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Ms. Smith

Internship 4B

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December/January Conference Reflection

These past two months marked the ending of my internship. I am proud to say that I have officially completed my overall SMART Goal I set at the beginning of the year which was to obtain over 60 hours at my internship and gain an in-depth understanding of the field of prosthetics. During December and January, my smaller SMART goal was to make a considerable amount of progress on my online portfolio.

I took multiple steps to work towards this goal. The first was pushing myself to work on it a little bit every week and logging the times I did work on it. Whether it was for an hour and a half or just thirty minutes, I logged the days and times I worked on it. This helped me keep myself accountable throughout December to work on my portfolio. The process of making my website consisted of a lot of trial and error as well. I had to learn how to use the design website to make my website look exactly as I wanted. After figuring out the logistics, I could then start inputting my information into the website. Since figuring this out, I have fully completed four out of six sections of my online portfolio. These completed sections include all working buttons, photos, and documentation. I am excited to finish my portfolio and confident in my skills with the design program.

In my final months of internship, my employability skills have seen immense growth from when they have started. Beginning with my citation skills, I have completed English 101, where I learned all about MLA citations and formatting. Through my bibliographies, I have cited

everything from articles to YouTube videos to interviews. I feel very confident in my abilities, and I don't think I will have any trouble writing my last bibliography or continuing to apply MLA to my reflections and assignments. I am glad I have honed this skill because I now recognize the amount of paperwork required in any medical field. While MLA specifically might not be required in my future, I am sure a specific type of formatting will be required, and knowing the basics of how to format it will definitely be useful.

I also advanced my verbal communication skills across the span of my internship. Especially since I met some new people at my internship in January, this skill was used as I got to talk to them. I also felt like I communicated better with my mentor and the clinicians I shadowed because they knew it was my last month, so I got to tell them everything I learned so far, how I felt about the prosthetic field, and what I wanted to see more of before I left. Overall, the combination of communicating more effectively with my mentors and meeting new people at my internship combined to really grow my verbal communication skills this month.

My third employability skill, creativity, also grew this month. I was exposed to a lot of cool new technology this month that helped me see the role of creativity in the field of prosthetics. For example, as detailed in my first January journal, I saw the Koalaa design, which is a simple design that allows for someone with arm troubles to eat, fish, or even play guitar. I never would have thought something like this would have existed, so seeing this technology was really cool for my creativity. I also got to see more bluetooth prostheses which gave me another new insight to the creativity used in this field.

My fourth skill, initiative, also grew this month. I felt like this was one of the easier ones to advance this month because it was my last month. This meant the clinicians really focused on what I wanted to see before I left. This led to me taking initiative and telling them what type of

appointments I wanted to see more of, less of, etc. For example, I wanted to see more upper limb amputations, so I got to shadow Brittany again. I also wanted to see another Bluetooth prosthetic if it was possible, so I asked Jon about it, and the next time I came in, I got to shadow an appointment with him and a patient with a Bluetooth leg. This initiative really helped me make the most of my time left at Hanger.

Lastly are my goal-making skills. These were the hardest for me this month. Since I finished going to my internship, goals seem harder to set because they can't be focused around shadowing anymore. I also have completed my overall SMART goal, so my minor goals can't be related to that anymore. To try and help this, I am focusing on making my continuous goals revolve around my portfolio and presentation so these can be the best they can be. Overall, all of my goals grew a lot this month. My communication and initiative skills were the easiest to improve this month because I think it being my last month made the clinicians really want to know what I wanted to see before I left. Seeing things like the Koalaa design also helped grow skills like my creativity. I think my goal-making was the hardest skill to grow this month because we are now back in class instead of visiting our internships. It felt hard to try and set goals with my internship ending, but now I can start setting goals focused around my portfolio and presentation, which I am excited for.

This month, I learned a lot about the importance of patience in healthcare. Many of the patients are older and are really struggling with their prosthetics because it is such a change in lifestyle. I really noticed this when shadowing Brittany, and I watched how much care and time she took with one patient to ensure that he was comfortable and taking things at the right pace for him. Some people might not have the patience skills to work slowly with people, but after seeing that experience, I feel confident that I am patient enough to handle that age group and any

patients who are particularly slower or need a bit more attention than others. Even though I don't think prosthetics is the field for me, I know this skill will still be a very valuable one in any healthcare field I choose to go into.

Next month, my SMART goal is to work on my public speaking skills to help prepare myself for my presentation. This is my goal because the presentation is a big part of my project, and I want to make sure I can properly represent my journey in my internship well to my audience. I can work on my goal in many ways. The first is finding some tips online about public speaking in articles or videos. Next, I can take advantage of in-class opportunities to practice presenting. This can be something like presenting in a small group. I can also practice at home in front of my family. My evidence for completing this can be the feedback I receive from my audience, the videos I watched, or the articles I read.

My conference this month has helped me think about my overall time at my internship. Reflecting on my employability skills has helped me think back to when I started my internship and the growth I have made. This will help me complete my post-internship reflection, where I have to talk about my overall progression of skills. Ms. Smith also helped me by mentioning the in-class opportunities to practice presenting. This will be a good way to become more comfortable with public speaking.