Journal # 1

Depression

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This week session commenced with Praise and Worship songs, played by professor Carlton, with such atmosphere it motivates, empower and prepared me for the study plan and for the rest of the class.

Today learning experience is about group activities, leadership skills, role plays developing plans, strategies for problem solving. Then the Professor Carlton, asked the students to write 3 different categories. The 1st categories was to write on a piece of paper as much animals name we could remember. Few students have 17 or 19 Animal names, and others just have few like myself. It was so much fun; I really enjoy class that day. 2nd categories were to write underrated cartoons and the 3rd categories was to write the reason people can be depressed. Professor Carlton, place us in group again and we came up with so much idea on why people can be depressed? For instance: unemployed, loss of a job, illness, financial situation, drugs, housing, alcohol, lack of self-love, homelessness, trauma, aging, divorce, starvation, rejection, and abandonment issues, To be honest all the other groups did well as well.

Overall, I think all the group presented well and we all share our opinions and discussions. The thing I will work on is "active listening" keenly to others when they are speaking from the heart. Some students spoke about loving yourself and others, working together in unity, because unity builds strength, power with-one voice, to come against injustice and to bring about positive change.

Interventions that can be use to build unity was also shared by students in the group.

This session was very interesting bringing awareness about the problems affecting minority groups, coping, managing, solving problems and anticipating a better tomorrow.

REFERENCES

Corey, G., 2015, January 1. Theory & Practice of Group Counseling., Cengage Learning 9Th

   Ed., Boston, MA