Gracie Trainum

Dr. Bidwell

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Project Reflection

Throughout the course of the semester, myself along with Michaela, researched intimate partner violence in dating and marital relationships. We were given the task to create a workshop relating to our issue and we decided for our target audience to be college students. We chose this age range because intimate partner violence has the highest prevalence among individuals in the emerging adulthood phase. Over the last few months, we have both worked diligently researching and forming a workshop that we believed would be the most effective. Upon personal reflection, I feel that I have enhanced many key competencies according to NACE. I have seen much improvement in career and self-development. I want to work in human services or healthcare post-graduation so creating this workshop provided me with knowledge and skills to be successful in the field. One of the largest competencies I noticed was communication. To work effectively with a partner or group, communication is key. Furthermore, I think Michaela and I did a great job at communicating with one another. We both possess strong communication skills, allowing us to efficiently work with one another. Throughout the project, my critical thinking skills were enhanced. My goal was to obtain strong research so that I could form an effective workshop for college students, and I put a lot of thought into what I was creating. Instead of having too narrow of a focus, I broadened my viewpoint allowing me to look at various aspects of intimate partner violence. Because I worked cohesively with a partner on this project, my teamwork and leadership skills were enhanced. Michaela and I both contributed equally to the project, but we both took on leadership in different ways. She took a larger focus in one area while I focused on another. We both seemed very similar skill wise over the course of creating this workshop which allowed us to work extremely well with one another, creating a strong workshop.

As I reflect over the course of the project, I feel like we obtained many strengths, but there is always room for improvement. I think areas that could be improved were our flexibility and time management. We are both busy students and are involved in various activities. At times, we may have neglected parts of our research because our focuses were elsewhere. I believe our research was still strong, but we could have divided topics throughout multiple days instead of doing a lot at once or last minute. When it comes to strengths, we both communicated very well and provided valuable feedback to one another. This allowed us to feed off each other's ideas, creating a great result. Overall, this project provided me with a sense of certainty that I am working in the right field. I want nothing more than to help people and completing this project made me extremely excited for my future.