

Personal goals



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Synthesis Paper By Willie Mae Bell HUSB 416-75: Senior Seminar August 12, 2007 Professor: Dr. Dr. Nadira K Charaniya My Personal Goals As I approach the end of my Undergraduate program, there have been many insights to my professional behavior at work. In this paper, I will explain myself and my personal goals that I have achieved as a student of Spring Field College.

I have defined each goal, the impact it has had on my life, and how I have achieved each one. I will also discuss the difficulties and obstacles I overcame while facing and realizing my goals. My primary reason and goal for becoming a student at Spring Field College was to obtain an undergraduate degree. This is the most important goal as it has had the greatest impact on my family, work and personal life.

In addition to setting a positive example for my children, my opportunities in the work force has increased along with my self-confidence as an individual. I have accomplished this goal by dedicating an ample amount of time for studying, completing assignments and preparing for class. I also had to create short-term goals and measures that kept me motivated and on track. This allowed me to predict time constraints with my job and family life as being my greatest challenge in meeting this objective. Second in obtaining my degree was my desire for continuous personal growth and development. While achieving some success in managing my personal life I had begun to notice a less than symmetrical balance between my body and mind. Realizing this I had to commit to creating and developing a plan that allow me to achieve similar results at Spring Field College. The challenge I face here was while I am comfortable with the personal life going smoothly,

the classroom was a foreign place and I was not knowledgeable of or yet confident in the mind development process.

I wanted to become a more proficient learner. I felt that becoming a more proficient learner I could better adapt and excel in the ever changing professional work environment. It has become obvious to me that all of the obstacles I have overcome and the achievements I have made in my life have well prepared me to take my experience to the next level. The class discussions gave me new insight to basic personality traits, as well as confirmation to some of the things I already knew about myself. As my journey comes to an end, the following is a brief discussion about what I have learned about my strengths and weaknesses through reading material and lectures from the Professor Doucet, Dr. China Robinson, Ms. Cutley, and other staff member here at Spring Field College.

Starting with my overall strengths, probably my most dominating strength at work is my ability to build rapport with my clients. I grasp new concepts quickly and have good researching skills for issues that I have trouble with. My view is that there are no real problems, just information or solutions I don't possess yet. Researching isn't one of my better qualities, but it is one of the things I truly love to do. I enjoy reading new information about new development and their impact on my workplace (Rehabilitation).

I try to make good use of this skill by making frequent visits to informational web-sites, such as NIDCA and other related Recovery sites; I am always looking for new information. I especially like a tricky issue that has me stumped. Never to give up, I will dig through piles of information to get the

solution. Once the solution has been found, it is a benefit to not only me, but my class mates as well. The information then goes into a collective pool of information I get to share with the class. Realizing this I had to commit to creating and developing a plan that allow me to achieve similar results at Spring Field College. By accomplishing this objective I believe I became a well-rounded and complete individual. When it comes to trying to determine what sort of participation grade one should receive, there are likely to be a variety of different factors that solely depend on who you ask.

I think that participation is the attention given in class and the ability not to day dream or drift in thought. Seeing that I have been very attentive in class and participated frequently I think I deserve at least a A+. If it were up to me, I would award myself an A.

You see, participation is very conditional. If my participation grade were on a curve based on how much I participate or pay attention with respect to other classes. The soul purpose of receiving an education is to learn how to be productive as well as develop efficient and productive habits on top of learning a wide range of material, and then it is most effectively done so through positive reinforcement. Seeing the enormous leap I have taken in being an actual part of class, I think I should be reinforced with the highest grade possible, to promote improvement along this type of attentiveness in the future. One of the things I find rewarding at my job, and I also think to be one of my strengths, is to help a person to achieve on-going absences. I help him/her to live a full potential person-hood.

To me, there is no greater satisfaction, of not just finding the solution, but teaching others how to find their own solutions. I also feel I have strong organization skills. I make every effort to keep my paperwork and workspace organized and uncluttered. Everything I need is right at my fingertips and I rarely have to go searching for books and folders. I have to have immediate access to information and tools while speaking to a client.

It bothers me when I have to put someone on hold because I can't find something and make every effort not to do so. Striving for a professional look is very important to me when trying to instill client confidence in my abilities. By capitalizing on my writing, I could generate information out to the clients to keep them informed that allows them to solve their own issues. I can see room for much improvement in my reading skills at work. I tend to skim through things and miss important details. I let distractions interfere with my concentration and don't take the time to read things like I should.

In my list of weaknesses, I must touch on my leadership skills. I realize I have little practical leadership skills. Although my position at work isn't of any official leadership, I do provide a smidgen of informal leadership.

People rely on me as a source of information and guidance when dealing with difficult clients, prior to counseling. I found myself to be more concerned with task rather than people. A step to improving my leadership abilities would be to try and balance these two initiatives. Too often I tend to over emphasize my concern for others and the client suffers all too often. In order to become an effective leader, I need to find a way to separate the two. Developing an open communication style that is agreeable or non-offensive

to others was the starting point. Actually, that is one of the things my immediate supervisor is very good at. He is very good at looking at an issue from a different point of view, often coming up with a perspective I haven't thought of and saying it in a very friendly, positive tone.

One of the positive things is that I know about myself is that I'm considered a person worthy of trust, which turns out to be a vital factor in being a substance abuse counselor. When I make a commitment at work, I always stick to it, and I expect the same from others. I take my responsibility to my clients seriously and feel this has helped me considerably in my informal leadership role. Conflict management would definitely fall into my list of weaknesses. I find it easier to just diffuse the situation by altering my perspective than actually confronting the issue. Eventually, this strategy may not fair well and some conflict resolution will be in order. I have already been exposed too much information about conflict management and how to resolve it, such as identifying the source, exploring alternative options and having the parties involved decide on a course of action that works for everyone. I believe that conflict management will always be an ongoing learning process for me.

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I enjoy reading new information about new development and their impact on my workplace (Rehabilitation). I try to make good use of this skill by making frequent visits to informational web-sites, such as NIDCA and other related Recovery sites; I am always looking for new information. I especially like a tricky issue that has everyone stumped and will dig through piles of information to get the solution. Once the solution has been found, it is a benefit to us all and goes into the collective pool of information we all share. The demands of my day simply don't allow for quiet reading time. This now leads to another one of my weaknesses, how I let myself get distracted.

I tend to jump from task to task with no real order. I'll be working on one thing, think of something else I need to do in a different project and jump to that one midstream. I also let myself get caught up in conversations that I don't need to be in, which also takes me away from what I was already working on.

Making lists is one thing I don't do very often, but I think it would make an improvement to how I organize my workday. I do currently utilize this approach occasionally when I'm faced with a very hectic day, but need to make the effort every day in order to eliminate some of my jumping around. By taking a few minutes each morning to visualize what I need to accomplish that day, committing it to a list, prioritizing my list and taking a systematic approach to crossing off each item will go a long way to helping me become less distracted in my work place.

I started this change immediately and gave myself one month's time to work out a system, at which point, I reviewed and noticed I had made

significant improvement in lessening my distractions. Although my position at work isn't of any official leadership, I do provide a smidgen of informal leadership. People rely on me as a source of information and guidance when dealing with difficult clients, prior to counseling. I found myself to be more concerned with people rather than task. A step to improving my leadership abilities would be to try and balance these two initiatives.

Too often I tend to over emphasize my concern for others and the client suffers all too often. One of the positive things is that I know about myself is that I'm considered a person worthy of trust, which turns out to be a vital factor in being a substance abuse counselor. When I make a commitment at work, I always stick to it, and I expect the same from others. I take my responsibility to my coworkers seriously and feel this has helped me considerably in my informal leadership role. One of the things I don't do is try to manipulate people. My preferred method of power seems to be expert, which is based in skill and knowledge. After analyzing myself, I discovered how power oriented I am.

My objective isn't to control but to influence people. I prefer a compromising or accommodating style of conflict management. Basically, I avoid conflict if possible and try to see the other person's point of view and try to come up with a compromise of sort. Conflict management would definitely fall into my list of weaknesses. I find it easier to just diffuse the situation by altering my perspective than actually confronting the issue. Eventually, this strategy may not fair well and some conflict resolution will be in order. I have already been exposed too much information about conflict management and how to resolve it, such as identifying the source, exploring

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alternative options and having the parties involved decide on a course of action that works for everyone.

I believe that conflict management will always be an ongoing learning process for me. In my basic personality profile, I found that I was an extrovert, which really is quite a turn around for me from my childhood days. I was very quiet as a child and even into my college and early adult years. I would not even look at a teller in a bank or speak to a sales person in a store. I always try to maintain a cheerful, talkative outlook at work, but definitely need to work on that when the day??™s events are getting me down.

My definition of advocacy is helping or assisting those within a special population acquire the services they need. I think of advocacy on the individual level. I feel this is where I would be most valuable as a human services worker and advocate. I base this decision on my first field experience. I shadowed a clinical team at Acton Rehabilitation Center and was able to aid case managers with their Co-Occurring Disorder clients.

Needs for this population include education, support, treatment, housing, and financial aid. Case managers are responsible for developing and documenting the progress of their clients and assisting them and securing sober living environment. It could be an 8, 16, or 24-hour residential, a substance abuse treatment facility, a domestic violence shelter, transitional living and if applicable, halfway house for individual reentering the society. Mental Illness is a general term referring to a group of psychological illnesses

and/or disorders that affect a person's thinking, feelings, perceptions and reactions to everyday circumstances.

One in five Americans will experience a mental illness at some stage of their lives, which means that nearly everyone will be affected by a mental illness in some way. Assistance available for the mentally ill in my local area of the Antelope Valley play a major role in assisting the mentally ill in the Antelope Valley. Advocacy groups are such support groups and do the following key things: Allow people with disabilities to be less marginalized and have a lower chance of experiencing vulnerability. Advocacies help people with mental illness to stop being denied basic legal and human rights. It helps people with mental illness not be cast into devalued roles, leading to lives isolated from the community with few social supports and allies.

An advocacy individual help stops the stigma that people with mental illness are unable or unwilling to contribute to decisions that affect their lives. Advocacy groups defend and protect the welfare of the mentally ill. Social welfare is a surrounding and vague term, but most often it is defined in terms of organized activities or some other factor that suggests procedure and programs to answer to identified social problems or to improve the well-being of those at risk. To define social welfare in terms of programs or problems alone, however, is to miss a larger and more enduring element. Chatterjee (1985) observed that social welfare is concerned with the right order of relationships in society; that is, it is some ideal of the way in which some society works and fits together to form a suitable place for human habitation and development. From a different perspective, Gilbert (1974) referred to social welfare as establishing the rules of the game: with the <https://assignbuster.com/personal-goals/>

game being the system of distributing valued resources, such as money; jobs; housing; and educational, health, and social services.

Both Chatterjee and Gilbert have some vision of the good society. Social welfare, then, is perhaps best understood as an ideology, that ideology being one of a respectable society that provides opportunities for work and human meaning, provides reasonable security from want and assault, promotes fairness and evaluation based on individual merit. Since 1930 the United States has had some program helping to provide social welfare. The policies that began as ways to help America out of the depression have become ways to preserve, and improve social well being. In this Paper I will examine three areas of policy and policy making in social welfare. I will discuss the Personal Responsibility and Work Opportunity Reconciliation Act of 1996, Social Security, and Homelessness, and the types of politics associated with them.

In 1996 congress passed a bill reforming the welfare program. The Personal Responsibility and Work Opportunity Reconciliation Act of 1996 changed many of the policies of Aid to Families with Dependent Children (AFDC) and Job Opportunities and Basic Skills Training (JOBS). It unified these two programs under Temporary Aid to Needy Families (TANF).

One of the reasons that this reform was needed was because of the need for legitimacy associated with client politics. In order for the public to support aid to people they must see good reason for it. When AFDC was first created, it was for the purpose of aiding single mothers whose husband had been killed in war or mining accidents, it was not meant to be permanent aid. The

Social Welfare Policy is a government program designed to improve individual's quality of life. The reason I choose this topic is because I wanted to know what welfare is and how people get over on the system just because they choose not to work. Not to my knowledge there are many other ways people can get on welfare with the different programs that are designed to assist low-income families, single families, and disabled people. Since 1996 welfare has changed a lot. The Aid to families with Dependent children was abolished and replaced with a new program called Temporary Assistance to Needy Families.

This program was designed to promote working rather than welfare dependence. If involved in this new program majority of families could not receive benefits for more than five years, and work within two years after assistance payments began. In conclusion, I found my over all learning experience to be both challenging and rewarding. Feedback that you receive from the outside world is often filtered and may not always be accurate. I feel it's my responsibility to check up on myself once in a while and do an honest assessment of my behavior and skills. Changes in behavior will always be necessary to accommodate the world around us.

What may seem, as a major behavioral deficiency today, may not be as relevant tomorrow and the urgency to modify it may not be as great. My plan is to start working on the weaknesses I have mentioned above, and based on feedback I get from others, and self-assessment, I can chart my progress and make modifications as necessary.