

SWK 557 FIELD EXPERIENCE
COMPETENCY JOURNAL #10
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Review of Competencies Practiced:

This journal is about competency 1: 2. “Engage Diversity and Difference in Practice” Practice Behaviors 2:1,2, & 3. The activity was based from my practice experienced with one of the programs of SCO. The program is catering to single mothers and their children being housed together. Such activity created so much confusion and controversy in my own studies and practice. Thus, before ending my generalist internship practice, and with this being last journal for this semester, I am thankful to talk about it. Mainly to gain insight and understanding. To connect the competencies and to advance my social work practice. To make my life-long social work experiences meaningful and effective.

Strengths:

What went well with this particular practice behavior is the realization that engaging in diversity and differences in practice is a serious matter. The knowledge that gained at that particular house’s activity, caused me to search for more and to commit for a life-long learning experience. The strength I gained was that a social worker must know that difference in practice, setting, and location does not mean one practice is better than the other. A must to lower one’s expectations and to present oneself as learners. To engage the clients at this particular situation, is to allow them become experts of their own experiences, both clients and the staff. In addition, to manage my personal biases and values is not is not for me, but to fully serve the one’s needing the help.

Limitations:

For me to grow faster in this particular practice behavior, I believe that more exposure is crucial. And it must be with a diverse population. The growth can only be seen faster as one is fully engaged with activities that reflect the inclusion of a diverse population.

Personal Feelings:

I am blessed and glad today. Nothing that shall sets me free, but the truth. I believe every activity brings me to the truth. It can make me or break me. That I believe, activity can only happen with people. With other people, particularly. People that are different from me.

Connecting Competencies to Knowledge Values, and Skills:

Knowledge of cultural humility is a must. A slight shift to the left or to the right will make a huge negative impact to our clients' decision to engage. To become a culturally competent social worker, one has to acknowledge that we do not know all there is to know about clients and communities. That our clients definitely are from different backgrounds and cultures. Willingness to learn about others' life is a must. With warmth, active listening and empathy social worker can develop a very effective practice. Commitment to diversity, equity and inclusion, a value that one, if aiming to become effective and efficient in social work practice, must be written in one's heart.

Plan for Progress:

I learned that a social worker that is not culturally competent cannot attain an effective and efficient practice. Not only that it will cause great havoc to her/his own life, but to the life of others. Being culturally competent must work in tandem with being committed to diversity,

equity, and inclusion of all. The worth of each person must be respected at all times and the ability to communicate with open mind and understanding are ways to build an enduring relationship. To make faster growth, I believe more exposures to practice with the diverse population is needed. With consistency of practice together with self-awareness, self-regulation to manage influences of my personal values and biases, I am confident by the grace of God, an effective and efficient social work practice is attainable.