

# psychology

*by Psychology Psychology*

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Psychology

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### **Introduction**

This is a personal reflection paper that will explain what I found to be challenging in psychology as a course. I will also outline why I found them to be very challenging and ended up giving me a hard time while tackling the course. I will also reflect on the things that surprised me when I reviewed the posts and the things that caught my attention, and also, I will give an outlook on the insights that I gained from the positions of my peers. In this reflection, I will explain what I understood and take with me from the course and what the system made me discover about myself. Furthermore, I will anticipate the methods I will use while addressing institutional and systematic racism after graduation as a social worker. I will in detail explain the things I learnt on the macro level on the race and racism in America and the effects of the racism in the clients' will give my opinion on the importance of addressing the institutional racism in schools of the social works and how I have observed the issues of systematic racism and how it affects service to the clients. I will incorporate some examples and outline how the social worker in my agency can address the issues I observed on my two models.

### **The most challenging part of the course and why**

In the entire learning of the course, I did not encounter or find anything to be challenging, but instead, I was more interested in hearing other people opinion. When I completed reviewing the discussion posts, what surprised me is that some people of my race do not have the same outlook. The insight from my peer's posts also showed that my view of things is different from my peers. From this course, my take away is that we have to be comfortable talking about this topic in our practice because we might have to have one day encounter it with our clients for educational purposes. From this course, I learnt nothing more from what I already know about myself, but I learned how to tackle some of the topics in the system effectively without experiencing any problems. The whole of this process made me realize some

things about myself. I think I will be able to handle them pretty well. I have become more comfortable discussing and talking with others without getting frustrated with someone else's opinion.

In the entire course, I learnt that systematic racism is a type or form of racism that is laws embed and can be practised in both the organizationorganization and society. As I leant in the course, systematic racism can lead to discrimination in criminal justice, employment, healthcare; it can also be observed in political power and even education (Johnson, 2020). Ways in which I anticipate using to address institutional and systematic racism issues include, I will commit to the change in the organization as a way and an effort of advancing anti-racism within the practice of social work. Another method that I will use is to help the legislators enact laws that challenge our racism.

What I learnt about the Macro level is that it requires advocacy and interventions on a large scale and assists the clients in involving themselves in the systems that are large and are seen to be beyond the reach of some of the individuals (Verhaege, 2020). Many white people in America do not care about the matters concerning racial equity in criminal justice. The reason for this is because this issue does not affect them in their mind.

Institutional racism affects the client in a very negative way (Kelly Serafini, 2019). This client who found themselves in such a situation denied some of the organizationorganization roles and duties. Systematic racism negatively affects the communities as racism, according to the course, causes disparities in wealth, employment, politics, and education (Arshed, 2020). As I observed, racism makes it difficult for people under the victims is challenging for them to participate in society and the economy.

It is important to address this issue of institutional racism in schools because most of the students facing such problems tend to underperform and even sometimes receive lower scores (Cahn, 2018). The school climate is important where the students should feel safe, which will also give them a sense of belonging.

I have not yet observed issues of institutional racism in action at my field of placement. I have followed the case of systematic discrimination whereby one of the teachers refused to give a chance for a black student to give out a presentation just because of her skin colour (Rizzo, 2020). Another instance that I have come across is that only the whites are given priority over the others who were not whites.

Racism in my place of employment should become the priority, and I will put some of the measures that will prevent any racism attempt from happening. I will also associate legal laws and punish the social workers who treat other people differently based on their skin colours.

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