

Jamie Garretson

February 7, 2008

Garthwait Ch 18 235-238

SOCW 441

Hope and will is probably one thing that has strongly held me to pursue social work as a profession. I strongly believe that everyone should be treated equally and fairly. When I decided to get in the social work profession I determined that I was going to make a difference in this world even if it started with one person. Hope keeps me doing what I have been doing the past year and an half. My hope has given me the strength to finish school and volunteer within the community. I have my will which lets me achieve the goals I have set out to accomplish. I will one day make a difference and my voice will be heard.

I feel that I have a calling for social work because I have compassion for people and I feel that it is one of the most important qualities you have to have as a social worker. I have the need to help people and fix situations that need attention. I feel that having a social work degree will allow me more access and more connections to other professionals that will be able to help me reach my goals that I have set.

I feel that helping others in need is the most positive and attractive thing about a career in social work. A social worker has unlimited possibilities to help the one who need it most. Social workers have the power to connect people with the right resources and can advocate for peoples rights. I think that social workers have to learn how to deal with very stressful situations and become flexible to new environments. Social workers

have a high burn out rate, so to prevent this; you have to make sure that you take care of yourself mentally, spiritually and physically.

My family has been very supportive of be deciding to have a career in social work. I currently do not have any family members in the social work field, so it is something new for my whole family and me. Social work can be a very stressful major, so I have to make sure I take the appropriate time out for myself. I use running and yoga to relieve some of my daily stress. I make sure I take time out for my personal interest, recreation, and leisure activities. My personal interest include going to the gym, hanging out with my boyfriend and friends and shop when I get the blues. I like to go to the movies, wakeboarding, snowboarding, and sleeping in my free time.

I have learned a lot about myself during the practicum that confirms my choice of social work as a profession. I have learned how to identify my own biases in situations and how to address them professionally. I have also realized that I have a calling for working with the mentally ill. Group work is a term that I have become very familiar while in the social work program. I have realized that my peers are my biggest support team and that they are always there for me and I will always be there for them. My trust in others has greatly improved due to most of the projects completed in class is group work. You have to rely on someone to do their part of the project and that it is well completed.

I hope to work in an agency or program that serves the mentally ill population. I feel that people can develop a mental illness at anytime of their life. I find working with the mentally ill, to be very rewarding, in the sense that they really need my help. I do not care if my agency serves people with a particular language, ethnic group, or religious

views, I like working with everyone. I hope when I complete graduate school, I will find other agencies and programs that I am passionate about as well as the mentally ill population.

I have a lot of self care activities that helps me maintain my energy, passion, optimism and commitment. I like to find a quiet place to get all my thoughts together and figure what I need to do next. I like to run and lift weights to get some stress off of me. I go to yoga classes to help me relax and to not have to think about what I have to do later. When I'm at work, I like to talk to my supervisor about any concerns I am having. When I get stressed out about school, I talk to my peers and they let me know I'm not alone and they reassure me everything will be ok. I feel that everyone should have self care activities that they do in a regular basis.

I really do not know where I will be in five, fifteen, and twenty-five years from now. I know I will have completed my BSW in just a few months and I plan to attend graduate school following graduation. After I finish graduate school, I hope to find a great job that I like. In fifteen years, I hope that I have impacted a lot of people's life in a way that they will never forget me and have a job that I still enjoy doing. In twenty-five years, I hope to be able to retire and be able to volunteer at local agencies.

I hope to impact as many people's life as a result of my work as a social worker but if I only impact one person's life then I would be happy. I hope to be able to give people the proper tools they need to succeed in life. I hope that people will be able to take the tools I give them and apply the tools to help other people in the same situation.