



Weekly Reflection Form

Name: _____ Date(s): _____

Practicum/Internship Site: _____

+	<ul style="list-style-type: none">• What went well this week personally? Professionally? • What was the most effective/successful/meaningful part of this week for you? For the clients? Why? • How did your intersecting identities show up this week in a healthy and/or positive way for you? For the clients? • What will you continue for next week?
-	<ul style="list-style-type: none">• What was most challenging this week personally? Professionally? • What was the least effective/successful/meaningful part of this week for you? For the clients? Why? • How did your areas of bias or privilege/minoritization show up this week in a challenging way for you? How did this affect the clients or your work with them? • What will you change for next week?

?	<ul style="list-style-type: none">• What questions do you have for your supervisor?• What questions do you have for your therapist/counselor?• What questions do you wish you could ask the clients?• What questions do you have for your own self-reflection?
→	<ul style="list-style-type: none">• What is the next step in your growth:<ul style="list-style-type: none">Personally?Professionally?Musically?Clinically?• How can we support your growth in our plans for next week?• How will you support your growth in your plans for next week?• How will you support your growth through self-care next week?