

Exploring the difference between your personal and your professional self

This assignment involves three parts and will be approximately 3-5 pages.

Point Assignment: 1

An important aspect of social work is the ability to recognize your own personal feelings, biases, and values that may impact your work with clients. This is a process that takes practice and may be uncomfortable to acknowledge difficult feelings about the work that we do. However, it is important to acknowledge these feelings and start work towards moving past these feelings to be able to work with others in a genuine and non-judgmental way. This assignment will give you the opportunity to use a real life situation in order to analyze your own personal feelings, values, and beliefs and how they compare to your view of a situation within your professional social work self. Your Field Instructor should be able to assist you in recognizing areas that you may not be aware of or ways to change your perspective to a situation.

Part 1 - (1 page)

Choose an incident (situation or conversation) that took place in your field placement that you noticed that you were uncomfortable with. These are often the situations that you go home and can't shake the feeling that you got from what you encountered. This could be any one that you have an interaction with at an agency. It does not have to be with a client that the agency serves.

Write a detailed and specific narrative of Incident (1-2 pages):

Part 2 - (1 page):

Write about your personal response to Part 1. This 2nd part/page is all about **YOU**. This section should not be written from your role as a social work student but as a person who comes with your own unique beliefs, skills, and thoughts.

How did this situation or person make you feel? What did this situation bring up in you *personally*? How did this situation conflict with your own culture and values? What are your disappointments, personal beliefs or struggles about this incident?

Part 3 - (1 page):

Write about the situation above now as a *professional* social worker. As a developing professional, what questions regarding the incident in Part 1 do you have for your supervisor? What does the NASW code of ethics say about this situation? What kinds of resources or ideas are you formulating to work with this situation if it were to happen again?