**Reflection paper**

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My mother and my paternal grandmother had cancer at the same time when I was in middle school. It was rough on me, but it was even more rough on my father. I was so young that I was hardly able to process what was going on. Fortunately, we had a social worker to help my father process everything and guide him through that rough and trial time. Unfortunately, my grandmother passed away; however, I do not think my father would have been able to cope so well if we never had that social worker to help him through that difficult time. Ever since then, I have always had a lot of respect towards social workers. Last year, I had a lot of struggles with my mental health. I was struggling so much that I was ready to end it all. I got the help I needed when my mom found out, but the one person that helped me the most was my social worker. I do not know what I would have done if I did not have her. Social workers have always been around in my life, and they have never disappointed. They had inspired me, and I knew ever since then that I wanted to do what they did for me. I want to help people and guide them out of their struggles to the best of my ability.

In middle and high school, I took resource classes because of my attention deficit disorder (ADD). Sometimes, I would be in classes with some of the kids from the special education classes. I often witnessed them being bullied. We would leave the classroom for lunch and I saw other kids from my classes mocking them and making fun of them. It really hurt my heart seeing this, but it gave me a different perspective on life, and it made me realize how cruel other people can be. One of the girls in my class came to me and told me that she wished that she could be “normal” so she would never have to be bullied again. I remember when she had said that, I felt like crying because I knew she was in so much pain from all the bullying she was going through. For a really long time, I told myself that I wanted to be a special education teacher, but I know that all I really wanted was to just help people see their own worth. I want to be a social worker so that way I can do just that. My biggest value from the NASW code of ethics would be Service. I believe in caring about others more than anything and helping people heal, find their worth, and to address any social issues that they are going through. Although I do believe that is my biggest value, all of the values from the code of ethics are extremely important and I strive to act based on all of them regardless.

My dream is to become a licensed clinical social worker. It took a few months for me to decide what field of interest I had, but after doing a lot of self-reflecting, I decided that fits me the most. While I may still have time to change my mind and go a different direction with my degree, I feel that in my heart that being a clinical social worker is what I am supposed to do.

All I want in life is to be a guiding light for someone else. I believe that anybody can be saved or helped if they want it bad enough; however, I also know that nobody can be saved if they do not want it themselves. I want to help a person want it, though, like my social worker helped me decide that I wanted to get better. I know I cannot do it all and I know that is part of dignity and worth of the person. They have to want it and they have to do it themselves, but if I can be there to help, then that is all that matters to me.

Overall, I have realized that my life events that have influenced my behaviors is what caused me to have a strong passion to become a social worker. I want to be what they were to me, and that was guiding light. I know that the world needs more of that and the world needs more love overall. I truly believe that as a social worker, I can do just that.

**References**

National Association of Social Workers (NASW). (2017). Retrieved January 29, 2021, from https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English