

## **1. Why do I want to be in the helping Profession?**

I would like to continue to work in the helping profession because I enjoy helping others especially families. I also enjoy seeing a community change. Growing up I grew up in the South Bronx. We live in a rough neighborhood infested with crime and drugs. At the age of 14 I decided to work summer youth and that same I was employed as a junior counselor for a summer camp. This is when I realized that the younger kids needed a lending ear and someone to guide them and let them know that everything was going to be okay. I often found myself walking home some of my campers because they would otherwise had to walk home alone. These campers were no more than 7 years old. I was always a shoulder to lean on and a listening ear. I would share my snacks and lunch with those that brought no food due to lack of resources at home. Collected clothing from my younger siblings to help those that would come to camp with less than. At this young age I knew I was destined to help those in need and knew that those less fortunate gravitated towards me. I continue to have a passion to help and a strong desire to change these communities.

I have a passion to see communities change, I look forward to the day that kids from all communities can come outside and play without the fear of being harmed or it being too dangerous. Where the community embraces the saying "It takes a village" and everyone looks out for one another. As the roles of social workers and case managers change, I feel that this will one day be possible. I feel that part of being an effective helper is to be able to have Sympathy as well as empathy, being able to find the root of the problem in order to find the solution and lastly following up once a solution has been determined.

## **2. Reflect on 3 of your concerns about being an effective helper. How can those also be strengths?**

One of my concerns of being an effective helper is I always invest a lot of time into my clients. I call and check up on them, I follow up with referring has given them, I reach out to other medical providers that work with the client as well so that I can make sure we are all on the right page. Sometimes I feel that I attach myself too much to a client. But, in strength I know that I can develop strong relationships. The second concern I have about being an effective helper is helping clients so much that the clients is now dependent of me and does not feel that they can do it on their own. The strength is knowing that I can obtain the necessary resources to help the client and make them comfortable with the decisions that I have made to help them effectively with their problems. My third concern would be me not feeling that I am not giving enough of myself to help the client. This would be the opposite of my first concern. In strength I feel that this would allow me to not become overly attached and help the client to believe more in themselves and to learn to help themselves with minimal guidance.

