

Reflection

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Throughout this semester in Personal Transformation, I have gained significant personal and professional growth that has helped shape the way I see myself as a developing graduate student and future Occupational Therapist. I was able to dive deeper to better understand my strengths and weaknesses by engaging in many self-assessments, my individual and group advising meetings, the vision 2025 goal assignment as well as by joining SOTA with my peers.

The self-assessments we did in this course gave me more clarity about who I am as an individual. Throughout the semester, we completed different self-assessments. The assessment I learned the most from about who I am as a student was the VARK questionnaire. In the beginning of the semester, I did not know how to study or what the best way for me to study was, and I often felt unsure about the strategies I tried or should've tried that would be effective. The VARK results showed me that I am mostly a visual and kinesthetic learner, which I feel makes sense for something with ADHD. For the exams I had come up after taking the assessment, I used those learning styles for anatomy especially by creating color coded diagrams, labeling diagrams, and watching videos to strengthen my understanding of complex concepts. This has helped me process information so much better and made my studying feel more manageable, making me feel less overwhelmed. Finding ways for me to study that work has helped me feel more confident about my coursework.

Another assessment we did was the BARTH adapted assessment, which highlighted how my stress levels, energy and time use patterns have changed throughout the different days. I realized that when my workload increases, I push myself past my breaking point and become fatigued without noticing how drained I am. Being able to visually see what my day looks like, I often prioritize schoolwork over rest, and other outside activities. Recognizing this pattern has made me more aware of the time throughout the day when I will question myself if I took a

break from schoolwork or not. Now that I am more conscious of my days, I have been taking breaks, planning out what assignments I will be doing, how long I will study for and for what class instead of trying to get everything done at once and feeling overwhelmed. This helped me avoid burnout and kept me grounded even during busy weeks in the program.

The last assessment I wanted to talk about was the Self-Efficacy Scale. I always knew that my confidence affects my academic performance especially when it comes to exams and this helped me see it visually. I tend to doubt myself when studying materials, even when I do know it. During my exams, I go back and change my answers because I do not trust myself or feel confident in my initial answers. This has been a major challenge for me because even when I understand the content, my lack of confidence interferes with how I perform on exams, which affects my grades. Seeing my scores laid out in front of me, I realized how much confidence truly does affect me and it's about me believing in myself. I have pushed myself to work on trusting my initial responses and not changing anything. This is something I will continue to work on throughout the rest of my program.

Having group and individual advisement meetings played a major role in shaping how I see myself during fieldwork and eventually when I become an Occupational Therapist. The group meetings have helped me realize that we share similar challenges and worries, which made me feel less alone. These meetings also taught me to value and use the support we have and use open communication, which is important in fieldwork. During my individual advising meetings being able to have the space where I can reflect on my progress and check in with myself relieved a lot of stress and feelings of overwhelm, because knowing I have support is important. The assignments given in this course challenged me to think about managing stress, and how I

collaborate with others. It's important to learn how to collaborate with others when working with a team of other practitioners.

The experiences throughout the course learning activities and material helped me better understand myself better as a developing Occupational Therapy student. Being able to meet with my advisor pushed me to reflect on my strengths, weaknesses, and my stressors. Being able to reflect on it has made me more aware about how I manage my time and responsibilities. As mentioned, the self-assessments already have given me so much insight into who I am as a student and how my behavior impacts my work and professionalism. Completing the 2030 vision helped me see a bigger picture of where I stand and where I am headed in this program and as a practicing OT. My involvement in co-curricular activities such as SOTA has also strengthened my growth. Being a part of this club has helped me feel more connected to the OT community and helped me practice professionalism and communication.

Altogether, these experiences have helped support my growth of professional behavior by helping me become more self-aware and confident. I have also learned how to communicate professionally with my peers and professors when needed.