

Celeste Bailly

Independent Study and Mentorship

Mr. Speice

April 13, 2018

Real Life Relevance

Mentor Visit Assessment 2

Mentor: Alice Petranek

Profession: Occupational Therapy

Location: 3193 Main St #105, Frisco, TX 75034

Date of Visit: March 29, 2018

Time: 9:00-9:45 pm

Assessment:

In my first mentor visit, our conversation was strictly dedicated to my notes and specific observations from the previous therapy session, which is ironic because that was the session that my mentor conducted. During my second mentor visit, however, we discussed the real world application of what I learned rather than the specific things I saw. This was despite the fact that my mentor was not even at the observation in question so she did not see the actual practice. I spent the beginning of the visit summarizing what I had observed, and the remainder of it going over the real world relevance of my experience.

I explained to her that I observed two therapy sessions, the first one being with a higher functioning child and the second one being with a much lower functioning child. In general, the first session was much more active because the child had more developed

motor skills. The second session involved the therapist getting on the floor and working hands-on with the child more often. My mentor asked me about how old I thought the children were, since the therapist I observed never mentioned their ages. I estimated that both were the same age, which was probably four or five years old. This sparked conversation on how she is able to determine the ages of children. She used a fellow Starbucks customer sitting nearby as an example. It was a very young child sitting with their mother, and they were eating a pastry with their hands while sitting up straight in their seat. Due to their use of hands and their posture, my mentor concluded that they must have been about three years old. This was actually very enlightening to me because it implied the basic developmental expectations for different age groups of children. I will now be able to more accurately evaluate what children should be able to do at certain ages and determine their level of function.

I then addressed one of the most significant ideas that the therapist I observed stands for: the detrimental effects of technology on children. I asked my mentor what age she believes is ideal for the introduction of technology like iPads and computers to children, and her answer was actually surprising. After hearing the comments of the therapist from the observation, I presumed that children should be kept entirely away from technology until they are almost in middle school. However, my mentor acknowledged that technology can be safely and effectively integrated into the lifestyles of children from a very young age. The goal is to prevent them from becoming dependant on it and expecting it routinely. An important example she brought up is the popular use of DVD players attached to the ceilings of cars. When these are used, children begin to expect it whenever they get into the car, causing them to become cranky when it is not there. Riding

in the car should be a chance for children to talk, sing along to the radio, look at their surroundings, and do other sensory-invoking activities.

This explanation was very useful to me as I can apply it to my personal life, particularly with my aunt and her two young daughters. My aunt suffered from a stroke several years ago, so she does not have the ability to keep full attention on her kids at all times, meaning she often allows them to sit and play on their tablets when there is nothing else to do. I have realized that because I visit them so often, I have the great opportunity of having a positive impact on their lives through participation in sensory activities and my ability to drive them to places like the Little Elm beach and the park. Through my observations of children in Occupational Therapy and my discussions with my mentor, I have also become better equipped to have a greater influence on my young cousins and other children in my life. I look forward to using this experience to continue refining my final product until it optimally fits the needs of children in Occupational Therapy.

PDF of Notes:

<https://drive.google.com/file/d/0B62xocLIKbkgTHpaNV92QnRRaXZtZXJJNGZhVHV0dTNIeHo0/view?usp=sharing>