

Professional Development Plan

Name: Marissa Lucia

Year: 2026

Measurable goal	Plan to Achieve it- what will I do?	Review date- by when?
Strengthen clinical competence in pediatric sensory integration and autism intervention strategies.	Review AOTA Sensory Integration and Autism toolkits, observe and assist with sensory-based sessions during fieldwork, and practice developing and documenting individualized sensory diets.	April 2026 (during my pediatric fieldwork)
Improve proficiency in documentation and electronic health record systems used in pediatric and outpatient settings.	Request feedback from fieldwork educators on all SOAP notes, complete one documentation-focused CEU through AOTA, and practice timed note writing weekly.	July 2026 (after finishing both fieldwork placements)
Prepare for and successfully pass the NBCOT exam.	Register for the NBCOT exam by August 2026, create a 12-week structured study plan, complete at least two full-length practice tests, and review weak areas weekly.	October 2026
Increase professional involvement through AOTA participation.	Maintain AOTA membership, join one special interest section (e.g., Pediatrics), and attend at least one virtual conference or state OT association event.	May 2026
Advocate for equitable access to occupational therapy services for children and young adults with disabilities.	Write two advocacy letters to Connecticut legislators related to OT in schools and transition services and share AOTA advocacy resources with classmates or new OT students.	June 2026

Maintain personal wellness and work–life balance during fieldwork and NBCOT preparation.	Develop a structured weekly routine with built-in time for rest, exercise, and mindfulness such as traveling since that is something I enjoy. I will also set boundaries around work hours and use a journal to track stress levels and self-care activities.	Monthly check ins
Support future OT students at SHU through mentorship and resource sharing.	Offer to speak with first-year OT students about fieldwork preparation or share insights on pediatric practice through SHU's OT student group or social media.	September 2026
Build professional connections with clinicians in pediatric and community-based OT settings.	Network with OTs during fieldwork placements, connect on LinkedIn, and schedule one informational interview with an OT working in a desired specialty area (ex: pediatric private practice).	August 2026
Create a new professional development plan for my first year as a licensed occupational therapist.	Review this plan after NBCOT completion, reflect on progress, and write an updated plan for 2027 with new goals for clinical specialization and continuing education.	October 2026
Secure a full-time position in a pediatric or outpatient occupational therapy setting.	Update resume and LinkedIn by August 2026, apply to at least five positions by September 2026, prepare for interviews using mock interview questions, and follow up with potential employers.	October 2026