**Educational Planning Table**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Content (Outline of Topics)</th>
<th>Timeframe</th>
<th>Faculty</th>
<th>Teaching Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify what the learner will know or be able to do following participation in the CE activity (2-3 per hour of content)</td>
<td>Provide an outline of the topics that will be covered that correspond with each learning objective.</td>
<td></td>
<td></td>
<td>State the timeframe for each learning objective</td>
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</tbody>
</table>
| Discuss taboos around self-care                                           | • Why self-care isn’t selfish  
  o Necessary for a healthy self and avoiding burnout  
  o Keeps our mind healthy  
  • Varieties of self-care options  
  o Hobbies  
  o Mindfulness  
  o Meditation  
  • Leads us to fulfillment in life outside of work | 15 mins | Justine Froelker, MEd, LPC, CDWF    | Power point, Lecture, and Storytelling                                         |
| Define self-care and its importance                                      | • Self-care is any necessary human regulatory function which is under individual control, deliberate and self-initiated.  
  • How self-care is helpful  
   o Helps you stay calm when overwhelmed or stressed  
   o Avoiding Burnout  
  • Personal Growth is an important part of our sense of self | 15 mins | Justine Froelker, MEd, LPC, CDWF    | Power point, Lecture, and Storytelling                                         |
### I. Course Level

- **Beginner Level**: Designed to introduce the content area; outcomes focus on learning and comprehension.
- **Intermediate Level**: Designed to present information that builds on knowledge of practitioners with some experience; outcomes focus on using information in concrete situations and understanding the underlying structure of the material.
- **Advanced Level**: Designed for people who have been working in this area and have a clear understanding of the issues; outcomes focus on synthesizing material to create new patterns or structures or evaluating material for a specific purpose.

### II. Which of the following social work educational areas does this activity focus on?

- Social work research, programs or practice evaluations
- Social work agency management or administration
- Development, evaluation and/or implementation of social policy
- Social work generalist practice
- Social work clinical practice
- Diversity and social justice
- Social work ethics
- Other: [Click here to enter text.]

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| Outline and recall ways to initiate self-care | Create a routine for both morning and night  
  - Finding a way to incorporate it into your routine (but not something complicated).  
  - Simple changes  
    - 5 min meditation, mindfulness  
    - Journaling  
  - Problem solving  
    - Remove excuses  
    - Add it for a week and it will become a routine  
  - Ways to recover if you fall off track  
    - Have a accountability partner  
    - Challenge yourself- set goals | 30 mins | Justine Froelker, MEd, LPC, CDWF | Power point, Lecture, and Storytelling |