

After reading Chapter 5, complete Self-Assessment 5-2 on pages 153-154, Self-Assessment 5-3 on page 159, Self-Assessment 5-4 on page 165, and create your One-Minute Self-Sell as instructed on page 161. Respond to the following prompts:

What were your results from each of the three assessments? What is your response to the results? What did you learn about yourself? What are your strengths and what do you want to improve?

For the Self Assessment 5-2, on pages 153-154, my overall score was 65 on the nonpolitical to political scale. My score being at 65 is just in the middle between 20 and 100. In self- assessment 5-2, questions one through five, I scored 2.8 for learning organizational culture and power players. For questions six through 12, on the 5-2 self-assessment, I received my highest score which was a 4.71 for developing good work relationships, especially with your boss. I scored a 3.25 on being a loyal and honest team player in the 5-2 self-assessment. Then my lowest score was a 1.25 with the gaining recognition. My response is that I am not surprised with my results and that they seemed to be reasonable.

For the Self-Assessment 5-3 on page 159, I scored a 57 on networking. I figured that my score would be higher like in the 60s, because I value networking a lot. Networking is beneficial to social workers, as well. The importance of networking is building connections that could potentially assist you later in life. By building connections with others, it also builds your personal and your professional rapport.

I do want to improve my recognition. I believe the reason why I scored lower on gaining recognition is because I do not usually like the spotlight being shined on me. I should probably improve on my gaining recognition by documenting my hardwork and updating that when a promotion happens.

Include your One-Minute Self-Sell. How might you use this as you enter the field of social work?

Self-sell is important because it gives a one minute short summary of your qualifications, career history, abilities, and what you are looking for in terms of a career. Self-selling is also defined as a model to find, attract, inform and/or persuade a targeted organization or population.

My self-sell would include that I have been a programming director for two years with Lancer Productions. I also am a member of Phi Alpha honor society, Alpha Kappa Delta honor society, and Federation of Student Social Workers. I hope having my bachelor's in social work could open up many doors and opportunities. I have spent the past five years as an aide for children who are disabled, so I am not a stranger to being adaptable to my verbal and nonverbal cues.