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The Practice of Generalist Social Work II

February 18, 2023

Journal Reflection #3

Discuss your level of participation in the 'assessment' session of the group experience.

1. Were you an active participant? Why or why not? What were your feelings during this session?

This week 2 of my group members were not in attendance. So that left Dany and I as the group. I was an active participant in my group this week. During this week session, Dany was the leader. I felt Dany was listening to me. I felt she truly wanted to hear what I had to say. I felt Dany was encouraging me to find ways in which I can destress and handle my stress.

2. Please assess the dynamics of your group. Are group norms being followed? Do group members seem connected and engaged? How are you adjusting?

So, it is difficult to answer this question as two of my group members were not in attendance today. In attendance for today session were Dany and I. Dany was the group leader today.

If I was to answer this question base on Dany and I, I felt in this session we were connected to and definitely engage.

I feel that I am adjusting to my group very well. I feel comfortable opening up to my group and share what is going on with me.

3. How would you describe the 'assessment' session of your group experience? Did the group leader focus on the assessment stage? How effective were the activities in meeting the goal of assessment? What are the *strengths* of this leader? What are the *areas of growth* for this leader?

I felt the assessment session experience was very empowering. It gave me a space to really talk about how I am feeling returning to school, what my fears are and my struggle with time management.

I felt Dany focused on the assessment stage. She used the Perceived Stress Scale to see where I am. She used scaling to where I am today as we speak. Dany asked me questions. Dany wanted to hear my thoughts and feelings. Dany pointed out my strengths and assist me with formulating goals. Dany recommended some pointers on what to alleviate some of my stress. Dany also helped me to identify what stress are daily stressors and what stress are spiritual attack related stress.

Dany really prepared herself for the session. Dany had her points in which she wanted to start the group with, she went over engagement and the rules of the

group. One strength that Dany has is her confidence as she led the group. She knew what she wanted to get done, to say and she went for it. Right not I can not think of area of growth for Dany.