

My Seven Pillars to Fieldwork



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Fieldwork experiences

- Level I
 - Mosaic Community Services
 - Kennedy Krieger Institute
 - Union Memorial Hospital
- Level II
 - Baltimore VA Medical Center
 - Psychosocial Rehabilitation and Recovery Center
 - Residential Trauma Recovery Program
 - Johns Hopkins Bayview
 - Chronic Rehabilitation/Chronic Medical
 - Stroke, orthopedic, amputations, ventilator/respiratory and complex medical care patients

My Seven Pillars to Fieldwork

- Be organized
- Manage your time
- Be your own occupational therapist
- Be confident, personable and flexible
- Have and be a mentor
- Be tactful
- Network

Organizational skills

- Be proactive
 - Classroom notes
 - Create a bibliography/resource manual
- During fieldwork
 - Use an organizational planner
 - Keep a resource binder
 - What's in my pocket?
 - Sharpie, Post It Note, pencil, pen

Time management

- Be on time
- Use a planner
- Plan ahead

Be your own occupational therapist

- Maintain your own occupational balance
 - Treat yourself
 - Eat a good lunch
 - Potlucks with classmates
 - Spent time with loved ones
- Set goals for yourself

Be confident, personable and flexible

- What's your definition of occupational therapy?
- Ask questions, but think first
- Ask for help as needed
- 'On the spot' adapting and grading
- Therapeutic use of self
- Smile

Mentorship

- Have a mentor?
- Be a mentor to prospective/current students
 - Create a blog/journal
- Be a mentor to your clinical instructor
 - Are they a member of AOTA and their state association?
 - Inspire them to "do more"

Be tactful

- Communication
- Be receptive to constrictive criticism

Network

- Attend conferences
- Stay in touch with classmates
 - Share what you are learning with others

Be true to yourself.

Know your strengths and weaknesses and maintain your occupational balance.

Fieldwork is Eustress.

Congratulations