SWK 3910 Understanding Social Research Reflection

Research Proposal

This assignment was another of those assignments where we were able to break the brunt of the paper down by using a chart. This process allowed us to read articles and gather the important parts of those articles by putting them on a chart. By doing this, we were able to then take the information that we had assembled on this chart and put it in written form. I found this to be helpful in organizing the paper by the different headings for the paper. I was able to research an issue that I feel to be important which is how criminal records place limitations on those who are convicted of crimes.

While preparing this paper, I was able to really focus on what my values in life are. I feel that employment opportunities and housing are taken for granted. One small mistake can have a huge impact on the rest of your life and this paper made me realize how important it is to make smart decisions. As social workers, it is our duty to guide those who may be on a path of destruction such as our youth, those who have mental health issues, those who are homeless, and those who suffer from substance abuse. Social workers are also able to advocate for policy changes that could help people who have made mistakes not have to suffer for the rest of their lives. Policies should be changed where victimless crimes are not held over a person’s head forever limiting them from having equal opportunities that other people have. Although I learned a great deal about what criminal records limit people from accomplishing, I feel that the information was repetitive.