

Reflection Paper

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As a graduate student pursuing occupational therapy, this semester in personal transformation has been an important transition into my career. Through self-evaluation, goal-setting, and deliberate reflection on my experiences, the course encouraged me to critically examine my personal and professional development. These interactions gave me a better understanding of how the course materials, meetings with my advisor, and extracurricular activities all contribute to the development of my future occupational therapy career. This reflection gives me the opportunity to discuss all of these things that have affected my growth and the knowledge I've acquired this semester. During my difficult but rewarding graduate school path, the personal transformation has thus placed priority on self-awareness, lifelong learning, and purposeful goal setting in order to become a competent and compassionate occupational therapist.

I was able to consider important professional behaviors including communication, empathy, and reliability due to the professional behavior checklist. For instance, I determined that there is room for development in the areas of clear communication and punctuality. Techniques like journaling, reflection, and weekly role-playing with peers were used in class, which improved my ability for straightforward and sympathetic communication. Since I came to understand how important teamwork is, I also learned how to approach collaborative work in an orderly way, which produced improved group outcomes. My confidence in other areas of practice was further strengthened by this self-evaluation process, which also emphasized my strengths, including initiative and professional appearance. By building on these strengths and conquering acknowledged challenges, I was able to approach assignments and conversations with a more balanced and self-aware viewpoint.

Setting purposeful goals in accordance with the American Occupational Therapy Association (AOTA) objectives was emphasized in the Vision 2025 Development Plan assignment. This assignment assisted me in identifying reasonable goals and strategies to reach them, even though I haven't yet attended state association events or AOTA webinars. For instance, I will make sure to attend a webinar or event during the spring semester and share my insights with my classmates. Setting aside regular time to read and discuss a research article with peers is a way I prioritize evidence-based practice. These goals have also motivated me to look for leadership development opportunities, bringing my development into line with the profession's overall desires. Through individual advisement and group advisor meetings, I acquired the skills necessary to properly frame these objectives, even as I continue to plan how to carry them out.

Co-curricular involvement and course learning activities provide an assortment of growth opportunities. Gaining knowledge about future events, fundraising opportunities, and professional involvement opportunities was made possible by attending the Student Occupational Therapy Association (SOTA) meetings. These encounters reaffirmed the value of participating in the occupational therapy community and supporting the goals outlined in my Vision 2025 plan. To improve my ability to deliver inclusive and sympathetic care, I also planned to attend a workshop on cultural humility. Together, these experiences have set the groundwork for my continued development and inspired me to actively seek out new possibilities to advance my career and broaden my personal growth.

My commitment to becoming a thoughtful and purposeful practitioner has strengthened this semester. As I continue my path as a graduate student of occupational therapy, the integration of courses with professional aspirations guarantees that I am ready to take meaningful

steps toward personal transformation. As I continue to develop and prepare for my future career in occupational therapy, this path has shown me how important adaptation and lifelong learning are as the foundations of my professional identity.

References

Napier, B. (2011). Occupational Therapy Fieldwork Survival Guide: A Student Planner (2nd ed.).
American Occupational Therapy Association.