Twenty-One Skills You Will Learn

1. Trusting yourself and your instincts
2. Learning how to learn from your environment
3. Preparing for new and unknown situations
4. Setting the stage for positive relationships
5. Dealing with fears and anxiety
6. Understanding and dealing with agency politics
7. Dealing with loss of idealistic ideas
8. “Finding your voice” with clients
9. Meeting paperwork requirements
10. Handling difficult clients and coworkers
11. Getting the most from your mentors
12. Channeling your anger in positive ways
13. Staying calm in the face of others’ anger
14. Turning negative situations into positives
15. Understanding transference and countertransference
16. Strengthening your boundaries
17. Making your age and experience (or lack thereof) work for you
18. Exiting gracefully
19. Evaluating what you’ve learned
20. Learning to think critically about your work with clients
21. Understanding that learning does not end with field work

From: *In the Field* by William A Danowski (2005).