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SWK357
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Journal 6

Please read chapter 8 of the text and answer the following questions:

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?

I feel that my worries/anxieties have definitely simmered down from these past few weeks. It's still there a bit, but decreasing as I build more confidence through my research, participation, and communication. In the beginning of the semester I was nervous about not sounding professional enough to communicate with clients or self-conscious about how I may sound trying to be a social worker although I'm inexperienced. I remind myself that this is still a learning experience and that I am not expected to do a top notch job every time, especially so soon. Encouragement from my professor and advisor has been a great help in confidence and it puts ease on the pressure of entering such a complex field. I have learned that I am only going to get over my fears and anxieties by pressing into it, realizing that my worries are only in my head, and taking control of the situation by steering my thoughts in a more positive and confident aspect.

2) Which of your strengths are becoming apparent as effective tools in this internship and why?

I think that my strengths of communicating with respect and my willingness to learn and understand the perspectives of others has been used as an effective tool during this internship. Maintaining a respectful and professional attitude during my communication with the client has

given me more social experience which is always beneficial. My desire to learn about the mind encourages me to seek other perspectives other than my own because I am not always right. Strengthening these tools will help me to progress in my studies and internship.

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?

My goals include developing better communication, boosting my confidence, and experiencing my internship journey to the fullest extent. My needs haven't been completely met, however it is progressing slowly but surely. I am not disappointed in my internship experience; I do wish I had more communication opportunities with clients but the experience I have gained so far has been satisfying. I look forward to future chances to engage with clients and further work on my social skills.