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SWK357
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Journal 3

Please read chapter five of the text and answer the following question for your reflective journal:

The Critical Learning Log (King, 2012) asks you to reflect on your week and think about your moments of learning, specifically the moment of learning that made a difference

a. What was the focus of your internship work this past week?

My main focus was preparing and making adjustments to my portion of the webinar presentation created by Dr. Allen. My section included information regarding “Labeling” and “Personalization” on the characteristics of Cognitive Distortions. I decided to enhance my knowledge on these topics by researching websites and videos on the definitions, examples, and even possible solutions to these distortions.

b. What was the focus of supervision, and what was your role in it?

The focus of supervision was the webinar designed for this week's social work project. My role was to prepare my part in the cognitive distortions by researching and reading them to a live audience. My role was also to monitor any incoming questions that may occur during Dr. Allen's portion of the presentation to better assist her part.

c. What insight did you develop about yourself in your role of intern?

I developed a deeper interest in the two specific distortions I chose. Being that my main focus was Labeling and Personalization, I was sincerely interested in doing thorough research and brainstorming examples of these distortions to present. I also developed more confidence after practice reciting my mini lectures a few times to hear myself and make corrections in my pronunciations and boost confidence in my speaking.

d. What was the most critical moment of learning during the past week?

The most critical moment of learning this past week was dealing with the critical frustrations of technical difficulties. Due to technical difficulties, I wasn't able to present my section during the webinar. I was able to attend it from an audience point of view, however I was unable to share my screen, speak, or do anything I was supposed to do as an admin assistant on the webinar. It was extremely overwhelming because this was a huge assignment I have been preparing for. Dr. Allen still presented the distortions and the webinar went well, however I was very anxious and extremely upset because I felt like my hard work went to waste.

i. Why was it important to you?

This was important to me because I spent weeks researching and preparing for this presentation I couldn't even participate in anymore. After I calmed down, stopped crying, prayed, and took a nap, I learned that none of my new found knowledge went to waste. The opportunity of getting to publicly present may have been missed this time, but I am now smarter in the aspects of "labeling and personalization" so I'm still proud of myself.

ii. How did it affect you? Your internship?

Although the technical difficulties in the webinar affected my section of the presentation I'm grateful that my research and new found knowledge of these distortions will improve the remainder of my internship experience.

iii. How might it affect your work in the future?

I will use the information from the distortions and learn to recognize when to apply them which will help me to better understand my clients in the future.

e. What will be the focus of your work this coming week?

My focus of work this coming week involves contacting another client for Dr.Allen and surveying them on their therapy experience. I will ask them a series of questions and ask them to rate their experience on a level of 1-10 as well as practice asking open ended questions regarding their participation. I will also fill out a practice process-recording on my interaction with the client to submit to Dr.Allen to prepare me for my actual recording project.