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SWK357  
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## **Journal 10**

**Please read chapter 14 and answer the following questions:**

**1) What is most pressing for you as the end of your internship draws near? Do you have a plan in place to manage those issues and move forward?**

I feel that the most pressing issue for me to deal with during this time is submitting all of my assignments on time and remaining focused. I mentally feel like I never came back to “concentration mode” ever since Spring break. I’m so tired and overwhelmed that it’s difficult to snap back into focus. My motivation is reminding myself that the finish line of the semester is right around the corner and that I’ve got this. I honestly don’t have a strategic plan but to “just get it done.” I’m at a point where I’ve been cramming assignments at the last minute which is not a great plan at all; I am living on a prayer at this point.

**2) Think about these five words: completion, over, termination, culmination, and ending. Do you feel differently about any of them? What can you do to stay with the positive feelings as you move through this period?**

I don’t believe I feel differently about any of these five words. They all imply that an ending is approaching, however in different tones. For example, “Termination” sounds a bit more brutal compared to “Completion” which provides a kinder tone. I like to encourage more positive words to encourage positive feelings as it would help to progress within this time period.