

## Journal 4

### **1. Review of competencies practiced**

Review of competencies from this past week. Describe a specific activity from the Field Learning Agreement that was completed and indicated what competency and practice behaviors it represents. It would be useful to discuss an activity you were challenged by or have questions about.

Competency 1: Demonstrate Ethical and professional behavior/Practice and Behaviors: I tried to demonstrated this competency by documenting my documentation on a timely matter.

### **2. Reflect on Performance of Competencies**

Strengths- What went well in your demonstration of this particular practice behavior? I am able to provide the progress note of my clients which are well organized.

Limitations - In what ways do you need to grow related to this particular practice behavior? I think I need to work on getting my documentation in on a timely manner and my grammar corrected in the progress note.

Describe your personal feeling related to the activity: Documentation is not my favorite part of working of the social work field.

### **4. Connecting Competencies to Knowledge, Values and Skills**

**What Social Work Knowledge, skills, and or values relate to your development of this competency?**

In supervision with the social worker she reviews my documentation and if not correct she provides me with an example of how she wants the documentation completed.

### **5. Plan for Progress**

**What have you learned about yourself from this experience/interaction. What steps or actions are needed to foster growth and continued development of this practice?**

I have learned that even though I do not enjoy completing documentation I know that it important to document our progress notes regarding our clients to ensure that the client's needs are being reflected in the progress notes.