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Reflective Journal 3

SWK 357-Field Experience

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1. Given my last experience with interning while I was working on my Associates Degree, the most difficult aspect is simply time management. Interning while working full time and going to school full time makes it very easy for me to miss deadlines. However, despite being difficult, the experience has strengthened my time management skills. Due to my previous interning experience, I am now hyper aware of deadlines. I've learned to use a calendar. I keep a large calendar on the living room table in my apartment where I write down all of my upcoming due dates. I also use this method to keep track of my hours.
2. The anticipation stage of interning reminds me of the anticipation I felt when starting my job a few months ago. I knew my job description but I was eager to see what that would look like in real time. I had thoughts like "I wonder what the classroom setting will be like with developmentally disabled children", "what will my coworkers be like?" "What are they expecting of me?" I still feel all of these things towards my internship right now. SO far, each time I go, I either meet a new person or take on a different task. Both of these experiences remind me that if I dwell on the "what ifs" for too long, I will drive myself crazy. I learned its best to remain open and present. That is IT. Anything I need to learn I will. Anything I need to know, I will find out. All I'm responsible for in the meantime is showing up on time as my best self. Knowing what I know now, the only

challenges I expect to face is keeping the motivation to prioritize going. Its hard! I love being at Light House Missions, the people are kind. The work is nice. But I have to be consistent. Once I'm there, though, I'm good.