

Natacha Argant-Lazare

Journal #4

03/04/2021

- 1) Discuss your level of participation in the second 'assessment' session of the group experience. Were you an active participant? Why or why not? Have you noticed any changes in your level of participation since the first group meeting?**

This week, as we continue with assessment part two (2), I believe I was an active participant in the group. We all participated especially with the activity provided by the facilitator. As we continue engaging, we each greeted each other at the beginning of the session and started to talk about our day which is a way of connecting. There is a little change, but not too much. We are more comfortable around each other now because this is the third time meeting as well that we are open up more towards each other.

- 1) Please assess the dynamics of your group. Are the purposes of the group being met so far? What are one or two specific things you have learned that you can apply to your growth as a social work practitioner?**

The dynamic of the group is great, we are respectful towards each other and try our best to understand each other. I believe we are making progress among each other. I believe that the purpose of the group is been met thus far. Our group is on self-care, thus far, we can assess if we are overworking ourselves and where to make an adjustment. As social workers, we tend to overwork ourselves and think we can save the world by forgetting ourselves. It is very important as a social worker to self-care in order to better assist others. As they say, if we are not well, we cannot help someone to be well.

- 3) How would you describe the second 'assessment' session of your group experience? Did the group leader focus on the assessment stage? How effective were the activities in meeting the goal of assessment? What are the *strengths* of this leader? What are the *areas of growth* for this leader?**

The second assessment was great, I like the exercise she did, she provided a questionnaire as we were able to evaluate ourselves but putting 0 for never and 3 for always. Yes, the facilitator did focus on the assessment stage. It was effective as she uses the scale assessment in a questionnaire form. She has a great personality well-mannered and able to get everyone's attention which is some great strengths. One area I would say that she can grow is for her to take control of the time when leading. Overall, she did a great job.