

SWK 557 FIELD EXPERIENCE  
COMPETENCY JOURNAL #8

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**Review of Competencies Practiced:**

This journal of competency is based from my supervision with my task manager on 4/1/2022. The Learning Agreement that was completed is on Competency 1: 4& 5. “Demonstrate Ethical and Professional Behavior.”

**The Activity:**

The supervision on 4/1/2022 was, I believe, carried out effectively and successfully, although I was challenged on the benefits engaging in supervision and consultation to guide my professional judgment and behavior. This is in Competency 1:4 & 5. I was asked about my preferences with my practice, and to which area of social work I would like to focus. I was asked also of my feelings and or comments about my internship at Rikers, which I expressed my gratitude for the unique experiences. Included with my response was the idea of wishing to do more for our clients, although I believe that SCO’s program has been doing great and a big help to the detainees. But I continued to say specifically that I wish to see the detainees receiving more help toward behavioral changes, in addition to receiving basic needs.

**What was the challenged?**

With the last statement that I was challenged as to which help should come in first. That a help to become effective, my task manager's view was that basic needs such in Maslow's law, must come first before someone can move on successfully to the next level. She continues to justify her point that if a person is lacking the basic needs, it is difficult for such person to focus on dealing with the change process, such as in behavioral change. Another point was on the issue of diversity in social workers role or practices. In which in her opinion not one social work practice is better than the other. It will depend on the social worker's preferences to which work-related environment she/he will commit.

**Strengths:**

What went well in this practice of behavior competency was the acknowledgement of my task manager's opinion and the theory behind it, which I incorporated to my learning experiences. Other benefit is reminding myself of what Berg-Weger, et al. on social workers' roles of holistic understanding. That in the generalist practice, a social worker can take on the role such as case manager, counselor, broker, mediator, educator, and or advocate.

**Limitations:**

The ways to grow in this particular area of practice is to understand the role of supervision, and other professionals when engaged in-professional teams. Social workers must continue to seek supervision and be engaged with colleagues and be

able to incorporate them in daily practice. A life-long learning experience and commitment to updating skill is to ensure that a social worker is interested in a relevant and effective practice.

**My personal feelings related to the activity:**

I feel empowered and encouraged. The activity demonstrates that engaging in supervision is an important part of growth. To incorporate other professional opinions and practical advices from peers and supervisors will help me keep abreast with new development, practices, relevant and effective techniques which will be able to help improve my own practice experiences.

**Connecting competencies to knowledge, values, and skills:**

In receiving supervision and advices from peers, cultural humility is the center of it. I believe that a social workers' ability to hear other opinions and practices and able to weigh the merits and use them, will help in perfecting Competency 1:4&5. Commitment to diversity is also very important value with this competency.

Respecting for the unique characteristics of a diverse population, means respecting the opinion of others as giving them proper worth as well. The skills needed by a social worker in order to perfect this competency is willingness to become an active listener, more than a talker. Be able to summarize and synthesize important points and able to put them in action.

**Plan for Progress:**

I learned that supervision is an integral part of growth and relevant to my everyday practice. To foster growth faster in this area, the plan is to seek a bi-weekly or weekly supervision with my supervisors. In addition, the role of peer consultation and hearing their opinions in a certain matter at hand is also a valuable resource. The inter-professional engagement should be a part of my life-long learning experience and to commit to continually updating my skills to ensure a relevant and effective practice.