

Kenu Howard

Reflection Journal 4

Field Placement

February 21<sup>st</sup>, 2023

This past week, the focus of my internship was doing labor in the warehouse. So far, I've gotten a good understanding of where everything goes, so I'm able to come in daily and jump right into the work. So much so, that when new volunteers come in, I am able to guide them. I am referred to as a "vet." Another focus this week was assessing who is coming in to volunteer, and why. For example, while working today, an organization called "Maryhaven" (which cares for the developmentally disabled population) brought a bus of special needs adults to do some volunteer work. I have a lot of experience working with that population, so it warmed my heart to see. Some of my fellow volunteers were also court mandated to do community service hours. I enjoyed working along side them, helping them and observing.

In terms of Supervision, I worked directly alongside Pastor Mike. He oversees the outreach as a whole. Working alongside him was nice because he was working just as hands on as the rest of us were. He was sorting, driving trucks, moving boxes, carrying heavy donation boxes and so on. He observed the pace in which I was working and noted I was working quickly despite there being a lot of work. He said 'you don't seem to mind this work!' I told him that when I come in, I prefer to be busy than to stand around watching the hours go by. That made me feel good. The insight I gained about myself is that I enjoy fast paced work. I also don't mind working alongside any demographic, as long as they are decent in terms of manners. I'm also a fast learner. My most critical moment of learning was the amount of labor this internship is. I left

sore, so that put into perspective the fact that I have to pace myself and listen to my body. I do not want to get hurt doing my hours! This affected me by making me mindful of pacing myself and never lifting anything that's too heavy for me. I am mindful to ask for help. This coming week, my focus will be staying open and vigilant. They've placed me in the warehouse a lot (which I do not mind at all) but I am keeping my mind open to any and everything. One thing I learned over the weekend was that the Beverly Hills Polo Club brand donates boxes of men's winter coats to Light House Mission. I had no idea! I learned that while sorting the coats. That was a great piece of community insight. I'll continue to learn more facts like that!