

Emma G. Dukes

Dr. Matt Knierim

Intro to Social Work - 80972 SOW3203

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Lessons Learned

There have been fifteen weeks since we first met, since the very first class we had together. Coming into the class, I was very apprehensive. This was going to be my first class related to my major and could have a very big impact on how I go forward in my career. It was also kind of a test run to see if I could make it as a social worker. I did learn some important things in this class that I will take with me as I continue in school and step into the workforce as a social worker.

The first lesson I learned was to know yourself. Be open to others and willing to help with a good mindset but also to focus on yourself. Making boundaries for yourself and how you go about practicing in your field. Going out of your normal bounds is okay for how you treat a client but also making sure that you do not compromise what you believe in. Taking care of yourself is also an important part of social work. You taught me that we cannot help others when we are suffering ourselves. It might end up hurting both of you in the end. Two negatives do not make a positive, that is what I was thinking about during class today when we discussed Termination. You are just as important as the client that you are working with and so value your time and make sure that you take care of yourself. Now the signs of burnout and work to make

sure that you don't reach that point. Take breaks, go on small vacations, have a spa day whatever relaxes you, take a moment and do it.

The second lesson I learned was what kind of social work that I may want to pursue. That the field of social work is so much more broad than what I first expected. There is so much to do and you do not necessarily have to stay in one field your entire career. Social work is not a profession that requires you to stay in one place, there is a need for them practically everywhere. Right now I know that we are on a pretty basic level and that more opportunities arise the more education you get. But your class really opened up more research into avenues that I could look into so that I have a step into what I want to pursue. You also emphasized that you do not have to stay in the same field your entire career.

The last skill that I learned is that you have to step outside of your boundaries sometimes. Being a social worker means that you have to go and outreach with your community and environment. We had the Interview Assignment and that made me step outside of my normal bounds. I do not normally reach out to others but you really made us focus on that. To go out into our world of social workers and find someone that could also give us a guiding hand. Making connections is important in social work and sometimes you have to break out of the box you have set for yourself and this assignment did, in a good way. I reached out and made connections that helped me make a decision that I was bordering on for a while in terms of field choices.

I sat in class today and was very reminiscent because this class did help me in terms of going forward, it was a stepping stone to my future in social work. Class did end on a good note and I will take what I have learned and apply it to my future.

Be a kind human.