

FIELD INSTRUCTION JOURNAL OF COMPETENCY DEVELOPMENT

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1. Review of Competencies Practiced

Review cases, clients, projects, and tasks from this past week. Describe a specific activity from the Field Learning Agreement that was completed and indicate what competency and practice behavior it represents. It would be useful to discuss an activity you were challenged by or have questions about.

This week at my internship, I really learned a lot. For the longest time, I believed that I had to kind of get straight to the point with the task at hand and then end the interaction. But the longer I have been at my internship I have realized that my clients are really struggling with issues that I wish I could help them with. This week I decided to change that by talking with my task supervisor about our client's issue and seeing if there is anything our organization could do to help. It really helped me understand our organization's policies (competency 5) as well as helped me engage in professional behavior (competency 1). It also challenged me to engage in practice-informed research and allowed me to advance economic and social justice. (competency 3 and 4)

2. Reflect on Performance of Competencies

Strengths - What went well in your demonstration of this particular practice behavior?

A strength that I believe I showed at my internship this week was the fact that I cared enough about my client and their situation to want to help her. Last time I contacted her she explained her situation, but I didn't know how or if I could help her. Because of this curiosity I made it a point to look into this for the client. When I talked to my task supervisor, she actually explained that we could actually help her, and I made it a point to let her know that I was thinking about her and how I could help. She explained how you made her day which made me feel good.

Limitations - In what ways do you need to grow related to this particular practice behavior?

I think one limitation is the fact that I don't know enough about some of my client's situation to help them. For example, I faced another client who explained that she let her ex-husband take the kids for a court ordered visitation and refused to give the kids back even though she had full custody. The more I talked to her the crazier the situation got. I was really difficult to

fully understand her situation, so I was constantly asking for my supervisors advise on the situation. Unfortunately, there wasn't anything I could do, and I just had to let her vent.

Describe your personal feelings related to the activity:

This was definitely a learning experience. When I was able to find out more about our policies and help the client it was good, and I felt good. However, when there wasn't really anything to be done, hearing her situation and letting her vent all day was sad and somewhat overwhelming.

3. Connecting Competencies to Knowledge, Values, and Skills

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

Some skills I used in engaging in this interaction was educating myself with our clients situation, emphasizing verbal following and empathetic communication, building rapport, and seeking correctness, and identifying tasks.

4. Plan for Progress

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

I think that one thing that I need to keep in mind for the future, is knowing more about this organization so I am able to answer questions that go beyond my department. That way I don't have to keep the clients waiting or constantly asking my supervisor to help.