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Internship 4B

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### S.M.A.R.T Goals Reflection

I have always had an interest in healthcare. Rehabilitation, specifically, has always fascinated me. Playing sports while growing up exposed me to seeing and enduring various types of injuries. Discovering what a physical therapist is and does allow me to further explore that as a career option when I got to high school. Now, in my senior year, I have been granted the opportunity to intern at Hanger Clinic under certified prosthetist Emily Boyd. During my internship, I will complete over 60 hours under Ms. Boyd. Additionally, I want to gain invaluable skills and experience in the field of prosthetics, learn about patient care and treatment, and gain a deeper understanding of the healthcare system.

A part of meeting my goals for this internship is ensuring that I set measurable goals to ensure my success. As a part of ensuring that I complete my goals, I have multiple commitments to make. These include documenting my time logs accurately and in a timely manner. I will not procrastinate on getting hours or getting them signed. I have a set schedule for my internship, so ensuring hours each week can stay manageable. I also commit to being very detailed and accurate in my journal entries. I want to document my time at my internship as thoughtful and reflective as I can in order to track my growth. Also, I will make sure to take photos as an addition to my portfolio. Finally, to stay on track overall, I will be meeting with Ms. Smith, my internship teacher, and Ms Emily Boyd, my mentor, for conferences and evaluations to track my progress throughout the year. All of these combined will help ensure my goals remain attainable.

Interning at Hanger Clinic will help me narrow down my career interests. As mentioned, I have always been passionate about the recovery side of healthcare. I have bounced between wanting to be a nurse, orthopedic surgeon, PT, and countless other careers. I took the opportunity to intern at a prosthetic center due to my unfamiliarity with it. I wanted to expose myself to a new career and see if it might be the career for me. While I have no experience with prosthetics, I do have some skills that will help me in achieving my goals. First, I believe my passion to learn will keep me motivated and on task to really understand what a prosthetist does. Staying on track with my goal is vital because, as I work under experienced clinicians, I want to make the most of my time and resources. I also have excellent time-management skills, which will be a driving force in the more than 60 hours aspect of my goal.

I will complete over 60 hours in my internship under Ms. Emily Boyd at Hanger Clinic by February 2025. In doing so, I will learn more about the field of prosthetics, patient care and treatment, and the healthcare system to prepare myself for my aspired future career in physical therapy. The fate of completing this goal will be decided by my planning, preparation, and dedication to the internship. Finally, spending this time in my internship will teach me invaluable skills to apply to my future career, and help me to recognize if physical therapy is the right career for me.