Joel Tidman

Reflective Journal 1

ATR 211

This semester I felt like it would be easier to tackle my clinical packet and other difficult things throughout the semester because I have already gone through one semester and know how to do things differently making them easier on myself. After struggling with my clinical packet and really making it hard on myself late on in the semester, I wanted to get ahead of that and keep myself organized in how I was completing it. My first goal for this semester was that "I will complete 5 masteries and 7 attempts each week with my preceptor by meeting with them outside of clinical and class time if need be." I choose this goal to make sure that I will be able to complete my packet in a timely manner so I am not cramming at the last second. I felt as if the packet would have been a lot easier if I would have slowly done it throughout the semester, so I now have a post-it note organization strategy. My next goal was intended to help master tape jobs and continually help me better other tape jobs I perform in the clinic regularly. The second goal is "I will spend an hour or two each week in the lab or clinic working on tape jobs, for upper extremities, outside of class or clinical time." I felt as if last year one subject that our whole class struggled with was taping and I want that to be a strength of mine as an Athletic Trainer. I believe that this goal will help me with my taping and getting my angles and procedures of all the tape jobs that we have to know. My last goal was made with the intention of helping save myself some time in studying for my exit interview. The goal is "I will work on upper evaluation special tests for one or two hours a week in the class or clinic to help myself remember them and what they test for on my exit interview." These last two semesters we have had a lot of special tests in our packet and I would like to know these like the back of my hand. In the clinic I have noticed how easy it makes an evaluation when you know all your special tests, so I want to master these. These two weeks I received 7 attempts and 5 masteries. Most of them came from Brianne's class and then I got to practice them in the clinic with my preceptor.