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The Practice of Generalist Social Work II

March 4, 2023

Journal Reflection #5

Discuss your level of participation in the 'evaluation/termination' session of the group experience.

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

I was an active participant during this week session as I was the group leader.

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?

As I stated in prior reflection, I believe my group gelled together. We felt comfortable speaking and sharing our thoughts and experience.

I believe the purposes of my group are being met thus far. Being that I was the group leader this week, I asked from Zakiya and Dany what did they gain from the group sessions. Both ladies stated they gained a lot and felt they learned the tools in order to deal with stress as a college student. Both Zakiya and Dany main take away was the importance of self-care.

I think one growth that I have learned that I can apply to my growth as a social worker practitioner is that I am a better listener. In my current employment I have to listen to clients, but I believe now I listen, but I believe now I can somewhat read what the client is not telling me by looking at their non-verbal. I also believe I am more empathic.

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

I was the group leader this week for the 'evaluation/termination' session. As the leader I felt the session went well. Dany stated she did not want the sessions to be terminated as she enjoyed learning sharing and learning different ways to cope with stress as a college student. Dany expressed it not only helped her in school but in her everyday life as well. Another reason Dany stated she did not want the session to end was because she was going through some stressor in her personal life. However, Danny expressed her stress level was a 4 and she is able to continue with her daily task. As the group leader I went around the room seeing how each person feels, I highlighted their strengths, I did scaling to see where they are, I asked how they felt about terminating the sessions, I identified their accomplishments, I requested for the them to complete two surveys; one to see where they are and the other to evaluate me as a social worker and my

organization. I explained that it will help my organization and myself to engage we are providing the best services to our community and to see where we need to grow.

Even though I was the leader, I believed the areas I need to grow is confidence. Even though I knew what I want to get across I was so nervous and forgot to say somethings.