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Internship 4B

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November Conference Reflection

As November ends, I've completed another month of my internship. This is now the third month at Hanger Clinic. I continue to work on my overall goal of learning more about the field of prosthetics and reaching over 60 hours at my internship. This month, my smaller smart goal was to learn more about the education process and schooling it takes to become a certified prosthetist.

This month, I accomplished multiple steps to work on my smart goal. The first was additional research on the education process. I read two articles and one video that helped clear up more of the education requirements. The first article link gave me basic salary information and confirmed that a master's degree and residency are usually required for a prosthetist. The second article gave more detailed step-by-step requirements including 4 years of undergrad, 2 years of master's, 1-year residency, and then a license for the state you work in. It also included specific courses needed in undergraduate courses in order to enter the master's program. The video was from the Baylor prosthetic orthotic program, which is one of the few schools in the U.S. that provides a prosthetic and orthotic program. It discusses that you spend most of the time in the lab doing hands-on work to get your education. My next accomplishment was my annotated bibliography. This month, I did an interview-based bibliography on a clinician at Hanger Clinic named Brittany. 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 that offer these programs. My last step towards accomplishing my smart goal was talking to more people about their schooling. In my November 19th journal entry, I talked about how I asked another clinician, Becca, about her schooling. She told me she went to Clemson for undergrad and then went to Eastern Michigan for her prosthetic program. She told me that there are only 13 schools in the U.S. that offer this program.

I also worked on growing my employability skills this month. Starting with my citation skills, which are improving on track. Like I talked about last month, I've learned 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 learn in my English class, so I am really glad I know how to do it because of the internship. At this point, I feel confident in my citation skills, and I don't know how they could improve anymore. I hope citing will start to become more automatic as I continue to cite personal interviews, articles, and videos for my bibliographies.

My communication skills have improved the most 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 comments or ask questions to the patient versus when the patient asks a clinician a question, and I can't communicate 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 I tell patients what he fixed and that he will be right up to help them again.

Next are my creativity skills. I didn't work on this skill as much as I would have liked to 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 downtime, I 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. Next month, I can work on my creativity more when designing my portfolio, and think of some ways to make my website stand out.

My initiative skills are growing as well. 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 skill has been a pretty difficult skill for me to improve in the past 3 months, mainly because it takes me a little longer to become comfortable in new places, but I think I have made great progress so far, and I'm excited to continue to grow it.

Lastly, my goal-making skills are also steadily improving. I learned more about the education process, which I had never known about before. I am also still working towards my overall hour goal, as I am now at 40 hours and am aiming for a little over 60. For next month, I am making my smart goal easier to physically track my progress. I am going to do a time log for how long I have worked on my portfolio, which will help me get this completely set up before we start coming back to class. Making smart goals is much easier because I know all the aspects that go into it and the best ways to track my progress. 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 my creativity skills, which I can hopefully apply while working on my portfolio.

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 or more years and being in a lot of debt. This knowledge has made me even more interested in this career.

Next month, my smart goal is 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. My evidence will include progress pictures of my sections before and after, a time log to account for how many hours I worked on it, and I can track the feedback I receive from others about my design and site navigation.

My conference this month has helped me to reflect on the skills and goals I've been working on for the past 3 months. During my conference, I was able to create a new smart goal and look back on my progress with my previous smart goals. This has helped me to stay on track with my goals, make adjustments to them, and make progress in my internship. Overall, this conference has helped me think more deeply about my smart goals and how to stay focused on achieving them as I continue my internship.