After having reviewed myself in the video, I believe that I did a good job of listening to the clients' needs and concerns. I demonstrated this by my posture, not crossing my arms, and constantly nodding and clarifying what I was hearing from the client. I believe that I was able to be accepting and genuine, but I did feel like I did lack a little of empathy throughout the interview. I recognized the clients' strengths by saying that she had a strong mentality, but I lacked to say that I could not imagine what it was like and etc. I also believe that the challenging parts of the interview was forming and talking about the ecomap. I found it hard to present, but tried to fit it in somehow and have it make sense. I was unclear on how to go about presenting the ecomap. I believe the ethical values I demonstrated was importance of human relationships by asking the client if there is any connections or family or friends in her like that could help her or are in the same position as her that could help her. I also demonstrated dignity and worth of a person by showing and telling her that it is important and really impressive that she has a strong mentality of keep going and not giving up. I showed her respect by doing so. The ethical principles I demonstrated is service by helping her to address her social problems. In the interview, she stated that she was also having problems with family and I was asking questions that reflected how to fix that and how it associated with the original problem for coming to talk to me. I also showed self-determination to the client by clarifying what her goals were and for her to decide what they were.

The client did not state any during the video, but her family situation was affected because of social in justice and her power was marginalized by it. My client stated that she was not allowed to do homework at work anymore. But she also stated that nursing students were allowed to still do homework at work, I believe that this was a part of bias and created a marginalization to all other students that are not nursing students. She felt offended by the statement.

I believe that my only bias area was that I had been struggling with the same situation before this interview session. While going through the interview I felt like I knew what she was feeling and that I could relate, which I had to be careful because not everyone always goes through a similar situation like yours and feels the same as you. I had to remind myself that it was the clients feelings not my own and that it was important to not jump to assumptions and try to give advice that worked for me, but instead I need to listen to the clients words and formulate feedback by doing so.

In my video, I was unclear in how to identify ACE and Resilience scores, I was trying to identify them as I kept going through the interview. If I am being completely honest, I got lost. My client was closed up when talking about her family and we was not able to address everything in its fullest form. I was going to readdress how family and time management came into play together and how that affected her from a young age and how long it has been this way. She did show a pattern about what was going on in her life and how long it had been going on. From my assessment, she had a good resilience score, she had a good support system and was able to continue and keep motivation. The ACEs remained unclear to me.

The feedback that I received for this video was pretty clear. I believe I did well in demonstrating the skills my peer described I did. I will keep on working on trying not to assume too much and focus on the client more. I believe that the reason I have a hard time doing this is because I start focusing on what question to ask next that I lose focus on the client. I will continue to work on this by practicing daily with my friends and family. I also am continuing on working on the closing because I believe it is abrupt and too fast. I will also practice these daily.

If I were to be asked on a scale from 1-10 on how comfortable I was with using these specific skills for this video assignment, I would say about a 4. The reason I rate it at 4, is because I am

just learning this skills in this class and in Interviewing Skills, simultaneously. I am keeping up, but it is hard sometimes to do certain assignments that I should already know the skills to, but since I am in the other class at the same time I just have to keep up. I definitely have gotten slightly more comfortable as the week passed by, but I would say that I still have to grow and improve through and with these skills. I also felt uncomfortable with the ecomap and assessing for ACE scores. I feel like I need more practice in this area. My plan of professional growth to improve my skills are to practice all the time. I have devoted an amount of time for at least once a week to practice my skills in interviewing. Whether it is with a peer or in front of a mirror I have made the time. I also have asked my friends mom that is a social worker to give me tips on interviewing and hoping to learn from her. I also need to focus on focusing on the clients' strengths by practicing on how to formulate those responses and questions. Altogether this video was a learning experience on my myself and it helped me understand and realize what my strengths and weaknesses were. I have grown a lot since the beginning of the semester, but I still have much to learn.