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SWK556: Generalist Practice with Groups, Organizations, and Communities

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1. I actively participated this week despite my absence. I had an emergency, which I informed my group members and followed up with them to find out how the session went. I was given the information I needed to continue my assessment by both Dainty and Dany. This week's primary focus was assessment, and within that focus, the group evaluated the pressure of their classes by categorizing them, starting with the classes that were the most demanding and moving down to the classes that were the least demanding. The group members were able to assess their levels of stress as a result, and they were also able to come up with helpful ideas for easing the stress.
2. By setting goals and putting effort into accomplishing them, our group is learning how to manage stress while in college. To accomplish our goals, we looked at how we manage our daily lives and integrated it into our academic work by creating a to-do list to follow, which will be used to help us in organizing ourselves properly. Through utilizing one other's strengths, supporting one another, and lastly being empathic listeners, we have impressively connected and engaged as a group. I believe I'm adjusting well to the group by being an active member, giving each person my complete attention, and showing respect, as these attributes are being shown toward me.
3. In my description of the "assessment" session, we examined the group's overall strengths from a strength-based perspective. From the group's overall strengths, we were able to identify our weaknesses inside ourselves. And by doing this, we were able to identify if the issues that were stressing us out were everyday stressors or school stressors. Despite Vanessa and I being absent, Dany, the group leader this week, did an excellent job of leading and engaging the group. She exhibits a significant quality in team building and leadership by focusing on those present rather than those who are not, which highlights her leadership skills by staying committed to the assignment at hand. Even when giving me the information I needed, she communicated it to me precisely. The only area in which Dany has to improve is her capacity to always have faith in her potential to accomplish in whatever she sets her hands and mind to.