

Sim Center Reflection
Grand Valley State University

SW 316

Professor Eisen

April 15, 2023

By: Jacklyn Flores

Sim Center Reflection

1. Critique your interviewing skills according to concepts and skills from class. What did you do well? What are areas for improvement? Please provide specific examples from your interview.

After the interview, I thought well of all the nonverbal, use of OARS, listening skills, questions, collaboration and resistance, and wrap-up. After the two simulation centers, I have been practicing in the area. I needed improvement, so when it came to the last simulation, I was not so scared because I knew what to do. Then, after my interview and seeing my peer review sheet, I was surprised that I did hit all the points. I showed empathy by listening to the client's main concern about his sister and wanting to reach out to her. I showed that his feelings were valid because he was afraid of how his sister would react. After all, the last time they talked was 20 years ago, but I told him there was a possibility for change. Overall, I ask great questions to show that I am listening to the client and his concerns. An area I need improvement on still is not problem-solving, but overall I have done less of it throughout the simulation. I guess I have a problem trying to problem-solve because, throughout my childhood as the oldest sibling in the household, I have been the one who has tried to make everything work by doing a lot of problem-solving. So doing these simulations has helped me not do that with the client, but instead just listen to them and show that I care about their situation.

2. Discuss in what ways this interview experience was different from your first two Sim Center experiences. Include a discussion of your thoughts and feelings as you prepared for and participated in this interview.

This last simulation center was different from the other two simulation center experiences because I felt I was more prepared with all the practices we did in class before the last

simulation. For the first two simulation centers, we did not practice in class with a partner; it was more like giving examples of what we would do in certain scenarios. I feel like since we prepared more for the last SIM center when it came to the SIM center, it was easy. Yes, I was nervous, but once I started the interview, it was easy, and those 30 minutes did not feel long, that was the part that had me nervous—what if I could not keep the conversation going for 30 minutes? Another way I prepared for this last simulation was to look over our class handout sheet on affirmation and reflection and practice some questions I could ask for the scenario, which would help in the long run after seeing my peer review sheet from my partner. Overall, I think this simulation center was the easiest compared to the other two, probably because we have been practicing all semester on how to improve our interviewing skills.

3. Discuss your perception of how your interviewing skills have improved over the semester.

I think my interviewing skills have improved since the beginning of the semester. After all, when I first started this class, I was nervous because I did not have much experience interviewing except for the ones I had to get a job. So, when hearing that we had to go to the SIM center and interview like we had a client, and being the social worker, I was nervous and anxious because I was afraid of how well I was going to do. But from the first simulation, I was nervous and had some anxiety because I had never done something like this before, and we did not know what to do except go in there and interview. Then, by the third simulation, I was less anxious because I was familiar with what we had to do, and we had been working on interviewing skills all semester. So, by the third simulation, I found it easy because of all the practice we had in class and scenarios in case we had a situation like this with the client and how to respond to it.

4. Discuss three specific practices that you will engage in to continue to improve your interview skills.

I will continue to work on the three practices, trying not to provide problem-solving ideas or questions to the client. Another interviewing skill I will practice is asking questions that avoid why and are open-ended. I know I have improved on this, but I still need to do some work on it. Then, lastly, the third practice will be an affirmation. It took me a bit to finally get the idea of affirmation being used to create questions for the last simulation, but I still need to work on it. So, I plan to work on these three skills to improve my interviewing skills.

5. **Attach the Peer Review Rubric you received from your peer reviewer.**