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Impact Paper

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Everyone has values and those values make us the person we are today, and who we will become in the future. An individual's values play a huge part in their behavior and the manner in which they interact with their environment. Family is a huge part of my daily life and has an impact on how I view my values and treat others. My mother and father played a huge part in making me the person I am today. My mother always told me if I was big enough to do something then I was big enough to admit to it. People who are mentally ill or individuals in general, need to take responsibility of the things that they can or can not be in control of. This makes the individual take responsibility and will give them a sense of ownership.

My mother and father have always worked to provide for their family and tried to make sure I know how important commitments are. Mom always goes to work, she doesn't call out unless there is an emergency, and dad is now retired. Watching my parents work over the years, has taught me that once you have a commitment to something or someone, you are responsible for making sure you do everything you can to keep that commitment.

My family has certain things we like to do; watch movies and TV together, go to Memaws for Sunday dinner and we always spend the holidays together. I think this will help me with future clients and future coworkers. My family is

somewhat diverse, interracial marriages, a history of drug and alcohol abuse, mostly catholic, loss of close family members and divorce. I won't necessarily be able to understand what a client might be going through, but I will have my own experience to relate with them. I think having certain experiences in my life can only make me a stronger individual. My aunt married an African American male, and his who children from a previous marriage, married Caucasian individuals. I have a few members of my family who have very addictive personalities and most of my family members have had a least one divorce in their lifetime.

I do not feel that my religious views affect the way I work with clients or future clients. I am very interested in learning new religions, so I can become more cultural competent. I do not have biases that I am aware of at this time. If for some reason I develop some type of bias then I will acknowledge it at that time. I do however; believe that everyone needs to be treated in a caring and respectful way. I need to make sure I am aware of individual differences and cultural and ethic diversity. It does not matter what race, gender, class or sexual orientation people are. What matters is that they receive the respect they deserve, and all the help they can get to live a happy life.

While working on my ecomap and genogram, I learned that I am the second person in my family to go to college and divorce is common through out my family. All of my family members have a good job and have a least their GED. I also, learned that I have a very close family and it was easy to find information about my family history. I really enjoyed asking my grandparents and parents about our

history, it made me more aware about our lineage. I will one day be able to look back at the maps and explain it to my children. I also learned that me, mom, and dad, have our own ways of releasing stress. Mom and I love getting pedicures, I love to workout after a stressful day, mom works in her garden, and dad fixes his classic car.

My values represent who I am and who I will become as a professional. My mother always taught me to treat people the way I want to be treated, and for the most part, I trust people until they give me a reason not to. This behavior and general acceptance of other people has helped me to learn to respect other people's culture and religion, and to gain their respect. I believe that having a general love for other individuals can help you to relate to them. Also, I believe that these characteristics help me to gain trust of individuals who might otherwise not feel comfortable with me.

Perseverance is also an important value of mine. Once I set my mind to something, I do it to the fullest; school, work, sports, and life in generally. My mother and father have never let me quit something that I have started, which I am very grateful for. I think this value is very important while working with clients and employees, because it helped me to always do my part of a project, and to make sure people do theirs without giving up easily. You have to have perseverance to achieve goals and get the best out of life. Perseverance is the only way we continue to work through difficult times. If we never persevered, things would never be completed.

Having such a diverse background and applying my own life experience will hopefully make me a better social worker, friend, employee, and professional. I think knowing where you come from and embracing your culture can help you find your own identity. Knowing more about yourself can only help you recognize your strengths and weakness, which in return helps you guide your clients. Learning how a genogram and ecomap can help you understand your family, it can help me better understand clients and their situations.

I want to give people justice and respect. I want to give them hope. I want to hold their hands when they need a helping hand. I want to listen when they need someone to listen to them. I want to help them realize possibilities that they might otherwise have thought impossible. A social work career can put me in the position to help others, which is why I have decided to get involved.