

Occupational Therapy

I have always had a strong desire to help people throughout my life. I first heard about Occupational Therapy when working with children with learning disabilities within school. This intrigued me to find out more. After researching the course and job I decided this was the career path I would love to follow. I have had various work experiences with Occupational Therapists this has given me a great insight into the job and course. I have had both community and hospital based work experience, which has made me more determined to become an Occupational Therapist. It has also made me more aware of how different settings can affect the job and how adaptations were necessary when assessing the needs of the individual patient.

I am currently reading Willard and Spackman's 'Occupational Therapy', which has so far allowed me to gain a greater insight into the course. I have been particularly interested about all the different skills needed to become an occupational therapist such as working effectively in a multi-disciplinary team.

A Level Health and Social Care and Psychology are subjects that have enabled me to gain a wide range of skills. Within Health and Social Care I have had to work in groups and individually, enabling me to develop teamwork skills and to be open minded to others opinions. As well as this it was necessary to think laterally within the group in order to think of ways to make presentations interesting. I have also designed, planned and carried out a campaign about bullying for a year 8 class using a PowerPoint presentation. I had to be creative and resourceful, and decided to involve them more using structured role-plays. I was very successful and using a questionnaire afterwards to monitor and evaluate my performance, I found that they had learnt more about the topic and they had all enjoyed it.

I have also liaised and interviewed various health professionals such as a community nurse, health visitor and health mentor. This will help me on the occupational therapy course, as I understand that an occupational therapist works as part of a multi-disciplinary team. I have leadership skills, as I was a team leader in a health conference making sure everyone had gone to each of the visitors, so they were able to get the full benefit out of the day.

I have gained leadership skills from being on the Sixth Form Council, representing my form in order to make sure that their ideas are listened to. I also learned how to work well in a team when helping with car parking for a school parents evening and in delivering mince pies to the elderly.

I have also been involved in mentoring a year eight student, helping them in various aspects of life including schoolwork and their social problems. Through doing this, I have received a certificate and am going to meet the Mayor of Leeds for being so successful. Working in Meadows Park with children with disabilities has enabled me to see others as people with needs, not the disability or abnormality. I am responsible, trustworthy and patient with good communication and people skills, and working part time as a Managing Supervisor in a children's playgroup has enabled me to develop these skills. I am also trusted to hire people as well as monitor their work, to make sure that the public are getting the best service. I also have various financial responsibilities as I am in charge of organising people's wages. I have the ability to work well in stressful situations and deal with the public calmly and rationally.

In order to clear my mind and relax I like to socialise with friends doing various activities. This includes regularly going rock climbing with a group of friends which shows how disciplined I am and how well I am able to work in a team as well as how trustworthy I am as they rely on me to keep them safe.

I welcome the challenges that I will come across in university and in my course and hope that I am able to overcome them and gain more skills for my proposed carer.