SWK 3800 Social Work Practice I Reflection

Process Recording

The process recording was one of the most difficult assignments for me. First of all I do not do well while being recorded because my nerves get the best of me. However, I did feel like it was good practice with incorporating all of the interviewing skills that we had learned in class. I felt like the mock interviews that we did in Mrs. Webb’s class helped to prepare us for our big interview.

The process recording part of the interview was interesting because it allowed us to see exactly what we said and where we needed to improve when interviewing. I was able to see that I said “um” and “okay” way too much when talking to my client. This was partly because of my being nervous and also because I thought it was harder because the interview was a made up instead of a real situation. I interviewed my husband but if I could have done it again I think I would have done a better job by interviewing someone I didn’t know.

After presenting our interviews in class, I was able to pinpoint many errors in my interview that I did not notice while I was recording. This was video and process recording was good practice in preparing us for additional interviewing activities required in other classes throughout the program.