

Change of Perspective  
*Weekly Report 02/19/18 to 02/23/18*

After having completed my first mentor visit, I have a completely different perspective regarding Occupational Therapy. This includes a change of heart both for the best and for the worst. It was very enjoyable to watch my mentor making progress with her patient. However, after the specific aspects of OT were revealed to me, I have discovered that there are some that are not as exciting to me regarding my future aspirations.

First of all, I am very elated to have seen my mentor congratulating her patient on the significant progress he has made since past visits. For example, she explained to me that he used to insist on using his stronger hand to complete difficult tasks, but now he has grown the courage to use his swollen and nondominant hand. This is a big step forward because he had crossed both a physical barrier and an emotional barrier. Therefore, the mentor visit was indeed very enlightening and inspiring to me.

However, even though this was an overall very positive experience, several reasons have been revealed to me regarding why Occupational Therapy might not be the ideal field to fill all of my interests. For instance, OT requires an extensive knowledge and use of Physical Therapy. This is never been a field that has called my attention very much, so it is a bit disappointing that it is so relevant in OT. Nevertheless, studying Pediatric OT will no-doubt be an entirely different experience that what I witnessed during my mentor visit. For that reason, I will not let this experience cause my interest in my studies to wane for the time being.

On a different note, this week has been a great opportunity for me to reflect on my presentation skills and set a game plan for my future speeches. After watching the video of my original work presentation and grading myself on the rubric, I have discovered that my speech was not as much of a crash-and-burn as I feared it was. Although my lack of control over the slide transitions threw my flow off a bit, I did demonstrate great extensive knowledge and interest in my topic. I also understand that in future presentations, I need to focus more on maintaining equal eye-contact across the entire audience and slowing down the speed of my voice. Overall, however, I can move forward from this experience with a much more sophisticated understanding of how to effectively present an idea.