

Supervision Preparation: Self-Reflection Exercise

Your Philosophy of Supervision

1) Which of the four roles described by Baker (A Guide to Genetic Counseling) do you feel comes most naturally to you? Why? _____

1) What do you anticipate being the two hardest things for you to prepare to do as a supervisor? Why?

2) List three traits that you admire in a supervisor

3) List three traits you want to avoid as a supervisor

Practical Skills

1) Think of a regular time you could set aside for supervision meetings with your student(s).

2) What were the two most helpful practical tips that resonated with you from the Baker reading?

3) Explain how you plan to assess the student's experience/goals/expectations when beginning a rotation?

Name one thing that you may alter during the rotation to match the student's level of expertise.

Goal Setting

My goals for this semester to enable me to serve as an effective supervisor are listed below.

1)

2)

3)

Bakers states that, "Investing time in becoming an effective supervisor is both a personal and a professional responsibility." Give an example of something you plan to do this semester to help develop these skills.

My vision of an effective supervisor most closely resembles which of the following examples;

- "Sage on the stage" – I need to impress the student with the field and with my skills.
- "Coach from the sidelines" – I need to be prepared to assist students when needed, but allow them to grow through experience and motivation.
- "Social hazing" – I need to drill the student, so that they will realize their deficiencies and come up with their own solutions.
- "My time is important" – I want the student to realize how burdensome it is for me to take on the responsibilities of training, and how lucky they are to have someone like me who will devote time to them. They should probably only approach me with serious concerns.
- "Shepherd with control" – I want the student to learn the ropes, but I don't want to risk the student misspeaking to a patient, and likely will only let them participate in parts of a session or less challenging sessions.
- Other - _____

Looking forward

Make note of 2 supervision obstacles that occur this semester. At the end of the semester, discuss these issues with peers. If you found an effective strategy, make a note of that. If you would like ideas for effective strategies, keep an open mind and seek out feedback.