

1. Were you an active participant? Why or why not?

During this week's group work I was an active participant. I helped the team leader for this week Candise to explore ideas regarding assessment and planning. I gave her a few suggestions and she was able to get an idea and elaborate on them. I have noticed that she struggles to find herself but, once she builds her confidence she is very well spoken and brings her point of view across.

2. Please assess the dynamics of your group. Are the purposes of the group being met so far? What are one or two specific things you have learned that you can apply to your growth as a social work practitioner?

The group seems to be working well. Once everyone attempted to get to know each other the dynamic of the group made more sense. At first, we had the member that would take over the entire group. Now that we have an odd number in the group it balances it. There is someone that is always the deciding vote and it makes the group flow better. I have learned through this group that although we may not always agree we can always agree to disagree. When can come together for a common purpose and succeed at it. As long as well all have the drive and passion we can make it work. The end goal is what we all want to achieve.

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

The intervention session was very interesting in that at first we did not know what to do or say. Once we all focused on the goal we were able to discuss various methods of intervention based on the goals that we set during the pre planning meeting. Some of the interventions that we discussed based on our Psychoeducation group on Selfcare were getting enough rest to avoid physical/ mental burnout, delegating work for those in positions that allow us to do so, thinking positive thoughts, meditating/yoga/ and exercising regularly as well as taking time off to focus on mental health.

I would say that Candise strengths are that she is able to express herself well once she warms up. She is a great note taker and will reiterate a whole conversation and you will not notice that she was taking notes. An area of growth that she can work on is coming prepared to the meeting. She depended greatly on the group to provide information and she would later re explain what the group had already discussed. As I mentioned before, once she has the courage to express herself, she does very well.