

Journal 2 (Feb. 13th, 2021)

Today my group Jeanine, Shanice, Nytasha, and me, worked on the group assignment, a role play. The professor gave us a few minutes to talk about the assignment and discuss how we wanted to present. The assignment was one for one group member to be a social worker and the other members are part of the group. The social worker was going to be Shanice and the rest of us were the members.

During the group assignment we came up with how the role play would go although we did not practice word for word what would be said we had a general idea of what was going to be said and gave Shanice a chance to know how to respond during the role play. The preparation time reminded me of what the readings in Corey shared, we must be careful of being overprepared. I did not want to have such a rigid idea of what would be said because I wanted there to be a chance for it to flow, and not have someone feel as if they missed a line. I was glad that the group agreed, and our style of practicing seemed to work. Shanice shared with us what her idea of how she was going to present. For the most part the intro was great, and we gave her some positive feedback, we also expressed on something that can be elaborated. For example, she stated that if the member shared something of concern, she “would tell.” I expressed to Shanice that although I knew what she meant, maybe elaborating a little more would help as if a client hears, I will tell, this can have a negative effect. Shanice agreed and expressed that when she heard it stated back to her she knew exactly what I was trying to convey. “It is good to offer positive feedback before giving corrective comments. Corrective feedback is more readily accepted when it follows the exchange of positive feedback (Morran et al., 2004).”

I further noted that as stated in the readings for Corey, Chapter 5, the group seems to be working cohesively. It seems as if the members feel included in the group and we listen to one another. Although there is not set leader, I feel as if the role is passed around depending on the activity that we are working on.

As a group we shared what would be helpful and what can be shared during role play. I expressed that I like the self-care activity that Shanice presented during her intro and for Shanice to have ideas such as this throughout the role play would be good, and to end with a CBT assignment.

Due to the concerns Shanice had expressed last week about interacting with the class we talked a little about this and encouraged Shanice that she knew what she was doing especially since her intro was very good. I wanted to help and relax the group, I reminded them that the professor has everyone else turn off their cameras expect for the group presenting. This seemed to help a little and they expressed that it would help to feel as if not everyone was watching.