:22.639

You'll let me know that information. If you have a site that you would like to be placed at. If it's a specific school, you would put that down as well if there are specific schools or areas or counties that you want me to avoid for whatever reason. That's where you would put that and then.

149 "William Friedrich" (2725093120)

00:27:22.639 --> 00:27:26.429

The final question is, are you currently employed? Um.

150 "William Friedrich" (2725093120)

00:27:26.429 --> 00:27:37.499

At a school full time and if so in what capacity are you a classroom teacher? Are you already employed as a counselor and you need to get your license.

151 "William Friedrich" (2725093120)

00:27:37.499 --> 00:27:57.499

Once I get all that information, I then reach out to our county contact person. So each school district has a contact person. I will send them the information, the preferences and then they get back to me with either. Like, here, we can place this student here, and then I let all the students.

152 "William Friedrich" (2725093120)

00:27:57.499 --> 00:28:12.029

They're actually placed after that you complete the site placement application, which is just something that the principle and your site supervisor sign off on and that's how you get your site.

153 "William Friedrich" (2725093120)

00:28:12.029 --> 00:28:17.429

Um, so that's the PSC side of things.

154 "William Friedrich" (2725093120)

00:28:17.429 --> 00:28:37.429

For our miscellaneous stuff, your site needs to be located in North Carolina, even if they're doing Tele counseling, um, it has to be in North Carolina that's that goes for PSC students as well. I know. Several years back, we were allowing students to be placed in South Carolina, but that's no longer a thing. You.

155 "William Friedrich" (2725093120)

00:28:37.429 --> 00:28:40.709

Your site must be located in North Carolina.

156 "William Friedrich" (2725093120)

00:28:40.709 --> 00:28:47.579

Your paperwork all of it goes through to. So your I mentioned earlier, that's kind of your.

157 "William Friedrich" (2725093120)

00:28:47.579 --> 00:29:04.979

Um, it's sort of your check box from your advisor to make sure that you're, you've met the requirements for practicum. Um, that then goes after it signed off on by your advisor, then goes to either myself or Dr Thompson.

158 "William Friedrich" (2725093120)

00:29:04.979 --> 00:29:24.979

Your site application, your weekly hours, your midterm and final evaluations all that stuff is done into Voicera and uploaded into Voicera. Um, all of your course, or class assignments are going to be uploaded into canvas and then students will either for their recordings for practical.

159 "William Friedrich" (2725093120)

00:29:24.979 --> 00:29:41.519

Internship you have to record some of your sessions. So I know a lot of my students will have a password protected flash drive or jump drive that they give me their, their sessions on, or they share those sessions through the 1 drive.

160 "William Friedrich" (2725093120)

00:29:41.519 --> 00:29:50.039

You, when you're recording your sessions, you need to make sure that you are not connected to the Internet for.

161 "William Friedrich" (2725093120)

00:29:50.039 --> 00:29:56.159

Purposes of protecting your client information.

162 "William Friedrich" (2725093120)

00:29:56.159 --> 00:30:16.159

Um, and then we mentioned before, sort of the requirements, a maximum of only 3 courses, including your practicum internship course uh, during the semester. Um, take the seriously and you can only have 1 site at a time. So you can't have.

163 "William Friedrich" (2725093120)

00:30:16.159 --> 00:30:35.970

2 different sites listed now, if let's say something changes or you get hired on, you get a full time position during the semester, you are able to change sites, but you can't have to you can't be logging hours at 2 sites at the same time.

164 "Cara Thompson" (3831106816)

00:30:35.970 --> 00:30:39.629

I want to make a quick comment about that paperwork column in the middle.

165 "Cara Thompson" (3831106816)

00:30:39.629 --> 00:30:44.729

Um, because you don't have to memorize this now, you will inevitably have questions later.

166 "Cara Thompson" (3831106816)

00:30:44.729 --> 00:30:48.149

But just to clarify to Vera, which you've.

167 "Cara Thompson" (3831106816)

00:30:48.149 --> 00:31:01.649

Most of you probably already have that for your ethics. Course it's a lifetime access and so think about it as like to their covers all the professional stuff. Paperwork documents, approvals communication with your site supervisor.

168 "Cara Thompson" (3831106816)

00:31:01.649 --> 00:31:10.829

All of that that you might need to access later on canvas is just the academic component. You still have to submit assignments and receive grades.

169 "Cara Thompson" (3831106816)

00:31:10.829 --> 00:31:20.339

In order to get a passing grade, and then the drive or the flash drive that's because of HIPPA compliance and confidentiality. And so that's why that's a little bit. Um.

170 "Cara Thompson" (3831106816)

00:31:20.339 --> 00:31:28.739

Separate and adds a 3rd component, which again, I know gets confusing, but it's important to know why there's so many different.

171 "Cara Thompson" (3831106816)

00:31:28.739 --> 00:31:34.914

Programs involved.

172 "William Friedrich" (2725093120)

00:31:34.914 --> 00:31:54.889

Frequently asked questions so, um, can I say practical for an internship during the summer? No, you may not. We do not have practicum or internship over the summer. Um, can I switch sites between semesters? Yes, you are able to do that. I know some of our PSC students.

173 "William Friedrich" (2725093120)

00:31:54.889 --> 00:32:10.919

For practicum they do their practicum at a grade level that they don't plan on working in just to kind of see what that's like. I know personally for myself, I did my practical elementary school knowing full well, that.

174 "William Friedrich" (2725093120)

00:32:10.919 --> 00:32:18.419

Long term I wanted to work as a high school counselor, so then for my internship, I did my hours at a high school. Um.

175 "William Friedrich" (2725093120)

00:32:18.419 --> 00:32:22.386

What, if I plan to move outside of North Carolina, it's important.

176 "Cara Thompson" (3831106816)

00:32:22.386 --> 00:32:26.129

To interrupt you real fast, just to go back to to, from a clinical side.

177 "Cara Thompson" (3831106816)

00:32:26.129 --> 00:32:30.089

Um, now this is coming from my background as a site director.

178 "Cara Thompson" (3831106816)

00:32:30.089 --> 00:32:50.089

I hated that and I would not accept anyone that was coming with the intention to switch later on. So that's 1 of those things. You need to ask if you have the intention of saying, I'd love to work in agency for a semester, maybe from our product. And then switch to private practice, you need to make sure that you're asking upfront. Some sites may say.

179 "Cara Thompson" (3831106816)

00:32:50.089 --> 00:32:55.499

We don't have the infrastructure to support an internship and all those hours, but we would take a practicum student.

180 "Cara Thompson" (3831106816)

00:32:55.499 --> 00:33:03.539

Some sites may say, and this is what I always said, like, by the time you're through practicum that's where you're just finally familiar with all of our.

181 "Cara Thompson" (3831106816)

00:33:03.539 --> 00:33:08.939

Electronic health records and our clients, and we feel like you're finally to the point where.

182 "Cara Thompson" (3831106816)

00:33:08.939 --> 00:33:22.524

You can actually be more independent and we've invested all these hours into training you and then you leave. And so I, we weren't willing to to split like that. So, just make sure that you're upfront in that communication from the beginning.

183 "William Friedrich" (2725093120)

00:33:22.524 --> 00:33:34.769

Yep, uh, what if I plan to move outside of North Carolina so, if you plan on moving or sometimes you don't plan on moving in life happens and you end up moving. Um, it's.

184 "William Friedrich" (2725093120)

00:33:34.769 --> 00:33:43.379

Your responsibility to look at wherever you're moving, what are the requirements for license share there? Um.

185 "William Friedrich" (2725093120)

00:33:43.379 --> 00:33:46.829

I don't know off the top of my head I think there's.

186 "William Friedrich" (2725093120)

00:33:46.829 --> 00:33:54.299

Is it South Carolina that has reciprocity with North Carolina? I know for a while, it was like, there weren't any States, but I think it's.

187 "William Friedrich" (2725093120)

00:33:54.299 --> 00:33:58.581

South Carolina maybe Virginia. Dr Thompson. Do you know.

188 "Cara Thompson" (3831106816)

00:33:58.581 --> 00:34:02.784

Just, we just got it with South Carolina. Yeah. So.

189 "William Friedrich" (2725093120)

00:34:02.784 --> 00:34:15.569

So, yeah, and a lot of times it is just a, um, as simple as taking another certification. So, sometimes it's taking a formal, um.

190 "William Friedrich" (2725093120)

00:34:15.569 --> 00:34:23.669

A formal exam that the state requires, you would have to look into specifically what.

191 "William Friedrich" (2725093120)

00:34:23.669 --> 00:34:28.709

Um, usually just Googling, um, the site.

192 "William Friedrich" (2725093120)

00:34:28.709 --> 00:34:39.599

The state site for license, or whatever that is. So I saw Haley just asked about Tennessee so you would just Google Haley um, you know.

193 "William Friedrich" (2725093120)

00:34:39.599 --> 00:34:54.629

Requirements for, for I don't know if they call it LPC. You can just say requirements for licensed counselors in Tennessee and usually it'll bring up, um, that state site where they'll have all the information that you need.

194 "William Friedrich" (2725093120)

00:34:54.629 --> 00:35:00.344

Anything to add there Dr Thompson.

195 "Cara Thompson" (3831106816)

00:35:00.344 --> 00:35:16.249

Yeah, I would use the words reciprocity and then we have the interstate compact now, too and states are working on passing that to where there are certain states that if they're in that agreement, then you can practice telehealth.

196 "Cara Thompson" (3831106816)

00:35:16.249 --> 00:35:23.669

Practice between those states, there might be a registration fee. It's usually very small to practice in other states. Um.

197 "Cara Thompson" (3831106816)

00:35:23.669 --> 00:35:28.824

But thank you Dr Smith, but then I sent a link in there for you.

198 "William Friedrich" (2725093120)

00:35:28.824 --> 00:35:38.849

Who do I contact if have issues regarding my site? So, what issues I guess is kind of a filler word, isn't it? Um.

199 "William Friedrich" (2725093120)

00:35:38.849 --> 00:35:48.389

Issues would be I'm having problems getting my weekly supervision from my site supervisor.

200 "William Friedrich" (2725093120)

00:35:48.389 --> 00:35:58.949

Um, or it could mean, I'm having trouble getting a full case load of students or clients to work with and I'm falling behind.

201 "William Friedrich" (2725093120)

00:35:58.949 --> 00:36:17.369

The pace that I need to hit my requirement for hours in the semester, the 1st line to I always strongly recommend this to my students is to advocate for yourself and have sort of a heart to heart with your site supervisor.

202 "William Friedrich" (2725093120)

00:36:17.369 --> 00:36:21.389

In a professional manner.

203 "William Friedrich" (2725093120)

00:36:21.389 --> 00:36:33.689

To see, if, like, you know, to let them know what you need and make sure your communication is clear if you still aren't getting what you need after that initial um.

204 "William Friedrich" (2725093120)

00:36:33.689 --> 00:36:47.489

Discussion then you would reach out to your faculty instructor or faculty supervisor. So whoever's teaching the classroom component of your course and then they can either.

205 "William Friedrich" (2725093120)

00:36:47.489 --> 00:37:03.659

Whichever 1, you're more comfortable with, you can sort of have a, uh, triadic supervision session to kind of discuss these issues with your faculty instructor and your site supervisor and yourself or if you would rather your faculty. Um.

206 "William Friedrich" (2725093120)

00:37:03.659 --> 00:37:23.659

You don't feel comfortable meeting with your site supervisor and the faculty instructor. That's also fine. Um, but I find it works out a lot better if you do attend that, because you can, you know, you can again advocate for yourself have a discussion. You also then know what's been discussed um.

207 "William Friedrich" (2725093120)

00:37:23.659 --> 00:37:43.109

If you are still having problems after that, or it's something there's, there's a huge error that you don't feel comfortable, going directly to your site supervisor. You can let your faculty instructor. Know, and then they would bring it to either Dr Thompson for the side of things or myself for the PSC side of things.

208 "William Friedrich" (2725093120)

00:37:43.109 --> 00:37:51.779

If we cannot help you with your issues at your site, then we have to bring in the.

209 "William Friedrich" (2725093120)

00:37:51.779 --> 00:38:11.779

The program directors, so Dr acres for the side and Dr rick's for a so that's sort of the chain of command. I guess you will if you will of issues at the site and this is all as an appendix at the end of the field placement manual.

210 "William Friedrich" (2725093120)

00:38:11.779 --> 00:38:19.791

As well, um, anything that you want to add Dr Thompson.

211 "Cara Thompson" (3831106816)

00:38:19.791 --> 00:38:25.830

Just that your university supervisors.

212 "Cara Thompson" (3831106816)

00:38:25.830 --> 00:38:31.620

Our, and should be in contact, or we'll be in should be in contact with your.

213 "Cara Thompson" (3831106816)

00:38:31.620 --> 00:38:38.370

Um, site supervisors, they introduce themselves, so they have that line of communication open.

214 "Cara Thompson" (3831106816)

00:38:38.370 --> 00:38:53.075

We try to have positive relationships with them that way. If there is a problem, then it's an easier bridge to reach out. So just don't hesitate if, if you are having some concerns to talk those out.

215 "William Friedrich" (2725093120)

00:38:53.075 --> 00:39:09.450

Yeah, good 1. okay. So do I have to pass the the comprehensive professional counselor exam? Yes, yes you do if you would like to move on to internship. Um, again, the format of it is a multiple choice.

216 "William Friedrich" (2725093120)

00:39:09.450 --> 00:39:13.050

Exam and it the.

217 "William Friedrich" (2725093120)

00:39:13.050 --> 00:39:25.440

Exam content is from your core courses in the program the other thing to consider, especially for you all you folks on the.

218 "William Friedrich" (2725093120)

00:39:25.440 --> 00:39:35.580

Uh, clinical mental health side of things is that the in content and format is very similar to the, which is the National counselor exam.

219 "William Friedrich" (2725093120)

00:39:35.580 --> 00:39:43.890

That you need to pass in order to get licenses. So I usually recommend my practicum students. Um.

220 "William Friedrich" (2725093120)

00:39:43.890 --> 00:39:48.720

Because you all are in classes together.

221 "William Friedrich" (2725093120)

00:39:48.720 --> 00:40:08.720

I, I tell them that those Tuesdays that you're not meeting in person for your practical class, that's an ideal time to get a small study group together. 2:3:4 people to hold each other accountable and sort of quiz each other or study for the.

222 "William Friedrich" (2725093120)

00:40:08.720 --> 00:40:21.390

Um, and, you know, it could be someone in the PSC side of things or the side of things, because the is exactly the same for.

223 "William Friedrich" (2725093120)

00:40:21.390 --> 00:40:29.040

All students, all of you have to pass it, whether you are in the clinical side of things, or the school counseling side of things.

224 "William Friedrich" (2725093120)

00:40:29.040 --> 00:40:35.006

Dr. Thompson anything regarding the.

225 "Cara Thompson" (3831106816)

00:40:35.006 --> 00:40:37.394

I don't think so. Okay.

226 "William Friedrich" (2725093120)

00:40:37.394 --> 00:40:53.850

Good uh, can I receive a grade of incomplete if I don't complete all my hours? No, you can't. A grade of incomplete cannot be given for practice of our internship. So it's very important that you are pacing out your hours. Um.

227 "William Friedrich" (2725093120)

00:40:53.850 --> 00:41:01.170

Which leads into the frequently asked question number 7. what? If I'm falling behind an hours during this semester and.

228 "William Friedrich" (2725093120)

00:41:01.170 --> 00:41:13.350

Your faculty instructors should be also keeping an eye on this, but ultimately it is your responsibility whether or not you get your hours. Um.

229 "William Friedrich" (2725093120)

00:41:13.350 --> 00:41:32.220

The, I always encourage the 1st step, if you are running low on hours, is to come up with some ideas in your weekly supervision, with your site supervisor on how you can get more direct hours. Whether that is increasing your caseload. Whether that is.

230 "William Friedrich" (2725093120)

00:41:32.220 --> 00:41:48.720

Starting a group, um, and for some students, it might might require editing their weekly schedule. So they might have to come in at a different time or different day of the week than they're normally used to in order to, um.

231 "William Friedrich" (2725093120)

00:41:48.720 --> 00:41:53.173

Meet the requirement for hours anything from you.

232 "Cara Thompson" (3831106816)

00:41:53.173 --> 00:42:07.290

I love that point because again, from my work as a site director that was so helpful, when students came forward and they said I'm anxious about my hours here are some ideas that I have.

233 "Cara Thompson" (3831106816)

00:42:07.290 --> 00:42:14.340

That makes such a big difference. Um, and the other thing is that some of us in this field.

234 "Cara Thompson" (3831106816)

00:42:14.340 --> 00:42:26.160

Tend to be less assertive than than others. And this is 1 of those situations. If you get behind on your hours, where kind of pushing yourself to say, you know.

235 "Cara Thompson" (3831106816)

00:42:26.160 --> 00:42:35.070

This is kind of a number situation, and this is where I am, I need help and problem solving this where we may tend to say, well, they sign my hours. They know.

236 "Cara Thompson" (3831106816)

00:42:35.070 --> 00:42:39.720

Or I don't want to bother them or they're so stressed out. They've got so much to do. I don't want to add 1 more thing.

237 "Cara Thompson" (3831106816)

00:42:39.720 --> 00:42:48.990

You have to in this situation, you have to take responsibility for those hours and that might mean asking for something. And I know that that can be difficult for some people.

238 "Cara Thompson" (3831106816)

00:42:52.170 --> 00:42:56.250

So this was mine, um, just a little.

239 "Cara Thompson" (3831106816)

00:42:56.250 --> 00:43:02.700

Like, flow chart here for you in terms of reaching out for potential sites.

240 "Cara Thompson" (3831106816)

00:43:02.700 --> 00:43:15.120

Um, that I thought might be helpful, but why don't we pause here for a moment? Because I feel like we're kind of at the point where we've gotten the majority of the, the.

241 "Cara Thompson" (3831106816)

00:43:15.120 --> 00:43:22.470

Uh, critical content, and maybe we can pause or just see if we have questions or if there's any discussion.

242 "Shyamalia Campbell" (1398984192)

00:43:25.651 --> 00:43:29.100

Um, I have a question, I'm not sure if it was mentioned.

243 "Shyamalia Campbell" (1398984192)

00:43:29.100 --> 00:43:42.300

Working and trying to listen to the meeting at the same time. So, sorry, if it was, um, what are some, I guess things that you are recommend to study outside of attending the meetings with CSI.

244 "Shyamalia Campbell" (1398984192)

00:43:42.300 --> 00:43:51.328

Um, and of course, I, you know, reading our boots, but is there any daddy forms for the.

245 "Cara Thompson" (3831106816)

00:43:51.328 --> 00:43:55.920

Great question so in your practicum you will actually have.

246 "Cara Thompson" (3831106816)

00:43:55.920 --> 00:44:00.780

I don't know if it's the same for school counseling, but in the clinical.

247 "Cara Thompson" (3831106816)

00:44:00.780 --> 00:44:07.140

Courses like on your asynchronously, so on the office where you don't meet for face to face class and supervision.

248 "Cara Thompson" (3831106816)

00:44:07.140 --> 00:44:22.560

You actually have assignments to study, um, and your assigned texts for the for that course, is the study guide and the study guide and so it's broken down and kind of chunked for you to help you stay on track with your studying.

249 "Cara Thompson" (3831106816)

00:44:22.560 --> 00:44:28.380

And so that's a really big support in terms of getting things. Um.

250 "Cara Thompson" (3831106816)

00:44:28.380 --> 00:44:31.590

Like, working through the entire book and studying.

251 "Cara Thompson" (3831106816)

00:44:31.590 --> 00:44:44.700

And I know that for me, like, in our practice on class, we had some really great discussion about what they were studying on the off weeks and how it was actually relating to. We're making things, click for their face to face clinical work. So, that was kind of exciting beyond that.

252 "Cara Thompson" (3831106816)

00:44:44.700 --> 00:44:49.920

I think you're more than welcome to searcher. Maybe the best thing would be to ask.

253 "Cara Thompson" (3831106816)

00:44:49.920 --> 00:44:54.420

An active internship student who has recently taken the exam that might be able to.

254 "Cara Thompson" (3831106816)

00:44:54.420 --> 00:45:07.980

Say oh, I use this or I use this. I could help. What are there? Questions? Curiosities.

255 "Cara Thompson" (3831106816)

00:45:07.980 --> 00:45:13.350

Anxieties frustrations.

256 "Cara Thompson" (3831106816)

00:45:13.350 --> 00:45:25.647

Questions.

257 "William Friedrich" (2725093120)

00:45:25.647 --> 00:45:32.088

Somebody was somebody chiming in with a question yeah.

258 "Cara Thompson" (3831106816)

00:45:32.088 --> 00:45:34.992

Great.

259 "William Friedrich" (2725093120)

00:45:34.992 --> 00:45:42.540

I see this to my my skills class a lot. So if you have me for counseling skills, you, you.

260 "William Friedrich" (2725093120)

00:45:42.540 --> 00:45:46.350

Might or might not remember this because I ramble sometimes, but, uh.

261 "William Friedrich" (2725093120)

00:45:46.350 --> 00:46:06.350

Practicum is sort of where you are putting your skills into practice where you're actually doing counseling for the 1st time for a lot of you. Um, up until this point we are the metaphor. I uses learning how to ride a bike. You're learning how to swim. You can watch YouTube videos you can.

262 "William Friedrich" (2725093120)

00:46:06.350 --> 00:46:11.340

Look at diagrams on how to move your arms, or how to balance on a bike. Um.

263 "William Friedrich" (2725093120)

00:46:11.340 --> 00:46:25.050

You know, but until you're actually in the water or on the bike, it's a different it's a different type of thing. And so once you get into practicum, it's really important that you take advantage of the sports that you have. And those supports are.

264 "William Friedrich" (2725093120)

00:46:25.050 --> 00:46:31.320

Both Dr Thompson and myself as field placement coordinators your faculty instructor.

265 "William Friedrich" (2725093120)

00:46:31.320 --> 00:46:40.260

Your site supervisor and your peers that are in your classroom with you, because you'll be presenting, um.

266 "William Friedrich" (2725093120)

00:46:40.260 --> 00:46:51.450

Client issues or student issues, and you'll be sharing some of your recorded sessions. That's where you get some really valuable feedback and.

267 "William Friedrich" (2725093120)

00:46:51.450 --> 00:47:11.450

It's really imperative that you take advantage throughout your field placement semesters, because once you graduate, it can really feel isolating and lonely because you're all going in different directions and searching for your dream job. And so it's not as, I guess, maybe collegial. It's more competitive. Sometimes.

268 "William Friedrich" (2725093120)

00:47:11.450 --> 00:47:31.450

So it's really important to also continue post graduation, like keeping in touch with classmates as a support, once you get out in the field because it can sometimes feel, you know, once you're going from practicum and internship at the university level, you have all these supports in place you graduate and now it's it can kind of feel.

269 "William Friedrich" (2725093120)

00:47:31.450 --> 00:47:37.920

Like, you're on your own and isolated and lonely. So I, I always try to stress that as well. This is.

270 "William Friedrich" (2725093120)

00:47:37.920 --> 00:47:44.351

Take advantage of the supports that you have.

271 "Cara Thompson" (3831106816)

00:47:44.351 --> 00:47:48.570

That's fine.

272 "Cara Thompson" (3831106816)

00:47:48.570 --> 00:47:54.690

Well, we have a few minutes, I can run through some interview tips if you guys would like, because I might want to let me know in the, in the.

273 "Cara Thompson" (3831106816)

00:47:54.690 --> 00:48:00.570

Chat if that's something that you're interested in, just in some like, reaching out etiquette.

274 "Cara Thompson" (3831106816)

00:48:00.570 --> 00:48:05.130

Interview tips, um, if not that we can.

275 "Cara Thompson" (3831106816)

00:48:05.130 --> 00:48:09.360

Hey, listen, if not, then we can go ahead and, um.

276 "Cara Thompson" (3831106816)

00:48:09.360 --> 00:48:14.283

Okay, well there's a couple of votes for you, so I'll just run through a few things really quickly.

277 "William Friedrich" (2725093120)

00:48:14.283 --> 00:48:16.083

And voting, no.

278 "Cara Thompson" (3831106816)

00:48:16.083 --> 00:48:21.162

Do you get that out?

279 "William Friedrich" (2725093120)

00:48:21.162 --> 00:48:24.043

Or they're already taking a note. Uh, sorry.

280 "Cara Thompson" (3831106816)

00:48:24.043 --> 00:48:34.140

I think you're uploaded anyway, so funny. Um, okay, so the 1st thing is, when you make that 1st contact, whether it's an email over the phone, be pretty simple.

281 "Cara Thompson" (3831106816)

00:48:34.140 --> 00:48:37.140

Um, if people.

282 "Cara Thompson" (3831106816)

00:48:37.140 --> 00:48:56.040

We'll probably not read your entire email if it's very, very long, so feel free to, like, attach the field placement manual if if you want, but also know that if they're in approved site into Vera, they probably already know what's going on, um, keep it relevant. You know, make sure you look into the site see if you can find anything that speaks to what's important to them.

283 "Cara Thompson" (3831106816)

00:48:56.040 --> 00:49:07.410

Make sure that you told them you're with you in, and if you have any, you know, like, if you're on 1 of the certificate programs, do you have any specific goals that might be related to that site? Fantastic.

284 "Cara Thompson" (3831106816)

00:49:07.410 --> 00:49:17.670

Highlight what you need from them, and it could just be again referencing the field placement manual could maybe highlight a few very brief things that, that you bring. Some of your traits are qualities.

285 "Cara Thompson" (3831106816)

00:49:17.670 --> 00:49:25.890

Again, I love attaching that because if you have any questions, and they can go right to the field placement manual, make sure you include your contact info.

286 "Cara Thompson" (3831106816)

00:49:25.890 --> 00:49:45.890

And then also include the contact and again, this is just for clinical because the school counseling site process is different, but you can also include my contact. Because if they have any questions, and often times they do if they're a new site, there may be like, what is this? They may say I want to speak to a faculty member. 1st just to make sure it's legitimate.

287 "Cara Thompson" (3831106816)

00:49:45.890 --> 00:49:53.760

So, you can give them my information for that. So Here's some things to do in preparation for an interview.

288 "Cara Thompson" (3831106816)

00:49:53.760 --> 00:50:03.210

Make sure you review the site I think it's a very common theoretical question to get about your theoretical orientation. You do not need to be able to.

289 "Cara Thompson" (3831106816)

00:50:03.210 --> 00:50:07.530

Explain it super? Well um, my daughter Frederick said, like.

290 "Cara Thompson" (3831106816)

00:50:07.530 --> 00:50:27.240

You're learning to ride a bike, but maybe you haven't taken off your training wheels yet. It's totally okay. That's fine. But just have some kind of an idea about what your theoretical orientation is and what that means. And then maybe your why that's something that a lot of people ask button counselors during an interview.

291 "Cara Thompson" (3831106816)

00:50:27.240 --> 00:50:43.140

Both for the career, and for why you chose that particular site, bring any materials, you may need resume copies. Maybe a paper copy of the field placement manual. Maybe a notepad questions that you'd like to ask. Have those written down.

292 "Cara Thompson" (3831106816)

00:50:43.140 --> 00:50:48.540

Be on time, um, that's really important to factor travel time factor.

293 "Cara Thompson" (3831106816)

00:50:48.540 --> 00:50:54.720

Getting lost factor, finding parking and then, of course, general expectations.

294 "Cara Thompson" (3831106816)

00:50:54.720 --> 00:51:05.400

And then breathe and don't be afraid to ask clarifying questions. I have done hundreds of hundreds of interviews for practicum students in internships students.

295 "Cara Thompson" (3831106816)

00:51:05.400 --> 00:51:17.520

And when there's some dialogue in it, or, like, um, do you mean this or this or what do you what exactly do you want or just having some dialogue even in the quest clarifying questions is really, really nice.

296 "Cara Thompson" (3831106816)

00:51:17.520 --> 00:51:29.100

So, the 2nd point is to be you, and to be new, like, nobody expects you to come in and be able to do.

297 "Cara Thompson" (3831106816)

00:51:29.100 --> 00:51:39.180

This well, so the analogy that I using skills class is, like, we skills class is about teaching you how to how to use a hammer and a saw and a tape measure.

298 "Cara Thompson" (3831106816)

00:51:39.180 --> 00:51:59.180

Really well, to build, like an awesome bird house, you're not trying to build an apartment building, but you might be interviewing with people who are out there, building apartment buildings and they're just, like, be okay with being new and own that and show your curiosity and just be who you are, whether that's something that you.

299 "Cara Thompson" (3831106816)

00:51:59.180 --> 00:52:07.200

Here or how you present yourself, but just be authentic and be genuine. That really means a lot. Um.

300 "Cara Thompson" (3831106816)

00:52:07.200 --> 00:52:13.380

And there's some overlap here to the last slide. I did want to say for a number 4, avoid.

301 "Cara Thompson" (3831106816)

00:52:13.380 --> 00:52:20.070

Therapy level personal disclosure some personal disclosure of personal relevance have found to be really, really.

302 "Cara Thompson" (3831106816)

00:52:20.070 --> 00:52:40.070

Um, just relatable and helpful, especially if they're asking you, but just be careful that you're not giving so much personal detail that it kind of derails the conversation a little bit. And then that last point just remember the internships are 2 way relationships. So, you're there to interview them as.

303 "Cara Thompson" (3831106816)

00:52:40.070 --> 00:52:53.310

Well, you want to know about their site and so, to that point, these are some of the questions that you may find helpful to ask, what are the traits of successful interns or staff at this site if they haven't had any before what do you imagine?

304 "Cara Thompson" (3831106816)

00:52:53.310 --> 00:52:58.290

Will be a successful intern, or, um, maybe a new employee at the site.

305 "Cara Thompson" (3831106816)

00:52:58.290 --> 00:53:10.770

What my, I expect them supervision with you, so if they've had a supervision class, they will be able to tell you kind about their model or how they do supervision. What is the best or the hardest part of your work here?

306 "Cara Thompson" (3831106816)

00:53:10.770 --> 00:53:15.930

Well, opportunities for training my I encounter and that might be something formal.

307 "Cara Thompson" (3831106816)

00:53:15.930 --> 00:53:22.920

Or that might be something like, hey, at this site, you have the opportunity to sit in with several different.

308 "Cara Thompson" (3831106816)

00:53:22.920 --> 00:53:31.830

Counselors are a therapist, or you might have an opportunity to do this group and this other kinds of groups. So, just kind of being curious about, um.

309 "Cara Thompson" (3831106816)

00:53:31.830 --> 00:53:43.080

You know, what you might expect in terms of training and even mentorship and then, of course, asking what W, W, when you might expect to hear from them or if there's any next steps.

310 "Cara Thompson" (3831106816)

00:53:43.080 --> 00:53:48.540

So, I did want to note, um, and there's a few more.

311 "Cara Thompson" (3831106816)

00:53:48.540 --> 00:53:51.930

But I didn't get a chance to write down. There's 1, I haven't.

312 "Cara Thompson" (3831106816)

00:53:51.930 --> 00:53:55.770

Um, I've been actually contacted yet.

313 "Cara Thompson" (3831106816)

00:53:55.770 --> 00:54:06.600

But caps does have a couple of positions open for the fall, uh, counseling that's out in, like, wake county. I think you can Google them, or you can go to that.

314 "Cara Thompson" (3831106816)

00:54:06.600 --> 00:54:14.430

A website there, they do have a March 7th application due date. I think that's a paid internship.

315 "Cara Thompson" (3831106816)

00:54:14.430 --> 00:54:20.790

And then Scotland, family counseling, that's in Scotland county they have 1 or possibly 2.

316 "Cara Thompson" (3831106816)

00:54:20.790 --> 00:54:26.760

Um, positions open for the fall and Mary Neil Thompson is the contact for.

317 "Cara Thompson" (3831106816)

00:54:26.760 --> 00:54:36.780

Them so I just wanted to highlight. Those are some people that have actually stopped me out and said, we want you, um, clinical mental health in terms. So.

318 "Cara Thompson" (3831106816)

00:54:36.780 --> 00:54:43.770

Wanted to highlight those and I think that was it the only other thing is.

319 "Cara Thompson" (3831106816)

00:54:43.770 --> 00:54:48.570

We have mentioned the field placement manual. How many times in the last.

320 "Cara Thompson" (3831106816)

00:54:48.570 --> 00:55:07.830

50 minutes um, so I just wanted to highlight that. That you should actually read it cover to cover probably a couple of times, because you're responsible for that information. And if you don't already know how to use the find feature in Chrome. That can be really helpful. If you need to search for.

321 "Cara Thompson" (3831106816)

00:55:07.830 --> 00:55:18.630

To there already need to search for application and you need to search for hours or indirect. What does that mean? Um, that can be really helpful in searching that document.

322 "Cara Thompson" (3831106816)

00:55:18.630 --> 00:55:28.200

When do you have to have a site you need to have the opposite manual says, like, 10 days before classes begin in the fall.

323 "Cara Thompson" (3831106816)

00:55:28.200 --> 00:55:38.910

I think, um, did you can start reaching out now, but I would say, by the beginning of August is kind of a a good goal target.

324 "Cara Thompson" (3831106816)

00:55:38.910 --> 00:55:43.315

To have a site secured.

325 "William Friedrich" (2725093120)

00:55:43.315 --> 00:55:48.330

Yeah, and I'll just say for the side of things, um, the sooner the better.

326 "William Friedrich" (2725093120)

00:55:48.330 --> 00:55:55.260

As far as looking for sites, you can wait until, you know, a month before the semester starts but.

327 "William Friedrich" (2725093120)

00:55:55.260 --> 00:56:03.120

At that point, you may be left with just a few choices and I believe there's also search feature into Vera.

328 "William Friedrich" (2725093120)

00:56:03.120 --> 00:56:10.080

For sites where you can type in, like, you can even type in your location, your zip code, and it will bring up.

329 "William Friedrich" (2725093120)

00:56:10.080 --> 00:56:18.975

The sites that are located within X, number of miles from from that particular address. So that can be helpful as well.

330 "Cara Thompson" (3831106816)

00:56:18.975 --> 00:56:32.370

Yes, and to that point, the early August, that's when you would want to have it fully approved all your paperwork in everything is green and ready to go. That's not when you want to start looking. So I would start reaching out now.

331 "Cara Thompson" (3831106816)

00:56:32.370 --> 00:56:38.340

Um, putting yourself out there? Yes.

332 "William Friedrich" (2725093120)

00:56:42.245 --> 00:56:50.770

And I'm, I'm very glad I was all voted there about the interview tips because we learned a lot of information that was very helpful as well.

333 "Cara Thompson" (3831106816)

00:56:50.770 --> 00:56:53.014

Thank you. Yeah.

334 "William Friedrich" (2725093120)

00:56:53.014 --> 00:57:02.340

I thought there was something I was going to add there. Oh, oh, there's a couple of things with the interviewing stuff. Number 1. I know. I'm really bad at this, too. Like.

335 "William Friedrich" (2725093120)

00:57:02.340 --> 00:57:20.550

Um, selling myself, I guess, for lack of better terms, um, putting myself out there, but when you're interviewing those sites, there has to be a reason that they're going to invest time in you. Um, it is an investment of time for the site and I'm sure Dr. Thompson having experienced with.

336 "William Friedrich" (2725093120)

00:57:20.550 --> 00:57:37.860

With this from the site, like, the site supervisor point of view can attest to that. Like, there has to be a reason that you want to invest time in a student. Um, I think 1 of the things that also can be helpful is if you don't get this site.

337 "William Friedrich" (2725093120)

00:57:37.860 --> 00:57:52.590

Try not to take it personally and there will always be another site that you can interview with. So, sometimes that helps alleviate your stress in the moment of interviewing that. Like, if I don't get this, I'm, I'm in deep trouble. Now. If you wait until.

338 "William Friedrich" (2725093120)

00:57:52.590 --> 00:58:03.360

Right before semester, then your stress level might be ramped up just because you're a procrastinator but overall those 2 things and it's about.

339 "William Friedrich" (2725093120)

00:58:03.360 --> 00:58:06.360

Showing the site that you are.

340 "William Friedrich" (2725093120)

00:58:06.360 --> 00:58:18.874

Energetic and curious and you're willing to learn and those kinds of things that you're passionate about the field of counseling. That's all. I needed that. That's all. I'm just gonna add.

341 "Cara Thompson" (3831106816)

00:58:18.874 --> 00:58:30.720

I love that because the ones that stand out to me, that were that both interviewed will and ended up being just amazing in terms that I would have hired in a minute. If we had infinite position.

342 "Cara Thompson" (3831106816)

00:58:30.720 --> 00:58:37.470

Were the ones that were really curious and ask questions and wanted to know more about what we.

343 "Cara Thompson" (3831106816)

00:58:37.470 --> 00:58:43.050

Did and what made us tick as the therapist there.

344 "Cara Thompson" (3831106816)

00:58:43.050 --> 00:58:56.220

Um, and there were people that showed up with this attitude. I cannot wait to learn and this is where I want to learn it. It wasn't somebody that came in that already knew what to do or that knew what to say it was.

345 "Cara Thompson" (3831106816)

00:58:56.220 --> 00:59:02.640

Somebody that came with the attitude of I'm going to show up and.

346 "Cara Thompson" (3831106816)

00:59:02.640 --> 00:59:08.460

Just want to figure it out. Okay.

347 "Cara Thompson" (3831106816)

00:59:08.460 --> 00:59:13.238

2059.

348 "Ashley Smith" (3868176128)

00:59:13.238 --> 00:59:29.510

Awesome. Great, thank you. Both so much for such an informative and helpful um, presentation about field placement and all the practicum as mentioned earlier. This.

349 "Ashley Smith" (3868176128)

00:59:29.510 --> 00:59:36.270

We will be posted on CSMS website. Um, so look forward to seeing.

350 "Ashley Smith" (3868176128)

00:59:36.270 --> 00:59:52.050

There and thank you again. Dr and Dr Thompson for all of your hard work and your willingness to help provide information to our students. You're welcome. Thank you. All have a wonderful day. Thank you. You.

351 "Ashley Smith" (3868176128)

00:59:52.050 --> 01:00:06.948

Bye.