

The Calm Before the Storm
Weekly Report 9/11 to 9/15

The fourth week of the ISM journey has calmed down significantly compared to the previous weeks. Most of the prep work for the majority of my classes is done, and now the work mainly consists of routine assignments. Upon researching the specific advancements in Occupational Therapy (OT), I have discovered much more in depth information about the topic which I will pursue this year. For instance, I found that one of the newest trends in OT is that it is starting to make its way into primary care facilities, causing it to be more accessible to the general public. This is very insightful because it displays what may be in my future as I will first begin this career field, should I choose to. Primary care facilities tend to offer more generalized practices, so the type of occupational therapy present in these environments is likely to be much less specialized.

The other significant thing that I have accomplished this week is beginning to draft my resumé. This process has been eye opening to be because I am forced to evaluate every achievement in my life that has readied me for this ISM program. My resumé must also explain what activities I excel in, and as a relatively modest person, this is difficult for me to do. It does however help me to understand that it is perfectly acceptable to boast about my strengths, as long as I am not snobbish. In upcoming weeks, I plan to perform more research regarding specific terminology related to occupational therapy so that I am better prepared for mentor interviews. Overall, this week has helped set the scene regarding what knowledge based material I will need to use throughout my year.