

High Noon

Weekly Report 11/27/17 to 12/01/17

As I begin to set my personal goals to accomplish before the winter break, I realize how much I really need to commit myself to, so I have no time to waste. After recently finding out that my first interview request did not go well, I need to begin a little bit more cold calling. Out of the five people I interviewed so far, only two were Occupational Therapists because it is very rare to be able to catch an OTR on the phone when they are not with a patient. I know one more specific OTR that I want to reach out to. I have tried contacting her previously and she did not call me back, but I am hopeful that now, since I have more experience with cold-calling, I will be able to more effectively schedule an interview with a professional. In fact, I have already created some general personal connections with this person through my life, so I am confident that we will connect well as a professional team.

Regardless of interviews, I have begun to reflect on the academic knowledge regarding this field that I have gained so far this year. I am noticing that I have directed my research a bit too heavily towards Psychiatric studies. However, through my interviews, I am starting to understand that this aspect is only a minuscule part of Occupational Therapy in reality. In order to better prepare for the construction of my original work, which is a large play structure to help toddlers and young children develop motor skills and situational awareness, I need to redirect my research towards the actual processes an OTR goes through to help children with these skills on a daily basis. I have to understand both the cognitive processes that children go through and the physical body movements that they are trained in during Occupational Therapy. It is unlikely that my play structure will be directed at all towards Psychiatric aspects of childhood. It will rather be focused on implementing healthy exercises for motor skills in children's daily lives.

Because of the experience I have had so far through my studies, I am slightly overwhelmed by my goals to complete in the next two weeks, which include getting a mentor, completing my digital portfolio so far, and creating a digital blueprint of my original work. However, I believe that with enough self-determination and passion for my field of study, I can accomplish these goals.