

Self evaluation



**ASSIGN
BUSTER**

Self-evaluation essay Introduction Key among the qualities that I consider my strengths is ability to communicate appropriately to different audience groups. I have effective communication skills and engage people in professional discussions. Furthermore, I am a multilingual individual a feature that would enhance my success as human services professional. I can interact with people from different classes and age groups (Dillon, 2003). This makes it possible for me to engage children from diverse backgrounds thereby help them according to the uniqueness of their situation.

Additionally, effective communication skills enhance the effectiveness of the professional training in human services thereby ensuring that I know how to communicate to specific audiences. I will have the concept and mechanism of communicating thereby develop reliable professional relationships.

I am a respectful individual who will uphold the ethical values and the dignity of human life. I understand that I will work with vulnerable individuals in the society. My respectful personality that arises from the values I uphold will ensure that I maintain productive relationships both with the patients and colleagues thus improve the success of the programs. Furthermore, such a personality ensures that I endear to my clients who will in turn trust and open up to me thus making helping them easier (Dewane, 2005).

Finally, I am a tolerant individual capable of tolerating people from various backgrounds. I maintain peace when interacting with people and strive to pay attention to their demands. I often speak after understanding the nature of my audience. Tolerance is an important feature in human services since the profession requires interacting and helping people from diverse backgrounds. The people often portray unique personalities and may behave different. As a tolerant individual, I have the ability to interact with such

people and help win their trust thus help them appropriately.

Unfortunately, I have a number of weakness key among which is my small physique, which may hamper the need to undertake strenuous activities in order to reach people especially in time of calamities (Neukrug, 2001).

Despite such, I am a skilled driver, can operate a number of machinery, and will therefore prove helpful in a number of ways during such situations.

I lack endurance to strenuous activities and companies. While I am a tolerant individual, I do not like engaging in strenuous activities that cause either physical or psychological exhaustion. The personality is a major impediment to work in the profession given the unpredictability of the demands. I seek to overcome such by cultivating desirable personalities and endurance to stress.

Additionally, I do not like working under pressure. I hate intense and bureaucratic supervisions since I believe that I can perform exceptionally well. I understand the dictates of my profession and with a set of assignments; I can supervise myself and achieve immense productivity. The personality trait is a major impediment to productivity in the profession since managers often demand involvement in order to oversee the productivity of the organization (Corey & Corey, 2011). Additionally, the personality trait can affect my ability to interact with others. To overcome such, I strive to view supervision as a form of social interaction and therefore maintain my productivity while maintaining constant consultations from my superiors.

References

Corey, M. S., & Corey, G. (2011). *Becoming a helper*. (6th ed.) New York: Brooks Cole/CengageLearning.

Dewane, C. J. (2005). Use of self: A primer revisited. *Clinical Social Work*
<https://assignbuster.com/self-evaluation/>

Journal, 34(4), 543558.

Dillon, C. (2003). When the work doesn't work. In Learning from mistakes in clinical practice(pp. 148-170). Boston, MA: Thomas Wadsworth.

Neukrug, S. E. (2001). Skills and Techniques for Human Service Professionals: Counseling Environment, Helping Skills, Treatment Issues. New York: Cengage Learning.