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Clinical I

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Reflective Journal 7

This semester has been challenging in many ways, and I have learned and changed a lot of different things about myself to help better myself in my studies. I have had to make certain tough decisions and had to prioritize several things to make sure that I stay on top of my classes, soccer, and most important clinical experience hours.

I would have to say that my most challenging class this semester is ATR 240 Evaluation of Lower Extremities with Brianne. I struggle to follow her sometimes in class and it gets tricky to understand where she is going with some things and what she really means about certain things. Sometimes she gets confused about the material she teaches and instead of stopping and figuring it out what is correct she further confuses herself and all of us by not being clear and saying the incorrect thing. Another thing that has been difficult is that we have already missed her class three times for away games. What makes it worse is that two of the days that I missed were lab days and we worked on palpations, which is a skill I really wanted to work on and master because I know the importance of being able to palpate well in an evaluation. Also, I have a hard time focusing in her class especially with it being two hours because she lectures the entire time so I zone out sometimes and then miss important pieces of information. I also over stress myself when studying for her practical test because I was treating it like a list of information instead of looking at it like a regular evaluation knowing I would hit certain points even if it was not verbatim on the practical rubric.

Although I have struggled in this course I have grown and learned from some of the mistakes I have made. I found out that the textbook is helpful but only if you read the chapter before you get to class, so I have been able to do that and gain a solid foundation of background information on the topics we are talking about in class and find it easier to make connections in class. I used to be scared to ask questions because I did not want to look stupid or wrong, but now I have figured out usually a lot of other people in the class have the same or a similar question because they are confused as well. One way I have coped with missing class is I have found out how approachable and flexible Brianne is. She has worked with my schedule and come in to the depot outside of class time and worked with me which has been helpful. One thing she has done to help all of us is giving us a small break in the middle of class to refocus and that helps all of us, even her, stay focused for the second part of class. Lastly, I use to really struggle with my time management, and this semester I have done well with keeping my priorities straight and myself organized with a planner.