

A note about social service/social work experience when filling in your application:

When sharing your experiences with us, please present them with integrity and connect them to social work values and skills. It is up to you to assess your own experiences and consider the ways in which your interactions within the settings in which you have worked or volunteered contribute to the welfare of others. Please note that primarily administrative and/or customer service tasks, e.g., administrative work, accounting, bookkeeping, reception, etc., may not qualify as relevant experience unless they put you in direct contact with vulnerable populations on whose behalf you were advocating or directly supporting.

When completing your application, you may wish to think about your paid, volunteer, and/or life experiences in the following ways - **micro, mezzo, and macro social work**. Here are some examples:

Micro Level practice focuses on personal interaction with your client or service user on an individual level or with a couple or family. A micro level intervention could entail a social worker interacting with a client in a mental health setting. Alternatively, it could encompass a social worker working one-on-one with a client at a homeless shelter.

- *Have you worked one-on-one with individuals or families? This might include intake work, crisis lines, conducting outreach, advocacy in helping others meet basic needs or attain benefits, services, education, etc.*

Mezzo Level practice entails bringing people together who are not as intimate as a couple or family members but might mutually build and benefit from this social group or resource network. It might directly impact a system that is affecting a client, such as a classroom or neighborhood-based group. Mezzo scale work includes group work, self-help groups or neighborhood community associations.

- *Have you worked with small to medium sized groups or organizations such as therapeutic groups, schools, or community service organizations? This may include community-organizing work, organizational management, program evaluation, group work, etc.*

Macro Level practice focuses on systemic issues. It might include creating and maintaining a network of service providers to establish a continuum of care. Macro level intervention can intersect with the political realm by creating and lobbying for policy changes. The planning, implementation, and maintenance of a social program is also a process in which macro scale practice applies. Coordinating multiple services and policy work offers an opportunity to address several intersecting social problems.

• Have you been involved with community level strategy and government entities? This may include advocacy work, assuming leadership roles in non-profit or government agencies, building community capacity, developing policies, etc.

Here is a brief list of social work skills that may help you as you begin to identify what you've done:

- Engagement
- Assessment
- Planning/Contracting with clients
- Evaluation
- Interviewing
- Resourcing
- Advocating
- Active listening/Attending
- Communication skills such as clarifying, paraphrasing, summarizing, use of empathy
- Critical thinking and problem-solving
- Report writing and documentation
- Leadership
- Consultation
- Facilitation
- Note-taking
- Research, including practice evaluation
- Policy analysis or development
- Professional and effective use of self
- Reflective practice
- Self-awareness
- Management of professional relationships
- Transformative action
- Community assessment, planning, and development
- Effective use of supervision and consultation