



## Tahya Technique™ Teacher Training Level I

# Practicum Details

In this course you will need to document 4-hours of class time to fulfill the practicum requirement.

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**What is a practicum?** *A practicum allows students to apply/practice what they've learned in class to a real environment.*

Before the first Assessment Session with Tahya, you will need to provide documentation\* of completion of your practicum ~ Specifically, your practicum will consist of a minimum of 4 classes with 2-4 “willing subjects” with whom you are able practice your facilitation skills.

### \*PRACTICUM DOCUMENTATION

1. Reflect on What You've Learned: You'll learn a great deal through your practicum about what it means to be a professional in your field. Journaling can help you reflect upon this experience. You can include what you learn in each class you lead, something you'd like to try in your own practice, or a reflection on your professional development. Track your progress so you can note your accomplishments and goals.
2. Take pictures of your classes and provide Tahya with

**Ten days prior to the first Assessment Session with Tahya, send**

- **1-2 page document bulleting the highlights of these classes as well as accomplishments & goals**
- **4-8 photo Digital Portfolio**

### Tips for a Successful Practicum

- **Keep an Open Mind:** You'll likely receive plenty of feedback from your supervisor throughout the practicum — use this to get better in your field and identify weaknesses you can improve.
- **Stay Organized:** All your documentation from your practicum placement should be organized in one place, such as in a folder on your computer or Google Drive.
- **Get Involved from the Beginning:** Greet your class participants at the door, introduce yourself and the goals of the class and at the onset of every class ask if your class participants have any questions.

One last note to keep in the back of your mind ~ Send a Thank-You: Once you are in the field offering classes, be sure to always send a note (card or e-mail) to your program coordinator at the end of the class session, thanking your supervisor. Remember that making a good impression is key if you ever want to ask this person for a letter of recommendation in the future.

**What Professional Skills Can You Gain in a Practicum?** During a practicum, you can apply the material you've been learning in class, combining theory and practice to the real world. Following are some of the skills you'll practice and develop during your practicum:

- **Effective Communication:** By clarifying expectations with your supervisor during your practicum, you can hone your communication skills. You can also do this by practicing giving and receiving feedback.
- **Collaboration:** You may choose to offer one class in which facilitate a class together with another one of the trainees. Use this as an opportunity to sharpen your collaborative and teamwork skills.
- **How to Dress Professionally:** A practicum student must be familiar with their workplace's dress code. In this field, you are expected to dress in attire that allows your class participants to see your movements ~ for ex., keep it simple a unitard with a hip scarf.
- **Punctuality:** Arrive at your class venue approx. 15 min early to allow sufficient time to set up your music and have some ambient music playing before class participants arrive so that you are able to greet them in a relaxed manner that sets the tone for a lovely class. Begin prepared, not just on time.
- **Time Management:** It's important to manage your time during your practicum effectively.