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Final paper

This course has been overall amazing. I love the fact that it had challenged and pushed me. It had pushed me not only in social work but also in my spiritual life as well. When I first began the semester I felt overwhelmed with the workload because I am taking 5 classes. I felt like I wasn't taking care of myself and kept feeling anxious. This is my last year in the MSW it had made me feel more of these symptoms. Throughout the semester I was able to develop a deeper practice of self-reflection, being able to understanding relationships, Knowledge of Developmental stages , rule of life , loving myself , it has taught me how to critically understand many different aspects.

The assigned readings were also amazing. It has impacted me as a person and as a process. I especially enjoyed the chapters about self-care I really got to understand the importance of it and reflect about this topic and it's significance. Self-care is an essential social work survival skill. Without self care we could not be able to care for clients. Self-care means a practice that allows us to reduce stress and maintain and enhance a positive well-being. Self-care is necessary for your effectiveness and success in our profession. One self care activity I always perform is worship music. Worship music is vital in my life especially when I'm stressed. Self awareness was also a major topic in these chapter. Being self-aware means that you understand your own personality. That includes your positive and negative traits. When you are self aware you understand your thoughts and beliefs, your feelings, and your inspiration. It would be easier for you to understand others when you are self-aware. This is important when working in the social

work field because you will be able to show compassion and empathy once you understand your clients. Reading the book “Compassion : A reflection on the Christian life” was a great read as well. What I found most meaningful is how it dives in the Components of compassion such as obedience, voluntary displacement, the dangers of the self and competition and what compassion really means. Compassion is something that will continue to grow in your life.

During the retreat I was able to develop a Rule of Life for myself. Something that I never did before however doing it was life changing. It is going to help and direct me to where I want to grow spiritually. I would like my rule of life to constantly growing like a plant as long as it’s being taken care of. As Christians it is important to practice spiritual discipline. For my rule of life, I will pencil in daily life disciplines that fit in the season , making peace with the past, being in charge of my happiness. These are the three rules of life I will keep and practice.

Throughout the semester I have learned so much more about the meaning of life as a professional social worker with faith. I feel like I have grown so much especially with taking this course. Ever since I could remember, my faith and religion have been an crucial part in my life. My religion provides me with a morals, values, integrity, love and ethics. This is what leads me to make the decisions I make today Coming from a religious family, Baptist Christian church which lead to me to make many life choices. The BaptistChurch forms an extended family for me. This is where I get further affection, support, advice and love from. Finally, it is my religious beliefs that have led me to social work, a profession that I view as my calling.

The reason why I want to be in the helping profession is because I value Social justice and have a passion for helping people and I love what Social workers do. I’ve always wanted a career where I can make a difference and change lives. For as long as I can remember I have always had a love for helping others. Social Workers are responsible for helping individuals, families,

and groups of people cope with problems and improve their lives. I also enjoy helping others in a time of need . As a social worker it is important to learn about different groups and populations because we will be encountering so many different people on a daily basis so it's important for us to be diverse and understand different cultures. Social work has a very big impact on social justice. There have been issues of inequality for centuries such as oppression, discrimination, and prejudices. Everyone in society have the right to this level of fairness. No matter the color of their skin , their religious beliefs , gender, sexual orientation, political views everyone one should have this fairness. In our society it is portrayed that it upholds social justice, unfortunately is not what we all live by. There have been issues of inequality for many years such as oppression, discrimination, and prejudices. Some Of these unfair treatments even come from our own government. Fairness has not been our strongpoint among each other. This course has made me realize I picked the right profession and this is God calling for me.

Growing up I wasn't the most confident person but as I got older I became more aware of myself and began to accept me for me. My experiences show how my journey was filled with so much pain. However I never gave up. In my darkest times, there was a little bit of light in my way that showed helped me.

The tools and lesson learn from this social work classes and many of my other classes as well fit with my goals about life. One of my goal is to fight for justice. I have come from a place where social justice has always been an issue. My social work classes showed me techniques on how I can make changes on things that I am passion about. One technique learned in social work is, advocacy, how to advocate for vulnerable individuals. I will like to speak up for the ones who are afraid to do so. Looking at these experiences I believe the MSW program here at Alliance

university are continuing to add more into my knowledge about social work code of ethics, how to effectively work with individuals, groups, families, and communities.

In conclusion I really enjoyed writing this paper I got to reflect on my experience these past few weeks. I believe I will become a better Christian and better person. I hope to use this experience as a learning experience and have this used when I graduate. Combining a passion with a career, such as social work, is a beautiful thing. Social work is a challenging, yet rewarding field of work that many great individuals have taken the role to make a difference in the lives of people of all ages.

Reference

Cox & Steiner (2013). *Self-Care in Social Work*, NASW Press.

Macchia, S. *Crafting a Rule of Life: An Invitation to the Well-Ordered Way* (Edition: 2012)