

## Monthly Field Journal November



## Instructions for Completion

**Students**, please initiate this document by recording your week's activities to be discussed in mandatory weekly one- hour supervision with your field instructor. Click the **Save Draft** button each week. At the end of the month, you will submit this document by clicking the **Journal Student Entry** button listed after week 5. This will send a message to your field instructor to sign. If there are not 5 weeks in the month, leave the section blank, but you must always click the week 5 journal entry to finalize your monthly submission.

**Task Supervisors** (if applicable), please review this document weekly and communicate progress and opportunities for growth with the student and field instructor.

**Field Instructors**, please review this document each week during your mandatory weekly one hour supervision to address student concerns and questions and to discuss documentation, self care, progress and opportunities for growth. At the end of the month, your submission statement will verify the student's hours and field learning experiences. After your input, the form will be sent to the Field Director for grading.

## Week 1

<b>Date</b> (Start Sun. - Sat. 11:59 p.m.) <div>11/1</div>	<b>Competencies Addressed:</b> <b>(A minimum of 4 required each week)</b> <input checked="" type="checkbox"/> <b>1. Demonstrate Ethical and Professional Behavior</b> <input type="checkbox"/> 2. Engage Diversity and Difference in Practice <input type="checkbox"/> 3. Advance Human Rights and Social, Economic and Environmental Justice <input type="checkbox"/> 4. Engage in Practice-Informed Research and Research-Informed Practice <input type="checkbox"/> 5. Engage in Policy Practice <input type="checkbox"/> 6. Engage with Individuals, Families, Groups, Organizations and Communities <input type="checkbox"/> 7. Assess Individuals, Families, Groups, Organizations and Communities <input type="checkbox"/> 8. Intervene with Individuals, Families, Groups, Organizations and Communities <input type="checkbox"/> 9. Evaluate Practice with Individuals, Families, Groups, Organizations and Communities <input type="checkbox"/> Did Not Accrue Practicum Hours	<b>Practice Behaviors</b> (Please list the <u>required</u> 4 numbers to match the competencies selected) (i.e. 1.2=competency #1 and practice behavior #2) <ul style="list-style-type: none"> <li>1.1</li> <li>1.4</li> </ul>	<b>Description of Learning Activities (2-3 sentences per competency)</b> In addition to the description, how are you are applying classroom theory/knowledge into field experiences to demonstrate competency. <div>1.1, 1.4: This week, I demonstrated ethical and professional behavior by communicating with field supervisors and field director. I was</div>

	<p><b>Comments/Outcome</b> (Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)</p> <p><b>I completed one hour of self care for the week referenced above. (1 hour maximum may be counted each week in total accrued field hours.)</b></p> <p><input type="radio"/> Yes <input checked="" type="radio"/> <b>No</b></p>	<p><b>I completed my weekly journal entry prior to weekly supervision. (1 bonus hour maximum may be counted each week in total accrued field hours if journal entry is done prior to weekly supervision.)</b></p> <p><input type="radio"/> Yes <input checked="" type="radio"/> <b>No</b></p>	<p><b>Describe areas of growth, concern or questions to address during supervision (2-3 sentences).</b></p> <p>Because of COVID-19, I am concerned that I will get behind on my practicum hours. During this time, I will be brainstorming ways</p>
<p>Hours accrued this week:</p> <p><input type="text"/></p>	<p>Task Supervisor (If Applicable) Comments (Hours, Progress, Concerns, etc.)</p> <p><input type="text"/></p>	<p>Field Instructor Comments</p> <p>Reviewed.</p> <p><input type="text"/></p>	<p><b>Field Instructor Approval of Weekly Hours</b></p> <p>I approve the accrued hours for this week.</p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> No</p>

Actioned by Bennett, Erin (485131) on 12/2/2020 11:19:53 AM

## Week 2

**Date**

(Start  
Sun. -  
Sat.  
11:59  
p.m.)

11/8

**Competencies****Addressed:**

**(A minimum of 4  
required each week)**

☒ **1. Demonstrate**

**Ethical and  
Professional Behavior**

☐ 2. Engage Diversity  
and Difference in  
Practice

☒ **3. Advance Human  
Rights and Social,  
Economic and  
Environmental Justice**

☒ **4. Engage in  
Practice-Informed  
Research and Research-  
Informed Practice**

☐ 5. Engage in Policy  
Practice

☒ **6. Engage with  
Individuals, Families,  
Groups, Organizations  
and Communities**

☐ 7. Assess Individuals,  
Families, Groups,  
Organizations and  
Communities

☐ 8. Intervene with  
Individuals, Families,  
Groups, Organizations  
and Communities

☐ 9. Evaluate Practice  
with Individuals, Families,  
Groups, Organizations  
and Communities

☐ Did Not Accrue  
Practicum Hours

**Practice Behaviors**

(Please list the required 4  
numbers to match the  
competencies selected)  
(i.e. 1.2=competency #1  
and practice behavior #2)

- 1.3
- 3.1
- 4.1
- 6.1

**Description of Learning  
Activities (2-3 sentences  
per competency)**

In addition to the  
description, how are you  
are applying classroom  
theory/knowledge into  
field experiences to  
demonstrate competency.

1.3, 6.1: This week I  
watched several  
webinars by Dr. Rami  
Nader and  
completed research  
that included topics  
on Generalized  
Anxiety Disorder,  
Depression, and  
other mental health  
disorders such as  
PTSD.

Understanding  
diagnoses and  
evidence based  
practices is directly  
related to Diagnosis  
and Assessment  
seminar 1. Through  
these webinars and  
research on  
resources given by  
Dr. Nadar I learned  
aspects of each  
diagnosis, evidence  
based treatment  
options, and  
resources available  
for clients and  
treatment providers.

4.1, 6.1: Evidence  
supports that  
grounding  
techniques are  
useful for those who  
experience panic

experience panic, worry, and anxiety or have past trauma. This week I researched several grounding techniques that can be discussed with clients who experience mental health illnesses such as anxiety disorders. I watched several demonstrations to better equip myself to explain how to utilize the techniques. Some of the techniques that I learned include deep breathing 5-4-3-2-1

**I completed one hour of self care for the week referenced above.** (1 hour maximum may be counted each week in total accrued field hours.)

Being in quarantine, I found several ways to keep my daughter and my self occupied. We read magazines, played

☒ Yes ☐ No

**I completed my weekly journal entry prior to weekly supervision.** (1 bonus hour maximum may be counted each week in total accrued field hours if journal entry is done prior to weekly supervision.)

☒ Yes ☐ No

**Describe areas of growth, concern or questions to address during supervision (2-3 sentences).**

Because of COVID-19, I am concerned that I will get behind on my practicum hours.

Hours accrued this week: <div>8</div>	Task Supervisor (If Applicable) Comments (Hours, Progress, Concerns, etc.) <div></div>	Field Instructor Comments <div>Reviewed.</div>	<b>Field Instructor Approval of Weekly Hours</b> I approve the accrued hours for this week. <div><input checked="" type="radio"/>Yes <input type="radio"/>No</div>
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Actioned by Bennett, Erin (485131) on 12/6/2020 10:28:21 AM

Week 3

**Date**

(Start  
Sun. -  
Sat.  
11:59  
p.m.)

11/1

**Competencies****Addressed:**

**(A minimum of 4  
required each week)**

☒ **1. Demonstrate**

**Ethical and  
Professional Behavior**

☐ 2. Engage Diversity  
and Difference in  
Practice

☐ 3. Advance Human  
Rights and Social,  
Economic and  
Environmental Justice

☒ **4. Engage in  
Practice-Informed  
Research and Research-  
Informed Practice**

☐ 5. Engage in Policy  
Practice

☒ **6. Engage with  
Individuals, Families,  
Groups, Organizations  
and Communities**

☐ 7. Assess Individuals,  
Families, Groups,  
Organizations and  
Communities

☐ 8. Intervene with  
Individuals, Families,  
Groups, Organizations  
and Communities

☐ 9. Evaluate Practice  
with Individuals, Families,  
Groups, Organizations  
and Communities

☐ Did Not Accrue  
Practicum Hours

**Practice Behaviors**

(Please list the required 4  
numbers to match the  
competencies selected)  
(i.e. 1.2=competency #1  
and practice behavior #2)

- 1.2
- 1.3
- 4.1
- 6.1

**Description of Learning  
Activities (2-3 sentences  
per competency)**

In addition to the  
description, how are you  
are applying classroom  
theory/knowledge into  
field experiences to  
demonstrate competency.

1.2, 1.3 4.1, 6.1:

Because my interest in therapy is growing, I completed research on listening responses and empathetic responses. These are important aspects in several therapy models including CBT. Evidence suggests that empathetic practitioners increase the likelihood of positive outcomes. While I am an empathetic person, I often find myself searching ways to express my empathy. Through research I have learned that showing empathy includes acknowledging the clients pain. For example an empathetic response may be "I am sorry you are going through this." As a practitioner, showing feelings can be helpful. To do this one might say "It makes me sad that you are going through this." Next, showing your client gratitude for opening up can be helpful. To express gratitude one might



<p><b>I completed one hour of self care for the week referenced above. (1 hour maximum may be counted each week in total accrued field hours.)</b></p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>	<p><b>Comments/Outcome</b> (Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)</p> <p>This week, I found a book that I wanted to start reading. It is a book that is unrelated to school and helped take my mind off work.</p>	<p><b>I completed my weekly journal entry prior to weekly supervision. (1 bonus hour maximum may be counted each week in total accrued field hours if journal entry is done prior to weekly supervision.)</b></p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>	<p><b>Describe areas of growth, concern or questions to address during supervision (2-3 sentences).</b></p> <p>The more I research therapy techniques, the more I am overwhelmed about how to and when to incorporate them.</p>
<p>Hours accrued this week:</p> <p>5</p>	<p>Task Supervisor (If Applicable) Comments (Hours, Progress, Concerns, etc.)</p>	<p>Field Instructor Comments</p> <p>Reviewed.</p>	<p><b>Field Instructor Approval of Weekly Hours</b></p> <p>I approve the accrued hours for this week.</p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>

Actioned by Bennett, Erin (485131) on 12/6/2020 10:28:58 AM

## Week 4

Date	Competencies Addressed:	Practice Behaviors	Description of Learning Activities (2-3 sentences per competency)
(Start Sun. - Sat. 11:59 p.m.) 11/21	<p><b>(A minimum of 4 required each week)</b></p> <p><input checked="" type="checkbox"/> <b>1. Demonstrate Ethical and Professional Behavior</b></p> <p><input type="checkbox"/> 2. Engage Diversity and Difference in Practice</p> <p><input checked="" type="checkbox"/> <b>3. Advance Human Rights and Social, Economic and Environmental Justice</b></p> <p><input checked="" type="checkbox"/> <b>4. Engage in Practice-Informed Research and Research-Informed Practice</b></p> <p><input type="checkbox"/> 5. Engage in Policy Practice</p> <p><input checked="" type="checkbox"/> <b>6. Engage with Individuals, Families, Groups, Organizations and Communities</b></p> <p><input type="checkbox"/> 7. Assess Individuals, Families, Groups, Organizations and Communities</p> <p><input type="checkbox"/> 8. Intervene with Individuals, Families, Groups, Organizations and Communities</p> <p><input type="checkbox"/> 9. Evaluate Practice with Individuals, Families, Groups, Organizations and Communities</p> <p><input type="checkbox"/> Did Not Accrue Practicum Hours</p>	<p>(Please list the <u>required</u> 4 numbers to match the competencies selected) (i.e. 1.2=competency #1 and practice behavior #2)</p> <ul style="list-style-type: none"> <li>• 1.1</li> <li>• 1.2</li> <li>• 1.3</li> <li>• 1.4</li> <li>• 3.1</li> <li>• 4.1</li> <li>• 4.2</li> <li>• 6.1</li> </ul>	<p>In addition to the description, how are you are applying classroom theory/knowledge into field experiences to demonstrate competency.</p> <p>1.1, 1.2, 1.3, 1.4: This week, I learned that my daughter's class was exposed to COVID and would not return to school until Dec. 7th. Because of this, I will not have child care and will have to continue practicum hours from home. As soon as I received the information, I contacted the appropriate parties to ensure I could maintain hours. With help, I was able to brainstorm ways to continue receiving hours while meeting competencies.</p> <p>3.1, 4.1: This week, I read several articles in the Social Work Advocated NASW magazine that highlights oppression and social workers role to pursue change. One of the articles specifically addresses working with the Latino</p>

with the Latino population. Because the City of Refuge works with a large number of the Latino population, it is important to identify ways to enhance social work practice with this population. One very important aspect includes incorporating family background, original home, and where they live in the US to

**I completed my weekly journal entry prior to weekly supervision. (1 bonus hour maximum may be counted each week in total accrued field hours.)**  
**Comments/Outcome**  
 (Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)

**Describe areas of growth, concern or questions to address during supervision (2-3 sentences).**

This week, I celebrated Thanksgiving with my family. I dedicated a full day, with no work.

☒ Yes ☐ No

**Describe areas of growth, concern or questions to address during supervision (2-3 sentences).**

Many complications have been presented due to COVID. While it is overwhelming and causes much stress, I have shown dedication in maintaining

☒ Yes ☐ No

Hours accrued this week:

6

Task Supervisor (If Applicable) Comments (Hours, Progress, Concerns, etc.)

Field Instructor Comments

Reviewed.

**Field Instructor Approval of Weekly Hours**

I approve the accrued hours for this week.

☒ Yes ☐ No

Actioned by Bennett, Erin (485131) on 12/6/2020 10:30:18 AM

**Week 5** (If there are not 5 weeks in the month, leave this section blank, but you must always click Week 5 journal entry to finalize your monthly submission)

Date	Competencies Addressed:	Practice Behaviors	Description of Learning Activities (2-3 sentences per competency)
(Start Sun. - Sat. 11:59 p.m.) 11/21	<p><b>(A minimum of 4 required each week)</b></p> <p><input checked="" type="checkbox"/> <b>1. Demonstrate Ethical and Professional Behavior</b></p> <p><input type="checkbox"/> 2. Engage Diversity and Difference in Practice</p> <p><input checked="" type="checkbox"/> <b>3. Advance Human Rights and Social, Economic and Environmental Justice</b></p> <p><input type="checkbox"/> 4. Engage in Practice-Informed Research and Research-Informed Practice</p> <p><input type="checkbox"/> 5. Engage in Policy Practice</p> <p><input type="checkbox"/> 6. Engage with Individuals, Families, Groups, Organizations and Communities</p> <p><input checked="" type="checkbox"/> <b>7. Assess Individuals, Families, Groups, Organizations and Communities</b></p> <p><input type="checkbox"/> 8. Intervene with Individuals, Families, Groups, Organizations and Communities</p> <p><input type="checkbox"/> 9. Evaluate Practice with Individuals, Families, Groups, Organizations and Communities</p> <p><input type="checkbox"/> Did Not Accrue Practicum Hours</p>	<p>(Please list the <u>required</u> 4 numbers to match the competencies selected) (i.e. 1.2=competency #1 and practice behavior #2)</p> <ul style="list-style-type: none"> <li>• 1.2</li> <li>• 1.3</li> <li>• 3.1</li> <li>• 7.2</li> </ul>	<p>In addition to the description, how are you are applying classroom theory/knowledge into field experiences to demonstrate competency.</p> <p>1.2, 1.3, 3.1: This week I completed two grant writing workshops, as well as discussed grant writing in Advanced Admin. These workshops were provided by City of Refuge Dalton and facilitated by Healthcare Georgia Foundation. The first workshop focused on ways to effectively select resources to assist with identifying and contacting possible funders, assess readiness to apply for grant funding, creating a project outline, creating running list of potential funders, and understanding proposal structures. The workshop provided several suggestions for preparing for grant writing and/or hiring grant writers. Other topics included government funding and private funding.</p>

and private funding and the advantages and disadvantages of each. The speaker additionally highlighted information in regard to funding after receiving a grant and plans to move forward. What I found most helpful in the first workshop is that the speaker asked the participants to use specific examples about grants in their agencies. This provided important aspects to the presentation. I also appreciated that the speaker discussed several resources and tools (candid learning, Grant Professionals Association) to effectively move forward with grants. The second workshop provided a more detailed presentation on grant writing as it related to creating "your case". This included discussions on successfully communicating needs, creating a

<p><b>I completed one hour of self care for the week referenced above.</b> (1 hour maximum may be counted each week in total accrued field hours.)</p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>	<p><b>Comments/Outcome</b> (Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)</p> <p>This week, my family had a movie night with my great grandparents. We watched a Christmas movie with no</p>	<p><b>I completed my weekly journal entry prior to weekly supervision.</b> (1 bonus hour maximum may be counted each week in total accrued field hours if journal entry is done prior to weekly supervision.)</p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>	<p><b>Describe areas of growth, concern or questions to address during supervision (2-3 sentences).</b></p> <p>NA</p>
<p>Hours accrued this week:</p> <p>6</p>	<p>Task Supervisor (If Applicable) Comments (Hours, Progress, Concerns, etc.)</p>	<p>Field Instructor Comments</p> <p>Reviewed.</p>	<p><b>Field Instructor Approval of Weekly Hours</b></p> <p>I approve the accrued hours for this week.</p> <p><input checked="" type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b></p>

Actioned by Bennett, Erin (485131) on 12/6/2020 10:31:33 AM

### Hours Accrued

Total Monthly Hours Accrued	Total Cumulative Field Hours Approved to Date
25.00	128.80

**Task Supervisor Instructions: All you will need to do is leave your comments above and then click **SAVE DRAFT** button next to "Field Instructor Submit" button down below.**

### Field Instructor Monthly Journal Submission

Actioned by Allen, John on 12/7/2020 10:32:48 AM

**Journal Grade (20 points possible)**

This journal met most of the rubric requirements and earned 18 points

**Field Director Comments**

I pray that you are feeling better, Erin!

Way to find activities to continue your learning even while on isolation. Your journal is much approved.

Remember that you must choose 4 practice behaviors per week.

Note: Students have access to bonus hours only if they accrue hours in a week. The 2 hours from week 1 are not approved (27 changed to 25 hours)

Actioned by Bertresse, Lunelle on 12/13/2020 8:42:30 AM