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SWK357
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Journal 4

Chapter 6: Read Chapter 6 and answer the following questions:

Question 1: Does your Learning Contract reflect substantial learning on your part AND enough challenge to leave you wondering if you are able to accomplish everything on the contract before the internship ends? It needs to do just that, so review each learning outcome in these terms. If any do not meet the criteria, how will you approach this with your supervisor? If you do meet the criteria, think about which of the learning goals intrigues you most and why.

Important aspects within the Learning Contract involve learning and ensuring that my needs as an intern are met. Developing a class tract can help to keep me focused on my internship as well as following the three key individuals which would be “Me, my site supervisor, and my campus supervisor.” The internship is most effective when all three parties work efficiently together and develop a field experience beneficial towards everyone’s needs. I feel that my contract reflects learning and provides some challenges along the way that motivate me to progress in my training. I am hoping to encounter more client contact before my internship comes to an end as well as deepening my understanding of cognitive distortions so that way it will stick with me in my future studies.

Question 2: In what ways is your supervisor's style well matched to yours? Are there any areas of mismatch? If so, are those areas important, and if they are, how do you plan to come to terms with those differences?

Similar traits me and my supervisor Dr.Allen may have is communicating efficiently, We both show responsibility and promptness to all our meetings and respond within a decent time frame in regards to emails. We also show similar thinking by coming up with similar examples for our cognitive distortions research.