

## 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 was actually really hectic. because I took the week off due to thanksgiving break, I fell behind on a lot of stuff. When I left for break, we had 200 applications, however when I came back today, we had 60 new applications. On top of that, I had like 50 emails all of which were clients sending in the rest of their paperwork. Catching up on all those emails and voicemail took my entire workday. Fortunately, our organization hired cadets who volunteered to help me out with this application process. Being able to assess (competency 7), evaluate (competency 9), and engage (competency 6) with them about each client and what was still needed from them was really helpful.**

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 was able to manage my time wisely and catch up on all of the work I missed in a timely manner. I was even able to complete a few applications which felt good. I think that the cadets stepping up and being willing to continue where I left off in the application process so that I have time to catch up on all the work I missed was really helpful.**

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

**I think one limitation is the fact that I haven't really been able to build a relationship with the cadets yet. We are all working together in this process, and yet I haven't had the chance to talk about this process with anyone else besides my task supervisor.**

Describe your personal feelings related to the activity:

**Overall, I am very satisfied and proud of myself for catching up on everything. At the same time, however, we are on a deadline and knowing that is kind of stressful. We have**

**completed a few applications, but there are still so many applications that we have to complete within the next few days or so. I'm just afraid we won't be able to help everyone because of this.**

### **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 time management skills, clarifying, identifying tasks, and reviewing and evaluating skills.**

### **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 build rapport with my coworkers as well. I think that because I have been working with my supervisor so closely, it's been easy to build a relationship with her. However, when it comes building a relationship with the volunteers working in the other programs, I don't know anything about them. Then again, I barely have time to eat due to the amount of work I do with my supervisor so I can't blame myself too harshly. The point is that because we have cadets working in this program with me, I want to make it a point to build rapport with them too!**