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SWK 456:NOS

Professor Barnes

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### Reflection 1

During today's pre-planning session, all of my group members and I were very active participants. I was very optimistic about our group and the work we would do together. We all had very good ideas, all gave good input, and were all invested in working together as a group. Since both me and Rebecca are going to be implementing support group programs for our field placement sites, we are both excited about this class and learning how to implement them.

Even though we all volunteered to be leaders, gave ideas, and participated equally, June stood out as the leader of today's session. She was able to hone our ideas, and she helped keep us on track a few times.

What are your thoughts about your ability and comfort level with leading this group during your assigned week? What strengths will you bring as a leader? What challenges do you think you will experience in your role as leader?

I think when my week comes to be a leader for the group, I will be capable. I am not forceful and wont overpower a conversation but I also know when to speak up to get my point across. I am also a good listener which I think is very important in being a leader, actively listening and acting on the strengths and feedback of my group members. A challenge that I may face is definitely my confidence and nervousness when dealing with group situations. But this will help me.