

Endings

ARE WE THERE YET?

INTRODUCTION

Purpose

This activity helps the student to consider the importance of endings in professional practice and how to make best use of them. Primarily, this is achieved by anticipating endings from the beginning of a piece of work, and by seeing endings as transitions; every exit is a new entrance. The exercise coaches the student in the use of endings as an opportunity for a joint evaluation with people of the progress which has been made. The student and the service user or carer need to know and understand the direction of travel before they can evaluate whether they have arrived.

Method

This activity can be done either by the practice teacher and the student together or in a small group of practice teachers and students. Allow about thirty minutes.

Each person needs a copy of the ten "destination statements". Discuss each statement in turn, looking at what other factors you would need to know before you could answer the question, *Are we there yet?*

Following the discussion, ask the student to rate each of the ten statements on a continuum which ranges from *Fuzzy* to *Clear* (1-10). How difficult (1) or easy (10) would it be to know whether the person making the statement had reached that destination?

Variations

If the student already has examples of 'statements about destinations' from their own work, use these in exchange for some of the examples included in *Are we there yet?*

Endings

ARE WE THERE YET? Activity

When children go on a long car journey they tend to ask the same question several times: 'are we there yet?' Partly, this is wishful thinking and partly it is because they don't have enough information to let them know how to judge what the end of the journey looks like or how to pace their progress towards it.

The first step to knowing whether we are there yet is knowing where we want to go and being able to recognize progress towards that destination. This suggests a linear approach, but this is mistaken; although the general progress may be linear (*here to there*) the process is likely to be very different, more like a series of loops.

In each of the ten destinations below, how might a person know if they were 'there' yet?

- 1 I want to give up smoking
- 2 I want to lead a more fulfilling life
- 3 I want to be rich
- 4 We want to have a happy family
- 5 She wants me to get a better job
- 6 We want to move nearer to her parents
- 7 I want to have my children back
- 8 I want to stay in my own home
- 9 I don't want to feel hurt in this relationship
- 10 I don't want him to tell any more lies