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Reflection Journal #5 (Experiencing the “What Ifs” The Anticipation Stage)

As I finished up my fourth week (marking the end of February and onto March), I was focusing on the unfinished work that was presented to me as well as focusing on improving my verbal communication skills and working to calm my anxious state. During my manual, strenuous labor, I was able to be of assistance to my fellow workers within the church faculty by providing cleaning services and heavy lifting. I believe that the main purpose of supervision during internship is to ensure the student intern is able to sharpen their skills and mindset through discipline and determination. The supervisor is then able to allow the intern to exceed past their limits and unlock their potential to strive for greater things outside of the internship field. As for the role of the intern, it is our responsibility to utilize what we have learned and incorporate them into our actual fieldwork and work effectively. I believe that internship is a valuable method to strengthen the physical and mental state of an individual who is seeking to improve themselves in order to be more efficient within their field of study. One insight I developed for myself during my role as intern is that I require more physical and mental discipline. Throughout my life, I have not pushed myself to strive further and exit my comfort zone and into the unknown. I realized that this is a great opportunity to evolve into a person of confidence with a sharp mindset and establish new connections that I desperately needed. My most critical moment of learning this past week is realization that I cannot achieve everything on my own. Teamwork is essential to carving the path to the road of success. This is important to me because I have developed a mindset over the years that I can achieve everything I am capable of alone but even that has its limits. I hope to continue to work with my fellow workers and develop a new healthier mindset. I believe that this will affect me positively because I will train myself to cooperate with others effectively. I believe this will affect my work in the future by allowing me to develop methods with my peers to encourage clients who are experiencing mental hardships such as depression, anxiety, low-self-esteem, etc. I personally believe that the mental roadblocks are an individual's biggest obstacle in life. We hold ourselves back from reaching our highest potential. My focus for the upcoming week will continue to be working together with my peers cooperatively as that is one of my biggest obstacles at the moment and wish to overcome it.