

Samuel Choi

Professor Roberts

SWK357

1/29/23

Reflection Journal #1

1. What has been the most difficult aspect of beginning an internship given your life experience or experience with previous internships? What strengths have you gained from your previous internship or life experiences that can help you meet the challenge?

2. As you read the description of the stages of an internship, did the stages remind of you of any other experiences you have had? If so, in what ways? What strengths do you draw from the similarities? What challenges do expect to face knowing what you know?

1. As of now, the most difficult aspect of beginning an internship given my life experience or experience with previous internships is that I fear that I am not compatible enough to lend my full support to my future organization in which I will be spending my time. Another obstacle that I am experiencing is the severe lack of time. I used to work full time at my dad's workplace and had to cut two days off due to the spring semester beginning and manage my time wisely so everything can be accomplished in due time. Sundays are literally the only days where I am able to complete these hours, leaving me little to no time to myself. However, this is fine as this is a great opportunity to prepare myself for far greater obstacles in the near future within the social work field. Some strengths I have gained from my previous internship (working with children in a daycare) include patience and humility. Working with children requires a strenuous amount of time and effort as well keeping my composure when things get out of hand. I believe this experience has granted me the ability to work harder at my next organization for my internship.

2. The first stage titled "anticipation" reminds me of the time I was a bit anxious when starting my internship experience for the very first time when I enrolled in this Social Work Field Experience course. Anxiety accompanied by optimism that this experience will help equip me with positive attributes such as humility, patience, sympathy and others that will prove to be useful when entering the field of social work. Another stage titled "exploration" discusses building on progress and finding new opportunities. This

reminds me of my determination to discover new paths in my life that will serve to be beneficial for my path in social work and establishing new connections within my organization that I am interning for. Some challenges I expect to face include time managing all of my current responsibilities in order to accomplish everything in a timely manner without losing a step and feeling overwhelmed. Another challenge is building other relationships with others that I hope to be meaningful and will last for a long period of time.