**Journal Example**

**How is supervision handled at your agency? Are you allowed time to discuss the issues that are important to you? What are the pro’s and cons of the way supervision is structured?**

My primary supervisor is Jen. Jen meets with me on a weekly basis to discuss my progress as an intern. Jen has her MSW and completed two social work internships, so I feel comfortable going to her with questions about what I am allowed (and supposed) to do as a student intern. She has been helpful in answering questions I have had about the agency (for example: dress code- can I wear jeans?) and has given me suggestions about training opportunities that will be offered to me this semester. I’m most worried about the computer training because other staff members have warned me that our system is “hard” to learn.

I am also supervised by Kim and Leigh while working in the Emergency Service Program. This program helps clients with food and personal items. Kim and Leigh have been very helpful in teaching me the questions I ask of clients when they apply for services. **Through the Emergency Service Program, I am assessing individuals, specifically collecting and organizing data, which relates to competency 7.** What I have learned thus far is that when assessing a client’s need for food, I ask about the following: identify the client’s emergency need for food and what caused the need, the current household finances, employment, education (especially lack of education), and access to other community resources. I ask these questions to get a sense of what is going on with the family, and how to best help them with referrals and resources to other community agencies if they need more help than just food. I will have to write these notes in the computer system once I am trained. I’m not exactly sure how I will write up these notes, so I will need to talk with Jen about this at our next supervision meeting. Most times, I identify questions like this and make a list so that I can come prepared to weekly supervision meetings. I think this preparation shows my supervisor that I take supervision seriously, and that I want to learn from my time here. So far, Kim and Leigh have been with me while I have assessed clients, so I’m really worried about doing this on my own. Kim and Leigh know so many resources-what if a client needs something and I don’t know the answer? What if they start crying? Will I be able to hold back my own tears? I’ve noticed that clients don’t seem to take me too seriously. In one assessment, the client talked to Kim more than she did to me, even though I was asking the questions. I asked Kim about it later, but Kim didn’t know why the client responded in that way.

Overall, I have enjoyed supervision thus far. In addition to our weekly meetings, Jen has an “open door policy” in which I can ask her questions at any time. I haven’t taken her up on this too much because she is very busy, and I don’t want to bother her. While I like having many people to go to, at times it can be confusing as to whom I go to first when I have questions. I am learning that everyone at the agency (even those who don’t supervise me directly) is more than willing to answer my questions when asked. I feel lucky that I’ve had a lot of support, but recognize that I will need to start taking on responsibilities on my own. I’m not sure how supervision will work then. Guess I will have to wait and see, or add it to my list for the next supervision meeting……………………….**This relates to competency 1, demonstrate ethical and professional behavior, specifically “use supervision and consultation to guide professionals judgment and behavior.”**