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Clinical Experience I

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Reflective Journal 13

 As the semester has drawn on I have found that I have grown in confidence about my athletic training skills, but I feel as if there are still some areas that I do not feel as confident as I should. There have been a few times when I have had the opportunity to perform an evaluation on an injury, but we have just started that segment so I did not know all the information. Also, I feel less confident when I am performing an evaluation by myself. Even though I usually put all of the information needed in my evaluation, I feel more confident when I have my preceptor or a higher level Athletic Training Student watching over my shoulder to make sure I do not miss anything. Another time I feel less confident as an ATS is when we have our practical tests in ATR 240. It is almost like I psych myself out before it and go in there and look like a deer in headlights. I have helped alleviate this by just simply writing out to myself in steps my evaluation and I have done better.