

**Self-Reflection Paper**

Kestin Tucker

Longwood University

Social Work 330

Professor. Betts

September 19<sup>th</sup>, 2021

## **Self-Reflection Paper**

Every individual within the world has many skills. It may take time to find your own skills but eventually they will be found. There is someone for every job who can provide the right services to make their career stronger. Strengths and weaknesses are created based on who you are as a person as well as your past experiences. Individuals come from all different backgrounds and become the unique individuals they are. This is why every individual has different interests and is needed within the world.

## **Career in Social Work**

Throughout my life I have always had the passion for helping others. I grew up wanting to pursue in a major such as nursing or even working in a healthcare setting. I wanted to help people and when I was younger, I believed those were the individuals who helped people the most. I then decided to come to Longwood University which is where I realized Social Work is the major for me. Freshman year I began talking to Social Work majors and asking them questions. That is when I was told “if you want to help people then Social Work is the major for you” and I immediately knew that is what I want to do.

I would personally like to work with young children or infants. I have always had a passion for children and have spent many years babysitting in which has provided me with many useful skills. I have the ability to relate to children as I am very understanding and grew up in a household with social workers coming in and out of the house. I remember how much comfort those social workers provided me with in which I personally believe I can give to children as I understand. I still have a lot to learn when working with children and I am hoping through my future internships I will learn more.

## **Personal History**

When I was around 5 years old my parents got a divorce. The divorce was extremely hard on my family and I for many reasons. My sister was 4 at the time of the divorce while my brother was 8. This divorce was not healthy as my dad became addicted to opioids and began to heavily use them. This did not only affect him physically, but it also did mentally. He became abusive to my entire family which caused major anxiety on us and is one of the main reasons I have an anxiety disorder. After many court dates and social workers coming in and out of our home my mom finally got full custody of us. I was expected to be the older sister who told my little sister everything was going to be ok when in reality I was self

ed for my family. This showed me even when I was worried, I still had the desire to be sure everyone else was ok. I have always put others above myself because I tend to be happiest when others around me are also happy. One of my biggest values is love. I feel as if you show love then that is what you will get in return. Without love there would be nothing in my opinion.

### **Social Identity**

My social identity would be defined as a straight white female. I would consider myself as middle class. When coming into college I was honestly not educated on diversity, inclusion, and equality. Since becoming a social work major, I have greatly increased my knowledge on those different topics as they are some of the main aspects of social work. I feel like I am privileged in many ways due to the fact that I am a white female. I always try to create equal opportunities for everyone no matter their background as everyone's opportunities should be equal. My identity may impact my future as a social worker because when working with others I have to put myself in their shoes and not think about my own personal life. I will use my privileges as a social worker to inform others as well as stand up for those individuals who do not get the same opportunities. Equality means a lot to me due to fairness being a big concept in

the world due to others not receiving the same privileges as others. Being educated as well as culturally competent is very important.

### **Strengths and Limitations**

I have always wanted to work with others as well as help them. I chose this major due to me feeling as if I have many skills which fit into a social worker. For example, I believe I fit all of the social work values and I strongly believe that in my heart. All I want to do is help individuals and I also feel as if I am good at communicating with others. I will take my job very serious due to this major saving people. There are so many different settings in which social workers can work in. I feel as if I have the skills to work in many of these facilities. I feel as if I have some limitations such as getting overwhelmed. This major can also be very emotional, and I would like to learn some ways to express those emotions as well as cope with them in a healthy way. I think participating in self-care is something that will really help me with many of these limitations.

### **Dreams and Goals**

Throughout life I am the person who everyone comes to for support. I am known as the person who takes on other people's problems. I am a very good listener and know how to keep things confidential in which is hard to find many people who are. I like how others see me as a person right now and I hope that the way they see me continues. I would like to continue being the kind and understanding person I am throughout my career as a social worker. I feel as if I have so much love to give others and I can't wait to give out that love. I want to make a difference in so many lives and I feel as if I am going in the right direction of doing that. I am grateful to be able to receive this education and I cannot wait to have an impact on the lives of others.