

## **Reflection Paper**

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OT-525-I: Personal Transformation I

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December 6, 2024

Throughout this first semester in the occupational therapy program at SHU, I have much to reflect on regarding my personal transformation thus far in my education. Between the self-assessment, the Vision Goal 2025 assignment, and learning from coursework materials in this course, it has contributed from the person I was in August to the student I am now. As the semester has progressed, I have implemented what I have learned through this course into my role as a student, the habits I have built in my day-to-day life, and the routines I have created to guide me through this short but sweet journey I am on.

The self-assessment we took at the beginning of the semester was the step back I needed to realize the necessary change. Looking back, I filled out many of the answers with C's and D's. This is reflective of the lack of confidence I had in the classroom, whether it was speaking to a professor, giving input in a class discussion, or simply getting a good grade in most of the courses. I was beyond self-doubtful in my capability as a student in this program. However, as I am writing this, I thought it might be a good time to retake the assessment out of curiosity. To my surprise, most of my responses were now B's and a few A's. I feel that my confidence has flourished in ways that have benefited my grades, allowed me to ask insightful questions, and connected me with my peers and professors. The VARK questionnaire was another useful assessment I enjoyed filling out because it allowed me to reflect on my learning style. The first time I completed this, my results indicated a multimodal learning style. This learning style includes a plethora of modalities, including "different formats, graphs, diagrams, maps, interesting layouts, space, listening, discussing, talking, questioning, notes, handouts, print, text, practical exercises, experiences, examples" (VARK, 2020). I believe this has contributed to my coursework because each class is different regarding the professor's teaching style. So, to be able to utilize all kinds of learning styles effectively has been successful, as presented in my grades. I

decided to take the questionnaire again to see if there was any change. I happen to get the same result! I like seeing that some aspects of my transformation retained the consistency I had developed before the program began. It reflected how I could still transition successfully while maintaining the habits I had already built. During our group advisement meetings and engagement in SOTA, I thought engaging with my peers was a wonderful experience for someone in my position, coming into the unknown. In our first advisement meeting during orientation, I was with a group of girls who I did not know well. I look back and laugh because I was so nervous to make a first impression. Little did I know that these people would be by my side through the whole semester. The PY2s did nothing but spread positivity towards helping us and making sure we had support, whether it was through SOTA events or simply advice if we needed it. All those involved made us feel welcome while also preparing us for what the program had in store. I also thought the Vision 2025 goal assignment put a lot into perspective. It made me realize how real this has become. Creating SMART goals relating to goals such as collaborative work and leadership, envisioning ways I could achieve those goals successfully in the next two years, and applying everything I have learned thus far in my coursework was exciting. I am very curious to see what those goals will have turned into this time next year. If I had looked at all this three months ago, I would have crawled under a rock. But now, I have seen so much growth and maturity surrounding my future as an occupational therapist. I am confident in my personal growth concerning the development of my professional behavior in the program thus far. I have built great study habits, shaped friendships with my peers and professors that have helped me navigate the semester, created a game plan for the next two years, and overall, truly envisioned a future full of endless possibilities and adventures regarding my career as an OT.

## References

*College Academic Self-Efficacy Scale (CASES)* | *EdInstruments*. (n.d.). Edinstruments.org.

<https://edinstruments.org/instruments/college-academic-self-efficacy-scale-cases>

VARK. (2020). *VARK Questionnaire*. VARK - a Guide to Learning Preferences; VARK Learn Limited. <https://vark-learn.com/the-vark-questionnaire/?p=results>