

Tammy Howard
Workbook Chapter 18

1. What strongly held values led you to pursue social work as a profession? I feel that the values I inherent the values needed and expected to become a professional social worker. I believe in acceptance and respecting others for who they are, I believe in conducting myself as a trustworthy and dignified human being. I have a helping spirit and like to assist people in any way I possibly can. Last but not least, I believe in social equality and justice for every single individual in this world no matter what they may have said, done, or felt in their past. We all deserve the right and opportunity to meet the full potential that God has placed before us.

2. Do you feel a calling to social work? If so, on what is this calling based? I do feel a calling to the profession of Social Work. I do not feel that I was born a Social Worker however I believe that this is a role I stumbled upon after years of struggling to gain equality for my family; my children to be exact.

3. What is it about a career in social work that you find most positive and attractive? I think that what I find most positive and attractive about the field of social work is that I will be in a position to help people make positive changes within their lives. Although I am only one voice, I can make my one voice count for the good of everyone I come in contact with.

4. What is it about a career in social work that you find most negative or aversive? There is usually always a negative aspect to the choices we make and I think that a negative aspect to this one for me is that I sometimes get frustrated with the system and the policies that are implemented. I question the validity of the policies and who they are really meant to help rather it is the clients or the system itself.

5. What impacts, both positive and negative, will your choice of a social work career have on, for example

a. Your family- I think that social work will have a positive and a negative impact on my family. I hope that they will see how happy this profession makes me. It allows me the opportunity to help people and to advocate for the vulnerable populations who may not have anyone else standing and fighting for them. On the reverse side, I am the kind of person who tends to become so wrapped up in my clients that I can see this as a potential problem. (Taking my work home with me) I will need to learn how to create boundaries to separate my work time from my home time. This will help me to create that line and allow me the opportunity to dedicate more of myself to my family.

b. Your friendships and social activities- to be honest, I really don't have a social life or friends at this point so I am not sure how it will impact that aspect of my life.

c. your health and level of stress- I am almost sure that this type of profession will raise my stress level and blood pressure but as I stated before, I will have to learn to create boundaries and me time to relax.

d. your personal interests, recreation, and leisure activities- I do not feel that the profession will affect my interests or recreational activities.

e. your spiritual and religious practices and participation- I feel that the profession of social work will bring me closer to God and my religious beliefs. The reason I say this is that with the world the way that it is and so much turmoil and heartache, I think that I will gladly be thankful and appreciative for everything God has done for me and my family.

f Your identity and sense of belonging to a culture, ethnic group, or religious group? I do not think that this profession will affect my sense of belonging however; I do sometimes feel ashamed at the things I see and hear from my culture and ethnic group. I see the injustices and discrimination that occurs for people of minority status and it angers me to the point of shame.

6. What have you learned about yourself during the practicum that confirms your choice of social work as a profession? I have learned a lot about me and who I am as a person. I have learned that my choices are just that: mine and I will be the one to live with the circumstances of those choices just like every other human being on this planet. As a social worker, all I can really do is to help guide a person and make suggestions from my point of view, I cannot make the choice for anyone. During my practicum, I have found a stronger, smarter, and capable woman that I never really knew existed before. I am Tammy Howard and I am a Professional Social Worker.

7. Do you hope to work in an agency or program that serves a particular language, ethnic, or religious group? If yes, why is this an important goal for you? I would like to work within the Hispanic population if I could strengthen my Spanish skills. The reason for this is that I think that immigrants get a bad rap a lot of the times in this country. Sure some people escape here illegally but it is for freedom and a better life. We as Americans could never understand what freedom is because we never knew anything different. (Caucasian Americans anyway) The Mexican population that I have worked with in the past has always been respectful, hardworking and very family oriented and I would like to help them and advocate for them when called to do so.

8. What specific self-care activities will you engage in to maintain your energy, passion, optimism, and commitment?

9. After five years of experience and employment as a social worker, what type of work would you like to be doing? After fifteen years? After twenty-five years? After five years of work I would like to continue to be working with children and have securely implemented my foot into an agency. After fifteen years, I would hope to be branching out, kind of spreading my wings a little bit, and maybe doing some policy advocating in Washington D.C. Finally, after 20 years, I will like to have won the lottery and not had to work anymore but in the case of that not happening, I think that I would just like to be secure in a position with any population and be preparing for retirement.

10. What impact do you hope to make as a result of your work? I hope to make a positive impact. I would like to have helped save families and children who are suffering and are in need. I would like to make my community and state a better, safer place for my children to raise their children in and finally I would like to create a life for me that I can feel satisfied and proud off.