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Field Experience

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Chapter 7: What is a stereotype? Identify at least 3 steps to acceptance, when working with clients. What steps have you taken, when you were at your internship, and how did you demonstrate that step?

A stereotype can be defined as a mental shortcut that helps us quickly understand a group. For the most part, it helps us make assumptions about a group. It is important to be aware of stereotypes because sometimes, most of the time, they are wrong. The problem with stereotypes is that once we have, we have a tendency to psychologically confirm our stereotypes so we have what we call a confirmatory bias. We tend to notice and seek for information that fits our stereotype and the information that doesn't fit our stereotype we ignore and throw away, There are different types of stereotypes and they are created because sometimes distorted images of people are portrayed. It is important to see our stereotypes and those shortcuts we take so that we can question them and be aware of how they might trap our thinking about other groups.

Three main steps to acceptance when working with clients are but are not limited too including you in their conversations, considering your suggestions, and confiding in you. While I was attending my internship, I felt as if I was accepted because I was constantly being included in conversations. Most of the time, even if I was not the one speaking, my supervisor often made sure I knew why the conversations being held at the time was significant. In addition to listening to important content, she made clear what she expected me to understand. A step I had taken while I was at my internship was cultural assimilation. I demonstrated that step by assisting Spanish speakers as well as English speakers.

## Work Cited

Required: Sweitzer, F.; King, M., (2019). *The Successful Internship: Personal, Professional, and Civic Development*, 5th Edition. Brooks & Cole: Canada