

Journal Entry Portfolio

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This week, the class studied Chapter 5 of the textbook which focused on influence on power, politics, networking, and negotiation. In order to be properly impacted by the content of this chapter, three different self-assessments were taken in order to gauge the progress I have made in these fields thus far, and how I can improve. In Self-Assessment 5-2, I evaluated my use of political behavior in the workplace. Overall, I received a score of 73 which is fairly political on the scale. When you dive deeper into the results, I received an average of 3.4 in terms of learning organizational politics and culture, a 4.4 in developing good working relationships, a 3.5 in being a loyal, and honest team player, and a 2.8 in gaining recognition. I view myself as pretty political so I was not very surprised by my score but I was surprised that my score for being a loyal, and honest team player was not higher. Self-Assessment 5-3 evaluated my networking skills and overall I received a 47 which is roughly average. The text did say that students are not very effective in networking yet because we have not had enough opportunities to begin creating that web of contacts. However, I feel confident in my ability to effectively network in the future. Finally, Self-Assessment 5-4 evaluated my skills in negotiating. For this assessment, I received a score of 52 which is also roughly average on the expertise of negotiating. I honestly do get slightly uncomfortable when having to negotiate as some terms can feel uneasy if an agreement is difficult to come to. Therefore, this score did not surprise me.

I learned a lot about my influence in the workplace because of these self-assessments and through studying the chapter. It is reassuring that these skills can be easily developed and I still have room to grow in each of these skills since I am still a student. I believe I am setting myself up for a positive networking web because of my experience and interest in various different fields of social work. The biggest thing I learned was that I value positive relationships and how

to properly network to my advantage. One of my biggest strengths is that I have already built a strong network and incorporating politics in the workplace for the betterment of the organization. I definitely have room to grow in my negotiation skills but this could also be due to the fact I have not been in many situations where I have to negotiate certain terms.

My self sell is as follows: My name is Emma Edmunds and I am a senior at Longwood University, obtaining my Bachelor's in Social Work. I serve on the executive council of my sorority, Kappa Delta, serve on Senior Class Council, am a part of the Social Work Honors fraternity, and have maintained an exemplary GPA throughout my academic years. I have taken courses related to diversity and inclusion, political science, and other various social work topics. I have been employed in the restaurant industry for the past two years and interned for a reentry program in Farmville, VA last year. Next semester, I will be interning in Senator McLellan's office at the Virginia State Capitol and plan to get my MSW and law degree within the next five years. I hope to build a career in policy change and social justice work, and plan to do service work overseas at some point in my life. How does my intended future career sound to you? Do you have any advice or connections that may be useful for my future?

I will most definitely be able to use this self-sell speech in social work when entering a new job or building connections during my internship. I will be working alongside representatives who will have beneficial advice for me and who have connections to many other units within the community.