

FIELD INSTRUCTION JOURNAL OF COMPETENCY DEVELOPMENT

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1. Review of Competencies Practiced

Review cases, clients, projects, and tasks from this past week. Describe a specific activity from the Field Learning Agreement that was completed and indicate what competency and practice behavior it represents. It would be useful to discuss an activity you were challenged by or have questions about.

I believe that one activity I accomplished this week at my internship was activity 6.2 in our learning plan. This competency activity states that the student will “promote organizational and community practices that affirm inclusion of members across levels including governance, management, staff, volunteers, and community members.” At The Salvation Army I am currently responsible for our Christmas assistance program which provides Christmas presents for children of low income families. It is my responsibility within this program to assist, schedule, and finalize our clients application into this program and provide them with the Christmas presents they need help affording.

2. Reflect on Performance of Competencies

Strengths- What went well in your demonstration of this particular practice behavior?

I believe that one strength I have shown when it comes to this practice behavior is my ability to lead a program. Not only am I meeting with clients one on one to assist and finalize their applications, but I also have a great team that I have been able to delegate tasks to. Tasks that include relying on volunteers to help me schedule and follow up with clients and relying on my bilingual employees to assist me with our Spanish speaking clients.

Limitations- In what ways do you need to grow related to this particular practice behavior?

I believe that one area I need to grow in relating to this practice behavior is creating a healthy work-life balance. Although I have really enjoyed leading this program, it has also caused me to put myself second by not taking a lunch break or allowing myself time for a break at my internship. Something that I am still working on and hope to improve on.

Describe your personal feelings related to the activity:

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I am personally excited to grow in this competency because it allows me to continue to grow on my leadership skills. It has also taught me how to work in a team and delegate tasks in order for this program to be successful. Lastly, it allows me to work one on one with our clients and grow in my engagement skills.

3. Connecting Competencies to Knowledge, Values, and Skills

What Social Work knowledge, skills, and/or values relate to your development of this competency?

When it comes to this competency I have learned how to value the dignity and worth of each client coming into this program. I also learned how to engage with and appreciate the diversity of each client entering this program as well. By putting my active listening skills and empathy skills to use in this program, I am better able to understand and put myself into the shoes of each client I interact with. A tactic that will only help me to better assist my clients.

4. Plan for Progress

What have you learned about yourself from this experience/interaction? What steps or actions are needed to foster personal growth and continued development of this practice behavior?

In order to continue to grow in this competency, I plan on working on maintaining a health work-life balance. Hard work is good, but working too hard and not making time for myself during my internship could create burnout if I attempt to do every

of trying to manage this program on my own, I need to remember that I have a team that I can rely on in this program.