

Journal #2

Jasmyne Moore

SWK417- Field Instruction & Seminar I & SWK457 - Field Instruction Seminar II Professor
Roberts

2-1-2022

FIELD INSTRUCTION JOURNAL OF COMPETENCY DEVELOPMENTName Jasmyne MooreDate 2-1-2022**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 has been filled with lots of training and trying to get the hang of the requirements as well as what is expected of us as interns. We had gone over the handbook and the requirements to be a part of the new program. But what was important and emphasized throughout the training was confidentiality. This is one of the main points in competency 1.1 in which it discusses confidentiality. In order to confirm that we knew what was required of us for confidentiality we had signed a contract stating that we would not share any of our clients information, we would not try to keep information that we were not allowed to have, and we would not discuss information about the client with their names to other individuals.

2. Reflect on Performance of Competencies

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

In this activity I would say my strengths were asking questions in clarifying the requirements needed as well as what each bullet point meant so that I can make sure that I stuck to them. This allowed me to understand the wording to each section such as do not save information on personal computers in which I had asked what they would like us to use to contact the clients through. Then my supervisor responded that we would be provided a computer from the company to ensure that we wouldn't need to use our own personal computer. This way it would help us to avoid the temptation of keeping personal information. Another strength I had in this would be that when we were about to leave I had asked him if we still needed to sign the form in which he apologized because it had slipped his mind.

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

Limitations that I found in this would be my focus throughout the handbook as well as reading the confidentiality contract. I found myself having to reread constantly. I don't know if it was because of lack of sleep or from all the information that I needed to comprehend in one day. This limitation happened throughout the day but luckily I was able to ask questions so that I was

able to fully understand. It also helped a lot to have another intern there as well so that we would be able to help one another to understand what was required and teach each other easier skills with the technology.

Describe your personal feelings related to the activity:

My feelings throughout were a mixture. In the beginning of the training I felt excited to get started so that we would know how we could help students adjust to college life. Then as the training went on and the requirements were listed I became overwhelmed and nervous that I would mess up in some way by accident. This made me begin to overthink which then led me to ask lots of questions so that I would be able to understand. Yet even when I tried I found my mind to drift because I was focused on what could go wrong. Then after I had asked my questions and I was able to gain more clarity my mind was calm and I was able to understand what was expected of me. I was also able to put my mind at ease knowing that I would be able to get help from my colleagues as well.

3. Connecting Competencies to Knowledge, Values, and Skills

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

Social work knowledge that I have obtained from this competency is understanding confidentiality. Confidentiality is very important in the NASW code of ethics as well as the field of social work. Social workers are not supposed to share any information of their client that they

don't want to be shared. It is important to understand confidentiality and how it plays a huge role in gaining the client's trust. At times it can be difficult especially when a client is suicidal or wants to harm others. This is when the client needs to understand your judgement and that you are telling someone so that you can protect them.

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?

From what I have learned from my experience is that I need to allow myself to take time to rest before every start as well as after the work day. By doing this i will allow my mind to reset and be able to understand what i have just learned without zoning out the next day because i'm too tired to comprehend. Everyday I don't allow myself to unwind instead i just go to the next thing whether that be with lacrosse or school work.

A plan for me to start this would be that I take a warm shower after so that I am able to unwind from the day. Then I will make some dinner since I'll be coming home around that time. After that I can review what I had learned from the internship and then allow myself to absorb it. Finally, I will watch a show after school work at least for an hour so that I can allow my mind to relax before starting a new thing. This will help me to enhance my comprehension the next day so that I'm not zoning and asking questions because I'm not understanding. All in all, I won't stop asking questions.

