

SOP Sheet

Practicum Student: _____

Helpee: _____

Date: _____ Session #: _____

Subjective (S): *What are the issues from the helpee's perspective? What are the helpee's goals?*

Objective (O): *What did you observe? (i.e., helpee's strengths, observable behavior, affect)*

Plan (P): *What is the helpee's perception of progress towards goals? What is the specific plan for next week?*