

Self-Care as Ethical Practice in Case Management

We often do not perceive that self-care is an aspect of our ethical professionalism. However, by taking care of yourself you enable greater ability to take care of others AND you function as a role model. (Even if the self-care is not overt or obvious).

Use the rubric below to construct a reflective essay on this topic.

Be sure to draw on course terminology for this assignment.

Your response should be 500-1,000 words in length. Essay should be submitted in a word processing document. This can be saved as a .doc, .docx, or .rtf file. The essay will be graded using the following rubric:

Section	Points Possible	Points Earned	Comments
Content <i>60 points</i>			
Summarize what you learned about yourself using the "Self Evaluation" document.	10		
Identify at least two ways in which self-care is connected or related to your ethical practice. Be specific. Meaning, select two areas of self-care and describe how these activities make you a better case manager.	40		
Readability & Style <i>24 points</i>			
Sentence structure is clear, concise and well developed.	15		
Paragraph structure is well developed with appropriate transitions and tone.	15		
Mechanics <i>16 points</i>			
Spelling, grammar and punctuation	10		
Title Page	10		
Total	100		