



FRAMING SUPERVISION AS LEARNING

01.

Why It's Important

Supervision is a space to deepen professional learning, not just manage tasks.

Understanding your own learning style and past experiences (including learning trauma such as negative feedback or unsafe environments) helps you engage more confidently.

Ethical practice requires ongoing learning and reflection (AASW Code of Ethics: commitment to competence and professional development).



Practical Approaches

- 📖 Identify your learning style: Reflect on whether you learn best through discussion, practice, or written feedback.
- 📅 Acknowledge learning trauma: Notice if past negative experiences affect how you receive feedback. Share this with your supervisor.
- 🎯 Set learning goals: Link supervision to your professional development plan.
- 🔄 Experiment with approaches: Try different methods (case reflection, role-play, reading) to see what works best.
- 👉 Co-create learning strategies: Ask your supervisor to adapt feedback and support to your needs.

02.

Exploring Your Learning Preferences

- 🧠 Reflect on past learning experiences — What helped you learn best: discussion, reading, doing?
- 📖 Take a learning style quiz — Try tools like VARK or Kolb's Learning Style Inventory.
- 🗣️ Discuss in supervision — Share what feedback formats or activities help you engage.
- 📄 Try varied approaches — Experiment with case reflection, role-play, journaling, or visual aids.
- 📝 Notice emotional responses — Pay attention to what feels safe or triggering during learning.
- 🎯 Link to goals — Align learning strategies with your professional development plan.

03.



Reflection Model:

Past → Impact → Challenge → Strategy → Integration

04.

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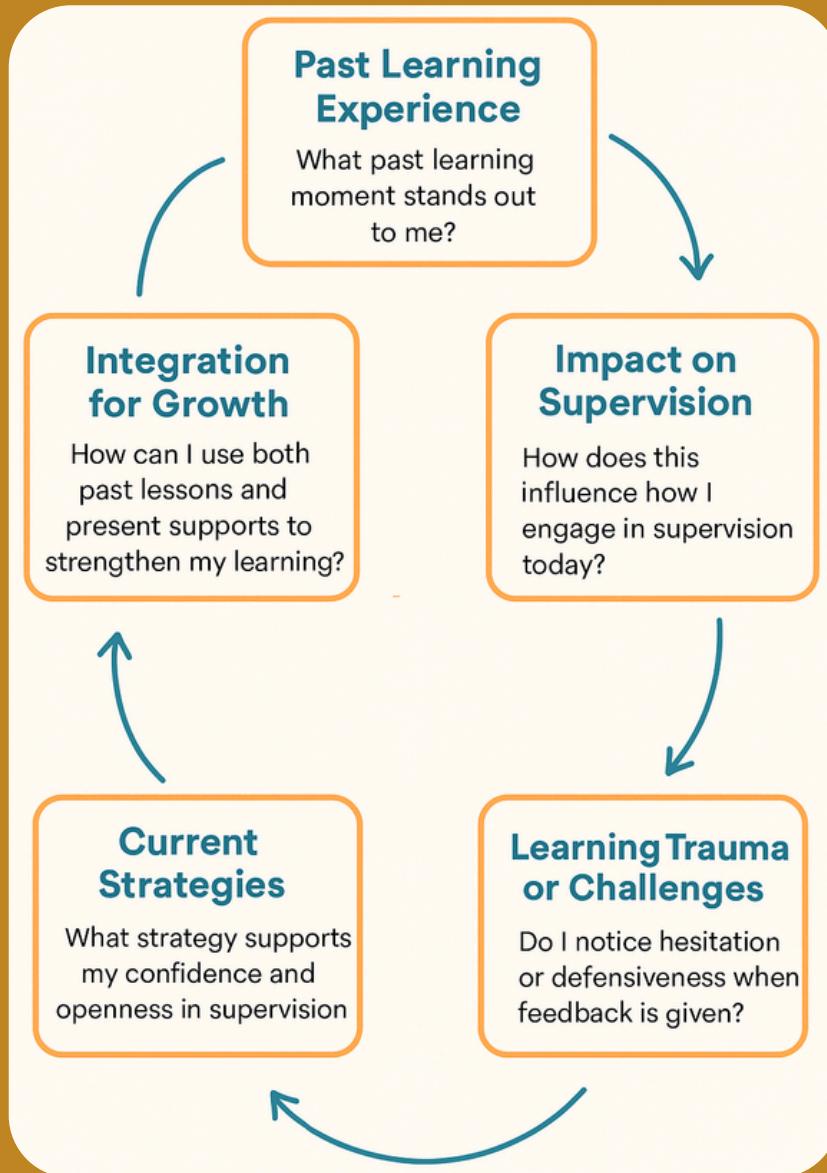
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