Unit 4 Assignment: Self-Reflection

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please state whether you are a Certificate or Bachelor’s degree student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NOTE\*\*If you are a Bachelor’s degree student, you will also submit your completed degree plan as a part of this assignment.

**Instructions**

In this assignment, you will read an article describing the qualities of a human service professional. You will reflect upon the qualities of an effective human service professional that you already possess as well as qualities you would like to develop.

Read “Helping those in need: Human Service workers,” from *Occupational Outlook Quarterly*. Fall 2011. Retrieved from <http://www.bls.gov/opub/ooq/2011/fall/art03.pdf>

After you have read “Helping those in need: Human Service workers” from *Occupational Outlook Quarterly*, complete the following form:

1. List qualities that a Human Service professional should possess:
2. List qualities that you currently possess:
3. List qualities that you want to develop:
4. List the challenges and benefits of the Human Service profession:
5. Please answer the question underlined below in paragraph form. Review the information in *italics* before answering the question.

What are some conclusions about how this knowledge will impact your goals?

*Think back to the jobs that you searched in Unit 2 and the goals that you created for yourself in Unit 3. Now, add to that, your knowledge about qualities that a human service professional should possess. Make sure that your response is based on the information that you have learned over the past few units and not faulty reasoning. Your response should reflect critical thinking and an understanding of career building skills.*

*It might be helpful to go back to some of the resources from previous units to fully answer this question.*

* + *S.M.A.R.T. Goal Setting PDF*
  + *Kaplan’s Program Outcomes*
  + *Kaplan’s Career Network 2.0*