Joel Tidman

Clinical Experience I

Beth Funkhouser

November 6, 2016

Reflective Journal 11

 One of the things that we as new student in the program heard many times was that “you need to keep up with and fill out our clinical packets as we went along with the semester. So after hearing that about 5 times a day in the beginning and also seeing the juniors struggle at the last minute last year I decided I wanted to make sure I stayed on top of my packet. At first I was doing fine. I struggled with it during preseason because I needed that time to figure out what was the best way to fill it out. So the nest two rotations I thought that I did fairly well with it. I started at football so there was many things that I could do in the packet like two ankle evaluations and a lot of lower leg tape jobs. I brought the clinical packet with me all the time and was even following my goal amount of attempts and masteries each week.

After those first few weeks ended unfortunately with everything that was going on with soccer, classes, and all my Athletic Training things I got behind and almost got lazy with my clinical packet. I have filled it out here and there but if I was being honest with myself I need to sit down and fill out a lot of the things that I have done in my classes and then get them signed by my professor of each class. I have been upset with myself because I knew better and should have been filling this thing out as I was performing them instead of waiting and getting behind. I am more upset with myself because I was told multiple times to keep up with it and it was a thing that was easy to get behind with and I still seemed to ignore that. I am also annoyed that I failed to reach my goal for my packet the last few weeks. My goal was that I would have 15 attempts and 8 masteries each week. I feel like this goal was for sure a reasonable goal I just failed it.

Even though I have not done very well with my packet it is not like I am completely screwed at this point. I still have some of my attempts and masteries written down so I am not at square one. Also, many of these attempts and masteries I have completed in class and in the clinic I just have failed to record them all the way. I honestly just need to sit down and go through many of the things that I have completed and fill them out and get the professor or preceptor’s signature. Once I do that and put in all the ones that I actually have completed I feel like I will not be as far away from me doing a big majority of the clinical packet. Although, I hate the packet and keeping up with it. I love the way it is used and it really helps me learn the little things in special tests and all the tape jobs we do.