

Building to New Heights
Weekly Report 01/22/18 to 01/26/18

Through this past week, I have faced several obstacles including being out of town and coming down with sickness, but nonetheless I have continued to allow what inspires me about Occupational Therapy, helping children, to guide me forward. I have completed the final assessment of my original work and reflected thoroughly on my progress through the first semester regarding my SMART goals.

I have come to the understanding that two of my three original SMART goals have already been accomplished. First, I have achieved my goal of improving my concentration and endurance through extensive and long-term assignments. This can be seen through the completion of my original work. My "Sensory Room" model required a great deal of consistently focused time and effort to complete, but I have finished it due to my constant drive to achieve perfection. Second, I have accomplished my long-term goal of finding a mentor through Alice Petranek. From the beginning of the year, I knew that finding a mentor would be especially difficult for my field of study because Occupational Therapists by nature are constantly busy, but my achievement of this goal has proven my dedication to this field of study and served as a major milestone in my development.

Regarding the final assessment of my original work, it was very satisfying to look upon all that I have accomplished over the past few months, but it was also quite difficult to encompass every aspect of my original work in one paper. My work requires several computer programs (Google Sketchup, Youtube, etc) in order to achieve the full experience. However, it was ultimately very rewarding to see that everything I have striven for over the past few months has turned into a refined final creation.

Going forward, my next step in this process is to begin planning my final product with my mentor. I already know that I will be creating a three-dimensional real-life version of the digital model I made for my original work, but I still need a lot of experience and knowledge that will only come from witnessing Occupational Therapy myself. After furthering my understanding of what Alice Petranek does on a daily basis, I will be able to idealize my structure in order for therapists to use it to work with their young patients.