SWK 3850 Social Work Practice II Reflection

Community Assessment

 This paper was probably one of my favorite papers in the program. The professor for this class was Mrs. Veronica McPhatter and she allowed us to work in groups of three in order to complete our community assessment paper/project. My classmates and I did our assessment on obesity in youth in Scotland County. We were able to conduct research and interviews within Scotland County as well as with the citizens throughout the community. We were able to gain a better understanding about how they feel about what their community has to offer and what they lack and how it related to the problem we selected. This paper also allowed us to work as a team which is a vital function in the social work field.

 We went to Laurel Hill Elementary school and talked with the 4th graders about how important it is to exercise and eat healthy. We took them a healthy snack, did some fun exercises in the gym, and had a question and answer session. We told them how important it is to exercise and play outside instead of sitting around on video games all day and watching TV.

 Professionally we were able to communicate with professionals in Scotland County such as doctors and other health care providers. We also served as advocates by promoting healthy lifestyles to the children and teachers at the school. By conducting the research, on a personal level I too realize how important it is for me as a parent to promote this same lifestyle at home with my own children so that they can carry it on with them as they get older.