

First Mentor Visit

Weekly Report 02/12/18 to 02/16/18

I have completed the presentation of all that I have done for my original work. The next thing that I look forward to is my first mentor visit, scheduled for tomorrow at 1:30 pm. I will be visiting Alice Petranek in a home health setting, so I will have the opportunity to see what she does in a patient's household to help them cope with injury or disability. I have already received official consent from the patient being observed for me to go into their house. I look forward to taking my first glimpse at Occupational Therapy being implemented into a real person's life, and the interactions I see between my mentor and her patient will likely inspire me to continue pursuing this field with passion.

Having finished my presentation of my original work, I now understand that I need to focus more on structure in future presentations. The research speech I gave several months ago had much less content and was therefore shorter in length, so it was more simple to structure. However, the original work speech was almost twenty minutes in length and the lack of rehearsed structure made it very difficult for me to present my content in a meaningful way. This caused me to have several problems with eye contact, filler words, and other nervous habits.

The most-used solution to this problem would be to use notecards while giving a speech, but notecards often distract me more than they help me. They cause me to take my eyes off of the audience, even for a brief instant, and therefore throw off the flow of my presentation. In the future, I can help to combat this structural issue by performing more run-throughs of my presentation in front of several audiences so that I can memorize the organization of it and train myself to flow smoothly between ideas.

Going forward, I will use the experience I have gained from this speech to help me construct more fluid arguments and prepare more effectively for instances of public speaking. I also hope to utilize the knowledge I gain from my mentor visit to better formulate the structure for my final product. By seeing what methods are implemented by OTs in the real world, I will be able to more accurately create a tool that will help them to develop life skills in younger patients.