

Professional Career Development – BMSW4012

Reflection homework

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1. Who has had the greatest positive impact on your personal growth, and what qualities did they demonstrate that influenced you?

- The person who helped me grow the most is my high school teacher. What she did was always support me. She was kind, patient, and told me I could always do well. She helped me feel good about myself. Before I met her, I was quiet and scared to speak. But she always helped me feel brave. I learned that it's okay to make mistakes. I looked at my strengths, and my weaknesses. I made a goal to speak once a week in class and ask the teacher for help when I needed it. I feel better now. I talk more in class and help others when I can. I want to keep going and maybe help people like she helped me. I will never forget her support.

2. Reflect on a decision you made recently – would you make the same choice again? Why or why not?

- I made a big choice to say no to a full-time job so I could go back to school. What made this hard was losing money and a safe job. But I wanted to study more and do a job I love in the future. I thought about what I'm good at which would be to learn, and what is hard for me right now would be not having much money in my income to support myself. Studying gives me a better chance at my dream, but it's scary. I made a goal to finish my course and get a part-time job. I feel proud of my choice. It's hard, but I feel happy. I am learning and growing. I plan my money better and know I'm on the right path.

3. Describe a personal strength you are proud of - how has it helped you in a challenging situation?

- A strength I am proud of is staying calm when things go wrong. What happened was one person left our group before a big class talk. Everyone was stressed. I stayed calm and helped the group. I made a new plan. I saw that I can help when things get hard. My strength is being calm, my weakness is taking on too much. We had a good chance to still do well, but we had no time. We gave the talk and did great. I felt proud. I want to keep using this strength and help others in group work.