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SWK357
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Reflection Journal 1

Read chapter 1 and 2 of the text and answer the following questions for your reflection journal.

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 you of any other experiences you have had? If so, in what ways? What strengths do you draw from the similarities? What challenges do you expect to face knowing what you know?

1) For my internship field experience I have gotten the wonderful opportunity of working with my advisor Dr.Devonne Allen in assisting her with advertising Teletherapy services. Teletherapy is a form of counseling that is done through online/social media form. It provides an opportunity for people to be able to access social services without having to meet in person. Since my internship is still new I haven't encountered any difficult obstacles yet. Although I've participated in many internship experiences throughout my high school years, this one is unique being that it is done completely online. Potential challenges within my current internship may include minor difficulties of operating unknown apps. Since I am assisting with webinars, web designs, and video connections I am not familiar with every application I need to work with. However, getting myself more familiar and spending time on these apps have been a great help as well as the help and support from my field instructor.

2) The developmental stages of an internship are the stages of Anticipation, Exploration, Competence, and Culmination. I usually experience feeling anticipation during the beginning of any new job or internship being that it is a new chapter to look forward to. Exploration aspects expand when diving deeper into the internship and developing further curiosity in its work practice. Competence is experienced after enough training when the tasks have been completed successfully. Lastly, culmination is achieved when every intention has been completed proving the internship has been attained to its best potential.