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ATR 200 Clinical I

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September 11, 2016

Reflective Journal 3

One of my goals for this semester was “I will attempt 15 tasks in my clinical packet and obtain 8 masteries each week with my preceptor.” I have found this goal challenging thus far in the semester. I really underestimated how much time I spend with soccer and then adding the Athletic Training hours of clinical experience it takes up a lot of the hours of the day. With all the practicing we do for soccer I find myself struggling for hours in the clinic making this goal even harder. I have accomplished my goal one week and came close the other weeks, but after being with some sports it feels like a lot of the time you see the same couple things over and over making it even harder to make my goal. But I am glad that I have made this goal because I feel like it is achievable and I can complete it. It made it easy when I was with football because we had so many athletes come in each and every day. With the soccer team we do have some athletes but nowhere near as many “frequent customers.” Masteries are also hard to come by. I need to do a better job at looking more in my clinical packet locate some off the easy quick ones to get done fast.

I have completed some of my goal some weeks and then other weeks I have slacked and not accomplished them. Now during my clinical experience there is not as much down time, because of the athletes coming in for treatment, to work with my preceptor on specific tape jobs and evaluation techniques. However, I have worked on them learned some new tape jobs and techniques and really enjoyed my time spent on the field and in the clinic actively learning. I need do a better job actively seeking out more attempts and masteries than I already am. It has been tough trying to manage my time with soccer, clinical experience, and studying for class, but I am beginning to adjust to the schedule now. My preceptors have really been helpful teaching and showing me different styles and alterations to tape jobs and evaluation techniques and I have really appreciated that.

Overall this week of clinical experience has been exciting and interesting. I have learned more and more each day spent in the clinic and classroom. I have enjoyed women’s soccer and am now ready to switch and go to men’s soccer and be with my own team.