



SOCIAL WORKERS ARE ESSENTIAL

TERA GALINDO

How long have you been a social worker?

34 years (Shhh, that's a long time.)

Please list any degrees, licenses, etc.

I have a Bachelor of Social Work from the University of Texas at Arlington. I went straight to work after graduation to provide case management for people with developmental disabilities and their families.

Why/How did you get into social work?

I clearly remember taking an occupational interest class in the 6th grade. I had an interest in teaching, nursing and then social work. I remember thinking that's exactly what I want to do, "social work," helping people function the best they can in their environment. From there, I planned on how to get the appropriate credentials.

What motivates you to do social work?

I enjoy helping families and individuals figure out what they are seeking and I find it encouraging to guide them along their journey. And whether it's helping them along the path towards DDD eligibility or assisting them toward another community program, it's rewarding to coach them through this process.

What advice would you give someone considering social work?

By far, I have learned the most from individuals and families by taking the time to listen. It sounds simple, but it is very effective to listen closely and know it's okay not to have all of the answers. We can always ask for direction and conduct research once we know what the needs are.