The following questions ask you to think about many personal life experiences including personal strengths and challenges, work and volunteer experiences and your formal education.

**You:**
1. What are the strengths you will bring to your field placement?

2. What obstacles or difficulties do you expect?

3. Consider your personal value system. What situations will challenge your values?

**Your personal readiness for placement:**
Social work placements are often very energy consuming and stressful.

4. How much energy do you have to commit to placement?

5. How ready are you physically and emotionally to face the challenges of placement?

6. What support systems do you or will you put in place during placement?

**All of us experience difficulties in our lives.** Sometimes these experiences help us in our social work careers, sometimes the experience causes us to “over-identify” with certain client situations or to react negatively to client situations.

7. What clients situations will cause a reaction in you?

8. Will this reaction negatively affect a client? You? The agency?

9. Given your answers to questions 4 - 8, are you ready to do a placement now or should you consider postponing it until you are ready?