

First Practicum Session Checklist

A one-page guide from clinicianscompanion.com

Bring

- Pen and small notebook (not your phone)
- Student ID and any agency paperwork
- Water bottle
- Business-casual attire

Ask Your Supervisor

- What does a typical day look like?
- What are your expectations for my role in sessions?
- What should I do if I'm not sure what to do?
- Are there things I should never do?
- How should I document — templates, timing, access?
- How often do we check in?
- Any HIPAA or confidentiality specifics here?
- When can I sit in / co-facilitate?
- What should I read before next week?

Observe (Week One is Watching)

- How your supervisor greets and starts with clients
- How they handle silence and hard moments
- How they close sessions and write notes
- How they set boundaries and admit uncertainty

Confidentiality Non-Negotiables

- Never share client names, details, or identifying stories — anywhere.
- No anonymized anecdotes in group chats or class.
- If you wouldn't want it said about you, don't say it.

Week-One Success

You showed up on time, learned your supervisor's name, asked good questions, observed carefully, and protected confidentiality. That's the win.