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### World Changer

I found chapter 7 in the Zastrow reading to be informative. The section on understanding stereotyping and multiculturalism provided some valuable information and statistics that were alarming. I was not surprised that Asian Americans were perceived as the “model minority.” While, African Americans were viewed as the least valuable group of people. The text indicated that the poverty rate for African Americans is about 27%, whereas for whites it is 10 %. It is indicated that,

“There is descriptive information that indicates African Americans tend to have higher rates (compared to whites) of poverty, homelessness, births outside of marriage, school dropouts, criminal arrests, and criminal conviction (Zastrow 2019).”

Historically, African Americans have been discriminated against. African Americans were oppressed and the family structure was broken down. Psychologically, this ethnic group has experienced generational trauma that is unprecedented. All ethnic groups are not provided the same advantage. However, African Americans have exhibited the most unusual form of resiliency. African Americans have persevered and utilize the spirit of innovation to overcome oppressive systems. As a Social Worker, it is important to be culturally competent when dealing with diverse populations. Cultural humility allows you as a Social Worker to be sensitive and in tune with diverse populations. It is vital to employ the strength perspective in one’s practice because it can empower ethnic groups that have been systematically oppressed.

Recently, I encountered a homeless Afro-Latina female. She had regained custody of her children from foster care and an apartment. I was proud of her. As a Case Manager, I utilized the strength perspective to encourage her. I told the client that this was her season and that despite her being a single mother, she could still go on to become a millionaire. I have read articles on single

mothers who were turning into millionaires. I wanted to encourage her that despite her situation, all things are possible. The strength perspective is imperative in encouraging ethnic groups that have been marginalized by society. The strength perspective is important to encouraging ourselves as Social Workers. I find it amazing how I am in a position to empower others, although I had to overcome a lot of obstacles to be successful. I always keep in mind that I can be a client at any given moment. I do not take my role for granted as a Social Worker. It is a privilege and an honor to be in a position to empower others that are less fortunate. When my clients move out of shelter, it makes me feel that my job is worthwhile and that I am a difference maker, even more so a World Changer.