



# Breaking Out of the Box, Third Edition: Adventure-Based Field Instruction

*Kelly Ward, Robin Sakina Mama*

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Moving from the classroom to the field can be a daunting transition for many social work students, but *Breaking Out of the Box* offers experiential, adventure-based learning to help students acquire the skills essential for success. Ward and Mama stress individual decision making within a group setting, so readers develop individualized abilities as well as proficiency in group communication, group problem solving, leadership roles, and relationship building. The book uses interactive exercises to integrate cross-curriculum content, from theory to assessment to cultural competency, allowing students to obtain a new perspective as they navigate through field placement and into their professional careers.

Previous editions of *Breaking Out of the Box* have been celebrated for its straightforward approach and consideration of a wide range of concerns experienced by beginning social workers. In this third edition, the authors continue to incorporate a fun and informal tone, and maintain accessibility to readers. The book emphasizes the importance and potential of alternative learning methods through the use of hands-on activities. Exercises allow students to learn by doing so they can get comfortable using the necessary tools, knowledge, techniques, and theories of social work.

Updated material includes "Thoughts to Ponder" reflective text boxes, guidelines for safety, new content on macro practice, and more! The instructor's manual provides a detailed guide for each classroom activity including preparation, presentation, variations, objectives, and review questions.

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