

► Avoid isolation. Identify sources of social support and use them. In addition to close family members and friends, sources of social support might include local civic groups or spiritual organizations, for example.

► Establish and maintain professional connections that offer an opportunity to discuss the specific nature and stressors of your work. Consider when it may be helpful or necessary to tap into peer support groups or consultation, make connections with colleagues through professional associations or engage in personal psychotherapy. Pay attention to possible warning signs such as feelings of helplessness, emotional swings, tendency to ruminate, loss of empathy or disconnecting from family and friends.

► Take occupational risks seriously, and be aware of the particular risks facing practicing psychologists. If necessary, educate yourself more fully about topics such as professional burnout, vicarious traumatization, compassion fatigue and colleague assistance. Incorporate this learning into your professional training and continuing education.

► Develop realistic and reasonable expectations about work and your capabilities at any given time. Make appropriate accommodations or adjustments – such as limiting your caseload or consulting with peers – in light of professional stressors and risks that you are experiencing.

► Pay attention to the need for balance in work, rest and play. If your schedule is packed, be prepared to say “no” to additional demands on your time. Take vacations or other appropriate breaks from work. Monitor carefully the substances and/or processes you use for relaxation or entertainment.

► Pursue opportunities for intellectual stimulation, including some outside the profession. Nurture interests apart from psychology.

► Take steps to enhance your career satisfaction. Many psychologists find it satisfying to diversify their professional activities, perhaps incorporating a niche practice area when the market opportunity arises. Some find it stimulating to combine clinical and non-clinical work.

PROBLEMS MOST LIKELY TO AFFECT PSYCHOLOGIST FUNCTIONING

Problem	Percentage*
Traumatic events (such as being affected by war or natural disaster)	100
Licensing board complaints	86
Stress/burnout	54
Vicarious trauma/compassion fatigue	48
Anxiety	25

MOST FREQUENT RESPONSES TO PROBLEMS

Response	Percentage**
Talk to a colleague	34
Exercise	27
Seek family or social support	24
Consultation/supervision	23
Psychotherapy/counseling	18
Reduce clinical load	16
Participate in hobbies	16

Source: APA Board of Professional Affairs Advisory Committee on Colleague Assistance (ACCA), 2007 pilot survey of licensed APA members

* Percentage of respondents (n = 169) reporting that this problem was likely to affect functioning.

** Percentage of respondents utilizing this response.

► Adopt a long-range perspective, recognizing that you likely will have different needs at various stages of your career. Beginning to engage in self-care practices as an early career professional can help them become a habit. Self-care activities should be tailored to your individual circumstances and needs. The pointers above are intended as healthy food for thought to help you develop a personal action plan that works for you. (11)

This material was developed in collaboration with the APA Board of Professional Affairs' Advisory Committee on Colleague Assistance (ACCA).

- A discussion of how the author's findings compares to those found in prior research
- The limitations of the study
- The implications of the findings to basic and applied researchers and to practitioners

Critique.

In your opinion, what were the strengths and weaknesses of the paper or document? Be sure to think about **your impressions** and the reasons for them. Listing what the author wrote as limitations is not the same thing as forming your own opinions and justifying them to the reader.

- - Were the findings important to a reader?
 - Were the conclusions valid? Do you agree with the conclusions?
 - If the material was technical, was the technical material innovative?

Conclusion.

Once you provide the main critique of the article, you should include a final paragraph that gives me your overall impression of the study. Was the study worthwhile? Was it well-written and clear to those who may not have as much background in the content area? What was the overall contribution of this study to our child development knowledge base?

APA Format Review

If you are unfamiliar or a bit "rusty" on your APA format, you may want to use the tutorial available through the APA website which is listed on your syllabus.

Grading Criteria

I will grade your paper based upon:

- How well you followed directions (as indicated in this page)
- How thoroughly you used examples to support the critique
- How accurately you used APA format
- your organization, grammar, and spelling
- Integration of assigned weekly readings