



## PRACTICUM COMPONENT FOR NFP TEACHERS

### OPTION 2

NFP Teachers completing the Standard Days Method (SDM) Webinar Course, and who are interested in receiving a certificate of completion must complete the practical training portion of the course. Course participants have two practicum options: (1) either provide the method to a couple interested in using SDM or; (2) offer an information session to a group of potential users interested in an NFP method. Following are instructions for completing either one of the practicum options to apply for a certificate of completion of the full Webinar Course.

### **PRACTICUM OPTION 2:** Group information session

The purpose of this activity is to practice describing to a group of women, couples or colleagues how the method works, and where to find more information.

#### **Preparing to teach the method to a group**

- Review the lesson plan for the session and prepare the materials needed.
- Review the tips for offering clear information included in the lesson plan, especially if this is your first time conducting a group activity.
- Have the materials you need for the session ready as well as those to distribute to participants.
- Schedule the session and invite participants. You also have the option of completing a practice simulation session with friends and family. This session will also count for the certificate of course completion.

#### **Conducting an information session**

- Follow the instructions in the "*Information Session Lesson Plan*".

#### **Self-evaluating your group activity**

- To monitor how much of the essential information you have covered during the group information session, complete the self-evaluation form.

#### **Completing certification**

- To receive a certificate of course completion, please submit the self-evaluation form to [naturalfp.com@gmail.com].
- Course participants have two months from the registration date to submit their form.

### | **APPENDIX**

Information Session Lesson Plan  
CycleBeads Flier  
SDM Fact Sheet  
Self-Evaluation Form for Practicum