

Name: Carolyn Cuevas

Professor: Jean Carlton

Class: Leadership and Groups

Journal: II

This class activity was interesting and challenging at the same time. I consider that the group dynamic was organized, and I observed that it was easier for us to follow the instructions faster than previous class. I believe we are getting use to the dynamic of getting into our groups and choosing a leader. I believe it was a difficult activity because it was an anxiety group, it became really challenging to keep the group in order and to make them feel that they were in a secure environment. We started by sharing the rules and regulations of the group and the dynamic the group was going to follow. The group was about high school students that were facing anxiety due to school violence and the group was facilitated by the school social worker. As the social worker I started by sharing the purpose of the group and validating students' feelings of anxiety due to the school gangs, violence, bullying, grief, and a student's death. As the facilitator I gave each student the chance to share their experience and how they are dealing with anxiety. Two of the students expressed having fears of leaving the school alone due to school violence and at time they rather not come to school. Another student shared that she anxious about being a target for bullying due to her skin color and her curly hair. Another student shared that she feels unsafe about the school violence and gangs exchange, she rather due homeschooling and not return to school. One student stated that he felt unsafe after the gang killed his friend and he felt he might be the target next time. The student also expressed that he is waiting on a transfer to another school, but he is concern about some gang members in that school as well.

As the Social Worker, I empathized with each student as they share their concerns and tried to find out more about their different experiences. It was a moment where all students got anxious and concerned about their safety and I was trying to enforce the group's rule and communicate the different approaches the schools were going to put in place to address students' concerns. The group turned into a more difficult environment to lead and work with, when another student that seemed to be part of the gang that killed the student came into the group and started to blame another student about what happened. The group then became more anxious and desperate about answers. I tried to bring the group back and discuss the different approaches the school was going to take to assist them individually, in a group setting and at the mezzo level. During the whole group activity I believe I was more like a democratic leader trying to find the way to let the students know that I understood them, but that we needed as a group to make decisions and be aware of the choices we had. It was challenging to get an anxious group to calm down and try to work together for the benefit of it.