



**New Social Work Course Proposal Project:
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Monmouth University**

**SW 755-Education Leadership in Human Rights Tool I
Professor Janine Speiser, MSW, LSW
April 12, 2025**

Reference

Gawlik, K. S., Teall, A. M., Zeno, R., Newtz, C., Conrad, K., Kolcun, K., Bobek, H., Deerhake, A., Sullivan, K., Rengers, B., & O'Hara, S. (2024). Integrating wellness into curricula using the ten dimensions of wellness as a framework. *Journal of Professional Nursing*, 50, 73-82. <https://doi.org/10.1016/j.profnurs.2023.11.006>

Assignment One: This assignment would more than likely be presented during the second week of the course.

Read Gawlik, et al. (2024) article on the Ten Dimensions of Wellness as a framework and answer the following questions:

- 1. List the top five dimensions of wellness that resonate with you the most and explain your choices.**
- 2. As a professional, how would you incorporate and balance the ten dimensions of wellness into your professional and personal life?**
- 3. Do you have any additional dimensions of wellness that you believe could be added to this list? Why or why not?**

Additional guidance: Please provide between three to five peer-reviewed, scholarly references to support your answers (not including Gawlik et al., 2024). Do not exceed two paragraphs for each question answered.

Assignment Two: This assignment would more than likely be completed during the fourth week of the course.

Please use the below link to article “Mindfulness at Work”, by Deborah Lisansky Beck, MSW, LICSW.

<https://www.cofamilycenters.org/wp-content/uploads/2018/06/Mindfulness-10-Lessons-in-Self-Care-for-Social-Workers-SocialWorkercom.pdf>

Complete at least three of the ten mindfulness techniques from the article and reflect on your experiences by answering the following questions:

- 1. Why did you choose to try this particular technique?**
- 2. What were your expectations prior to trying this technique?**
- 3. How did you feel after practicing the technique? Any surprises or challenges?**
- 4. Would you suggest this technique to a family member, friend, colleague or client? Why or why not?**
- 5. Do you plan on incorporating this technique into your daily self-care regimen?**

Additional guidance: Please ensure that you complete all five questions for each technique that you choose from the article. Do not exceed one paragraph for each question answered.



Assignment Three: This would more than likely be the final assignment of the semester, worth the most points.

Self-care Action Plan Paper (Minimum eight pages):

1. Select a holistic health healing method from any region (i.e., Asia, North America, South America, Europe, Africa, etc.). Why were you drawn to picking this region. What are common healing practice(s) within that region? Use at least five peer-reviewed scholarly articles to support your claims.
2. Select a social work treatment method from any region (i.e., Asia, North America, South America, Europe, Africa, etc.). Why were you drawn to this treatment method and region? Use at least three peer-reviewed scholarly articles to support your claims.
3. Compare and contrast the healing method(s) and social work treatment that you selected. How would you incorporate the healing method(s) and social work treatment into your daily profession? What particular social work settings do you anticipate having success in considering each method(s) of choice?
4. Create your own self-care action plan that you plan on utilizing for daily living or stress-reduction. The plan must include at least five actionable steps that you would take during your time of need or regimen.



Assignment Three Multimedia Component:
Present your self-care action plan paper to your peers (less than 10 minutes). Your presentation can be in any format (Prezi, PowerPoint, Canva, MmmHmm, personalized website, video documentary, etc.). The presentation shall incorporate information about the holistic healing and social work treatment you chose and their regions, the contents and specific actions within your self-care plan, and how your plan improves your well-being as an individual and social work professional.

Please be prepared to provide written feedback for each presentation using the professor's peer feedback template.

FINAL PRESENTATION FEEDBACK FORM

Directions: Please complete the following feedback from for your classmate's final presentation.

5 – Well above grade level/standard; truly exemplary work going above and beyond expectations

4 – Above average grade level/standard output; a good effort has been given

3 – At grade level/standard; standards have been met at minimum capacity

2 – Slightly below grade level/standard expectations; a stronger effort or remedial efforts and instruction may be needed

1 – Well below grade level/standard expectations; low effort has been given, or remedial instruction is needed, as the content at this point is proving too difficult

Student's Name and Topic:

PRESENTATION CREATIVITY

Were the presentation and graphics creative and carefully selected? |

5	4	3	2	1
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PRESENTER TONE AND FLOW

Did your classmate speak clearly and concisely?

5	4	3	2	1
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TOPIC RELEVANCE

Was your classmate's reflections relevant to their topic of choice and supported with appropriate research?

5	4	3	2	1
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PEER REVIEWER COMMENTS:

One area I truly enjoyed about your presentation was:

One possible area of improvement to consider is:

Assignment:	Due Date:	Percentage of Final Grade:
Discussion Post One	Week One	10%
Assignment One	Week Two	15%
Discussion Post Two	Week Three	10%
Assignment Two	Week Four	15%
Discussion Post Three	Week Five	10%
Assignment Three	Week Six	30%
Class Participation	Throughout entire semester	10%
		Total Grade-100%

References

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