

# Journal 6

Tuesday, October 25, 2022 11:31 PM

## 5.2

- |      |       |
|------|-------|
| 1. 3 | A. 16 |
| 2. 3 | B. 31 |
| 3. 4 | C. 15 |
| 4. 4 | D. 14 |

5. 2

6. 4

7. 4

8. 4

I am closer to political then neutral.

9. 5

10. 5

11. 4

12. 5

## 5.4

13. 3	1. 4
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14. 4	2. 4
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15. 5	3. 3
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16. 3	4. 2
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17. 4	5. 3
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18. 2	6. 4
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19. 4	7. 3
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20. 4	8. 2
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9. 2

10. 2

## 5.3

1. 4	11. 3
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2. 4	12. 2
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3. 3	13. 2
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4. 2	14. 3
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5. 4	15. 4
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6. 4	16. 4
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7. 4

8. 4

47

9. 1

10. 1

11. 3

12. 4

13. 3

14. 4

15. 2

16. 2

1. My results from these exercises varied I tend to be in the natural from activities 5.2, 5.3, and 5.4. For example, I scored as 47 on activity 5.3 I believe I received neutral scores because I have witnessed a lot of networking however, I have not personally networked. Where I live in northern Virginia I have done more networking related to sports and people I know however, I believe this translates differently in the realm of social work. Personally networking is different for myself as I am still unsure in my abilities as a social worker. As the only true field experience I have is in my junior field placement with Centra PACE and I feel like I have more to learn.
  
2. For my one minute self sell I chose to use a format that better reflects my abilities. When setting up my self sell I focused on the use of bullet points as I have learned from past experience when I try to memorize a script three things happen. First I become more nervous than normal because I am scared that I will forget parts of my script and freeze. Second, with a script I lose my personality which is one of my major selling factors as I present as rather personally even if I don't have the qualifications of others. Finally, I talk very fast in general however with a memorized script I tend to talk even faster as I find myself trying to get every word out.

These reasons as why I focused on bullet points because it is an informal way for me to remember my selling points but not to be confined by a script.

  - My work with FSSW and the social work problem
  - My resiliency
  - My adaptability
  - My dedication
  - My work ethic
  - My wanting to challenge myself to be the best social worker possible.