

INTERNSHIP CONFERENCE SHEET

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Conference Date: Friday Nov. 22

Internship Placement: Hanger Clinic

SMART Goal I set last conference: In November, I want to learn more about the education process and schooling it takes to become a certified prosthetist. I will do this through additional research, through my november annotated bibliography interview, and my journals.

Steps I took to accomplish my SMART Goal:

STEPS TAKEN	EVIDENCE TO PROVE WHAT I DID
<p>Additional Research. I did my own research through videos and articles. The first article link gave me basic salary information and confirmed that a masters degree and residency is usually required for a prosthetist. The second article gave more detailed step by step requirements including 4 years of undergrad, 2 years masters, 1 year residency, and then a license for the state you work in. It also included specific courses needed in undergrad in order to enter the masters program. The video was from the Baylor prosthetic orthotic program which is one of the few schools in the U.S that provide a prosthetic and orthotic program. It discusses that you spend most time in the lab doing hands-on work to get your education.</p>	<p>Video link: https://www.youtube.com/watch?v=7GLxFutbUaE</p> <p>Article links: 1. https://www.bls.gov/ooh/healthcare/orthotists-and-prosthetists.htm 2. https://hospitalcareers.com/career-paths/how-to-become-an-orthotist-or-prosthetist/</p>
<p>Annotated Bibliography. I asked the clinician I interviewed Brittany about her schooling and she discussed with me what schools she went to for undergrad and her masters, and where she did her residency. This helped me understand more of the step by step process that it takes, and the schools offered. This can be read about in my annotated bibliography about my interview with her.</p>	<p>https://docs.google.com/document/d/1_T0iSWcv7KE8qtL8o28N9J7uqSSj6fhujimb478ogPI/edit?tab=t.0</p>
<p>Daily Journal entry for 11/19/24. I mentioned in my</p>	<p>https://docs.google.com/document/d/1FvBbT7d6rml9sdlI7ocfqJrY_JaI5WfcFWm4FX_5AnQ/edit?tab=t.0</p>

journal how I talked to Becca and asked about what additional schooling she went to and everything she told me about her schooling.

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REFLECT: Employability Skills

How have you shown growth with the employability goals you set at the beginning of this learning journey? Do you need to make any adjustments? Which skill has been the hardest for you to practice and improve? Why? Reflect on ALL 5 SKILLS each month.

Citation skills: These are improving on track. Like I talked about last month, I now know how to cite articles and videos. This month, I added knowing how to cite personal interviews to the list. This isn't something I would probably learn in my English class, so I am really glad I know how to do it because of this class. I don't know how my citation skills could improve anymore at this point, but maybe citing will start to become more automatic as I continue to cite personal interviews, articles, and videos for my bibliographies.

Verbal communication: This has probably been one of my most improved goals this month. I've expressed that I've had trouble talking to patients in the past because a lot of the time I can't really add much to the conversation, but this month I've talked to a lot of patients when they are also talking about themselves. For example, when someone is telling a story, it is a lot easier for me to add in comments or ask questions to the patient versus when the patient is asking a clinician a question, and I can't add anything. Also with John specifically, he has given me some more opportunities to talk to patients like when he needs me to go bring them their prosthetic and he tells me to tell them what he fixed and that he will be right up to help them again.

Creativity: I didn't really notice this skill much this month. I went to my internship less this month and the patients I did see were coming in for some pretty regular appointments, so my creativity wasn't tested as much. I will say that in my down time, I sometimes observe the lab technicians as they cut and saw all over the place, and this helps my creativity as I just observe them making adjustments and creating molds. I will try and think of some ways to focus more on this skill next month. Maybe I can work on my creativity when designing my portfolio and think of some ways to make my website stand out.

Initiative skills: This skill is on track. I take initiative by asking certain clinicians if I can shadow them that day, asking questions when I am curious about something, and offering to help. For example, I take initiative by inputting measurements into the computer while John takes them. This is now a regular process when I am shadowing him. This has been a difficult skill for me to improve mainly because it takes me a little longer to become comfortable in new places, but I think I have made great progress so far.

Goal-making skills: I think I did a good job at my goal this month. I learned more about the education process which I knew nothing about before. I also am still steadily working towards my overall hour goal as I am now at 40 hours and am aiming for over 60. For next month, I am making my goal more easier to physically track my progress. I am going to do a time log for how long I work on my portfolio which will help me get this completely set up before we start coming back to class. Making SMART goals now comes a lot easier to me because I know all the aspects that go into it, and the best ways to follow my progress with the goal

Overall, I think all of my goals are growing. This month, my communication skills grew the most as I talked to many patients as they told me their stories or chatted with me about why I am shadowing and what I want to do after high school. My citation skills have taken a pause because I feel very confident in them, and I don't know what else I could improve on with them. Next month, I want to work more on focusing on my creativity skill, which I can hopefully apply while working on my portfolio.

REFLECT: Learning New Content

What have you learned this month about yourself and this career field?

This month I learned about the full educational process of becoming a prosthetist. I think it fits really well with me because I am extremely interested in healthcare, but the idea of being a doctor or nurse and going through so many years of schooling is very unappealing. It was nice to know that the entire process for this would be about 7 years, including undergrad. I think this aligns with my interests much better than going to school for 11 and more years and being in a lot of debt. This knowledge has made me even more interested in this career.

GOAL SETTING

SMART Goal I am going to work on for next month:

For December, I want to make a considerable amount of progress in my online portfolio. I want to have my visual design fully figured out and completely set up at least two sections of my portfolio by the end of the month. This includes buttons, pictures, and completed documents to be inputted into the sections.

Evidence I can bring in to show that I accomplished my SMART Goal:

- Progress pictures/ before and after of sections
- Time log of how long I worked on it
- I could track the feedback I receive from other people about the design and navigation