

# Exceedingly Abundantly Above Counseling, PLLC

## Eight Week Mentoring Plan

### Week 1: Goal Development

The focus this week will be on your personal goals as a Social Worker. Together we will set SMART (Specific, Measurable, Attainable, Realistic, and Time Manageable) goals pertaining to focus in the Social Work field.

### Week 2: Skill Development

The focus this week will be on developing skills as a clinical Social Worker. We will discuss assessment, diagnosing, case conceptualization, when to refer out, how to set up agendas for sessions and etc. Together we will discuss SWOT (strengths, weakness, opportunities and threats) of your skills as a social worker.

### Week 3: Case Conceptualization Breakdown

The focus this week will be on how to breakdown a case and determine what next steps to take. Together we will review a case and determine First, Next and Best steps to handle the situation.

### Week 4: Testing Strategies

The focus this week will be on tips, tools and strategies for studying and taking the LCSW and LMSW exam. We will discuss personal weaknesses for studying and testing. Together we will develop a plan for how to study and test.

### Week 5: Understanding the roles of Social Work

The focus this week will be on understanding the different roles of social work and how each role plays a pivotal part in individuals and families progress.

### Week 6: Review of Practice Tests

The focus this week is on reviewing a test you have taken to gain clarity and understanding of the correct answers.

### Week 7: Individualized Study Plan

The focus this week developing an individualized study plan based on your weakest and strongest areas on the test.

### Week 8: Final Session

Hooray! You made it to the end. This final session will focus on reviewing skills learned, goals and scheduling your LMSW or LCSW exam.