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Professor Roberts

SWK357

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Reflection Journal #8

- 1) Reread your responses to the anxieties exercise in Chapter 5 (Personal Ponderings, #1). Have your concerns and anxieties changed over these first weeks? If so, how? What have you learned about yourself and initial anxieties in new learning situations?
- 2) Which of your strengths are becoming apparent as effective tools in this internship and why?
- 3) Take a look at the goals in your Learning Contract. List them in your journal and indicate whether each has been met, not met, or partially met. In the latter cases, are you disappointed?

1. In comparison to how I first felt starting out on my internship voyage, I believe I am slowly overcoming my concerns and feelings of anxiety little by little over the course of these first weeks. I have trained myself to adapt to unfamiliar situations in order to improve my mental state so I can be better equipped. I believe this is vital for my future as I am slowly building up my self-confidence so I can deliver the utmost assistance to my future clients. I learned that once I cease overanalyzing my situation that is presented to me, I can take better control of my conscious and prevent myself from spiraling in a haze of anxiety.
2. I believe that my ability to maintain a high level of organization and responsibilities serves to be useful within my internship as I will stop at nothing to accomplish the tasks at hand. Another strength that proves to be useful is communication that when properly utilized, makes an impact on everyone.
3. In my Learning Contract, I have listed a couple of goals in which I have created for myself to achieve during my internship duration. The first one is motivation (the drive to accomplish every task that needs to be fulfilled for the day). I believe that all of us at my internship are hard at work to accomplish all of the tasks (including maintenance, aiding the church members with inquiries, keeping the place tidy and clean, etc.) and have not dropped in quality since starting. Another goal I have included was to have a desire to contribute whatever I can to my church organization and have a sense of accomplishment from it. After some time, I feel content from the work I have contributed and am planning on continuing some more afterwards.