

Self Assessment

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“My Self Assessment”

My self-assessment is a mirror reflecting the characteristic of my values and belief system. First we must understand, I am a black female born in 1955 under the roof of both parents and 8 siblings. We had no money no resources, it was a life of poverty, but we had each other. Times were hard for most black families, because of lack of education, finances, and resources. When I was a child, my family did not look at wisdom as values or morals, it was called survivor. The values that were handed down to me came from generation to generation.

My father died at the age of forty-two, and my mother became the head of the house. Before my father died he set some family values for us to live by, one of those values was children should be seen, not heard: this meant do not question anything, and children do not have opinion. This was insane, because I was raped at a young age and I couldn't express my pain of being violated. Another value during my childhood was spare the rod and it will spoil the child: this was a reinforcement to teach right from wrong and for children to make good choices in life. There were many childhood values but these are just a few. I was taught that man is the head of the house. My mother stayed silent and allowed my father to make decisions based on self and his experience only. My father was a good man but knew nothing about flexibility. He did not understand that mistakes are viewed as tools for growth.

During my youth, my values changed because I became a single parent at the age of sixteen. My values at this time went against the family beliefs. My parents were so hurt and they tried to blame themselves for my mistakes and bad decisions. I insured them that it was my wrong choices which caused me to be a teenage Mom. Once this

child was born, my oldest sister got me a job at Erlanger Hospital after school. My parents did not allow me to get food stamps, welfare, and I never got child support. This was hard but I learned that I am responsible for my decision in life whether they are good or bad. My family loved me unconditional and supported me; I was able to complete my high school education and worked part-time.

After my father's death, I saw my mother differently: she was a beautiful strong woman who only stayed silent because of her love and respect for my father. She never married again. My mother is my life model for life; she has encouraged me and influenced me all through my life. These are some of her values that I implement today:

1. Education is a way out of poverty and it will expand your choices in life with opportunities.
2. A family that prays together, stay's together. Unity brings love and understanding.
3. Do not steal, you must work for what you need and want in life. This builds self-worth, self-esteem, integrity, and responsibility.
4. Always vote. Voting changes policies and that's what changes the world.
5. Buy a home and you will never be homeless.
6. Never make a promise you can't keep.

My mother used to say: if you can see it or vision it, then you can make it happen. She became flexible and spontaneous because she knew that the world was changing and she did not want to lose her children to the world. She became very religious and she asked different churches for help. We were still poor but we lived as if were rich because we never had a hungry day or day of darkness, she taught love and forgiveness.

My grandmother was a religious woman; she died many years ago but believed that God called her to be a preacher. Unfortunately, this was during the time women were not allowed to preach (man statement). When she tried to preach in the church, the deacons escort her out of the church. My grandmother (Agnes) had a strong determined personality; she did not need a building to do God work. She preached to her children and people in the neighborhood. She continued too preach the word of God until she died. My grandmother was a wise woman and some of her values I believe today; ***never give up, treat people the way you want to be treated, and stand up for what you believe in.*** She was a fighter and was not easily persuaded to discouragement.

As an adult my value system has changed. I am conscious of my decisions and behaviors today. I take full responsibility for my attitude and behavior. I still believe in some of my family values but as an adult and through my education I have my own values which are: ***Trust God for everything, honesty is the first step to success, and continues to persevere and be the best I can be, even if the odds are against me.*** I do believe most of my family values were good but some were based upon their bad experiences. They did the best they could with lack of education and resources. Self-awareness is a powerful tool because you know that decisions you make will affect your future and others. Since I am a college student, I have learned other values such as: ***Human Rights; people should be treated with dignity and respect. This also means freedom; people have the right to live within their own choices,*** without anyone trying to change them, along as they are within the law. My values influence my behavior; it stops pride, ego, and self-centeredness, it gives me the opportunity to get out of myself to help others. My character is built from my values, which stand for who I am. These

values also correspond with the Social Work Ethical Principles: **(1) *I learned that if I treat myself with respect than I can treat others with dignity and respect. Accepting people for who they are gives me the ability to service and meet their needs.*** **(2) *Respect the individual's right to make decisions; freedom of choice, as a social worker it is my job to empower and strengthen my clients to utilize their rights as a human being.*** **(3) *Commitment to assisting client systems to obtain resources; I believe responsibility and commitment are the same. As a social worker my commitment is to my clients and if there are no resources it is my job as a social worker to create resources to meet their needs.***

My values are strongly based upon human rights and social justices. I believe in freedom and each individual has the right to grow at his or her own pace. My values allow me to have boundaries because they protect myself and others. Confidentiality is a must because it allows individuals to disclose private aspects of their lives and if revealed could cause shame or damage to their reputation. During my childhood, one of the family values was children should be heard and not seen. This stopped me from telling my family about me being raped at a young age but I told a neighbor with the idea of confidentiality, they judged me and told others. I became ashamed and discontent within myself. I believe confidentiality is vital because it builds trust.

CONCLUSION: This self-awareness made me look at myself and its worth, self-esteem, and my self-centeredness. This has truly been a mirror reflecting my characteristic of which I base my values and belief systems.

