

Journal Entry #1

Emma Bringman

Department of Occupational Therapy, Sacred Heart University

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Professor Nicole Peloso Smith

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The Theory of Planned Behavior (TPB) progressed from the Theory of Reasoned Action (TRA). The TRA states that “behavior is best predicted by a person’s intention” (Ajzen, 1991). There are two factors that influence the way people behave: a person’s attitude and subjective norms. Attitudes reflect an individual's positive or negative judgement about whether to engage or not in a behavior. Subjective norms refer to the views of social pressure from peers, professors, clients, and family members. (Ajzen,1991) The TPB adds one more factor such as the perceived behavioral control, which reflects their belief and capability to perform a behavior successfully, such as confidence, or other barriers. With the three combined factors, if they coordinate, there are strong behavioral intentions.

A recent learning experience that reflects the Theory of Planned Behavior is my work as a CNA in a memory care facility. My attitude when providing care is always positive because I always support them, make sure of their comfort, and keep their dignity. Having many expectations from the nurses and supervisors motivate me to perform my duties to full potential and professionally. My perceived behavioral control shaped my perspective, as I was very nervous when doing tasks independently. Having hands-on practice and guidance from staff has increased my confidence and ability. My intention to provide safe and compassionate care was created by my attitude, the expectations for my role as a CNA, and keeping patients safe.

The TPB can inform my future development by increasing my awareness of how my attitude shapes my professional growth. Having a positive attitude toward lifelong learning will be crucial because you need to keep an open mind which will push me to never stop seeking new information and stay up to date about evidence based practice. Having a good mentorship will play a major role in my development by getting guidance from my educators, professors, and experienced practitioners. With this guidance I will be able to strengthen my clinical reasoning, my confidence, and professional identity. With the subjective norms in OT, it will promote me to preserve ethical standards, collaborate successfully, and provide strong client-centered care.

Steps that I can take to increase my perceived behavioral control in areas where I feel less confident; I can seek out more opportunities to practice more hands-on skills. I can ask for feedback from professors, my fieldwork educators, as well as my peers to better understand my areas of improvement. I can also use self-reflection such as journaling or tracking my progress to see my growth over time. Continuing to building my knowledge and my skills will strengthen my confidence and my abilities as a future OT.