

Kenu Howard

Reflection Journal 1

SWK 357: Field Experience

February 7th, 2023

1. The strengths that I feel will be useful to the work that I am doing are my eagerness to learn, my empathy and my kindness. Being eager to learn strengthens my receptiveness. For me, taking the time to learn how to do things the correct way makes me execute my work better. I am a naturally kind and empathic person. Even if I don't understand some things, I do my best to put myself in another person's shoes to see things how they see it. Serving the community at Light House Mission may require me to tap into that skillset often.
2. The implication of this statement for my approach to the work I'm doing is to understand that I do not control a persons outcomes. Even if I mean well. I can use my strengths, education and resources to guide a person, but the rate in which they get what they need (if it all) is not up to me, it is on them. That helps me to alleviate any pressure that I would put on myself. It's not about me.