



JORDAN

SOCIAL WORK

ABOUT MY MAJOR

Social Work is hard work, but it's also rewarding. I get to work with people and help them find a balance that allows them to live a better and healthier life. It's about having that passion for helping others and making meaningful connections with people.

CHOOSING MY MAJOR

I went to my academic advisor and told them I wanted to do School Counseling. My advisor told me I had many options to choose from - Social Work, Psychology, Family Services, or Elementary Education. I didn't know which one I wanted to pick! I decided to go to Majors in Minutes, and after I talked to people in Social Work, I knew it was the right major for me.

MINORS & CERTIFICATES

My minor is Educational Studies because I want to go into School Counseling. It gave me a better understanding of what schools looked like. Other options with Social Work are the Mental Health minor and the Substance Abuse certificate, which I also considered.

SKILLS

Self-awareness is a big thing and it's something that you learn throughout college. Empathy is key in all fields, but especially in Social Work. Interpersonal skills are important. Passion. I know this isn't necessarily a skill, but I think passion for helping others is very important in this major. In my opinion, if you don't feel that passion or you don't feel that drive for others it probably wouldn't be a good fit. It's about finding that work-to-life balance.

INTERNSHIPS

My internship is with the UNI Panther Pantry. I source food with community partnerships. There are other things like education and awareness. We try to continuously educate college students on the issue of food insecurity because at UNI we have a big need for the pantry. I've been working on getting the Panther Pantry student organization up and running. We have been doing food drives with other organizations. I can work with UNI students one-on-one to help educate and serve their needs. It's one thing to just learn all this stuff and practice it, but it's another to apply it to real-life experiences. I think doing what I want to do and loving it has validated for me that I'm in the right field.

CAREERS

School Counseling. I want to work in either a high school or an elementary school. To do that, I have to go to graduate school, which I start in the fall at UNI! A lot of the same skills it takes to be a Social Worker apply directly to the field of School Counseling.

I feel like being a School Counselor is going to be a busy and on-the-go job, whether I'm working one-on-one with students or I'm working with students as a group. I could be teaching them techniques, coping skills, or lessons about behaviors. I feel like it's a wide range of things that School Counselors do.

You can also do therapy. My second option was just to be a Licensed Social Worker and go into schools and do therapy with kids. I could work with DHS, substance abuse, or sexual assault awareness and interventions. Another job could be Play Therapy. You can do Social Work on a macro-level that would include working with the community, organizing nonprofits. There are a lot of different options!