

## EXAMPLES OF AN ATTITUDE BASED LEARNING AGREEMENT OCCUPATIONAL THERAPY LEARNING AGREEMENT

Learning Objective : Attitude	Learning Resource	Evidence/Outcome	Comp.
<p>What do you want to learn, develop or examine? Consider your own current abilities and the learning opportunities available within this facility.</p>	<p>What will you utilise to achieve your learning objectives? Where can you find information? Be specific, consider how you learn best.</p>	<p>How can you show to yourself and your supervisor that you have met your learning objectives? What proof will you offer and when? Who will note that the outcome has been achieved?</p>	
<p><b>Self-Assessment:</b> When I met Mrs. Y, I realised afterwards that I felt uncomfortable with her behaviour and that I was a bit judgemental towards her. It made me realise how easily people with mental illness can become stigmatised.</p>			
<p>Explore personal views about the stigma of mental illness by the end of Week 3.</p>	<ul style="list-style-type: none"> <li>• Discuss with other staff members their views of mental illness</li> <li>• Journal thoughts throughout placement, reflecting and challenging these</li> <li>• Discuss with 2 clients their experiences of stigma</li> <li>• Attend course on 'Workshop Skills for Countering Stigma and Discrimination Associated with Mental Illness'</li> <li>• Ongoing discussion with therapist.</li> </ul>	<p>Compare and contrast my views of stigma from before and after the placement in discussion with therapist, presenting relevant extracts from my journal. Identify how my attitude influences my actions (specific examples).</p>	
<p><b>Self-Assessment:</b> Being in the head injury rehabilitation service we are confronted with difficult and challenging behaviour on a regular basis. I find this very challenging and experience a mixture of internal responses, some of which are not particularly helpful. I would like to develop attitudes that will assist in the therapeutic process.</p>			
<p>Examine my attitudes towards difficult and challenging situations within heady injury rehabilitation.</p>	<ul style="list-style-type: none"> <li>• Read journal articles and tapes prior to placements</li> <li>• Record in journal the types of emotions I anticipate will arise on placement</li> <li>• Observe other staff interacting with clients</li> <li>• Discuss with therapist the types of strategies for dealing with challenging situations</li> <li>• Discuss with supervisor issues that arise from my observations/experiences</li> <li>• Journal my experiences</li> <li>• Compare my thoughts/feelings of experiences on placement with my expectations prior to placement.</li> </ul>	<p>I will compile a written prose describing how experience on placement, discussion with other staff, and journal articles have influenced my attitudes in dealing/coping with challenging situations.</p>	