

Journal 7

Sunday, November 6, 2022 1:56 PM

6.1

1. A - 5
 2. S - 5
 3. U - 2
 4. O - 2
 5. O - 2
 6. F - 3
 7. S - 5
 8. F - 3
 9. U - 4
 10. O - 4
 11. O - 4
 12. F - 3
 13. F - 3
 14. F - 3
 15. F - 3
- 51

After reading Chapter 6, complete Self-Assessment 6-1 on page 188 and respond to the following prompts:

1. How did you score on the Listening Skills assessment? State your plan for improving your listening skills.
I scored okay on the listening skills assesment with a total score of 51 out of 75 scale. Prior to completing this assignment I was aware I do not have the best listening skills one reason for this is because I have a hard time pausing what I am doing. I struggle to pick back up from where I left off because I often have breakthrough moments when working with assignments and once that moment is interrupted I struggle. I plan to improve my listening skills by using the techniques we learn in class such as restating what the other person is saying to ensure we have a mutual understanding of the goal and topic of conversation. Furthermore, I plan to improve my listening skills by actively listening with my body and facial language more showing more intently that I am invested in the conversation.
2. How do you assess someone's listening, feedback, critiquing, coaching, and conflict management skills?
I asses someone's listening, feedback, critiquing, coaching, and conflict management skills through their body language and see if that matches their words. For example, if someone if apologizing for being rude verbally but their body language is closed off and disinterested then their apology is not sincere. Additionally, If I have multiple interactions with a person I see how those interactions change or stay the same to detect the persons style of communication.
3. How do you assess your own listening, feedback, critiquing, coaching, and conflict management skills?
One way I asses my listening, feedback, critiquing, coaching and conflict management skills if through active reflection of an interaction. Often times after a test or project we reflect on what we did right and what we could have done better this is the same in assessing our own skills. After an interaction there is always something to learn from it such as how we conveyed our message or how well we received a critique. Often I reflect on an interaction the day after it happens to allow myself time to breath and relax.
4. How do you best receive feedback, critiques, and coaching?
I best receive feedback, critiques, and coaching through example. I am always willing to hear critiques and faults in my work but I need work best with examples on how to change for the better. Often times when I am given an example for how to improve or change my work I don't make the same mistakes because I have

a point of reference to keep my standards of work high.

5. How might this awareness impact your career as a social worker?

Being more aware in any subject is important but being aware of our strengths and weaknesses in social work is especially important. We are in a field where social interaction and building trust with clients is one of the most important parts of the job in addition to networking with coworkers. Therefore being aware of how we receive feedback, critiques, and coaching can help us to develop as social workers as we can build off the strengths we already have and work to improve weaknesses. For example by being aware that my grammar has room for improvement I am able to double check my work making my communication more effective as a social worker.