



Student Name: Vanessa Garcia

OCTH 6150 Introduction to Fieldwork and Capstone Professional Development Plan & Vision Board Assignment

Step 1: Reflection

As a starting point to consider areas for professional growth, reflect on your past and current skills, experiences, and skills related to each of the KGI's OTD program learning outcomes. Be sure to consider the following in your self-reflection:

- **Academic knowledge base.** Consider what you have studied, both in your undergraduate program and in the OT program so far.
- **Experiential knowledge.** Consider your past and present volunteer, observation, work, leadership, and/or personal experiences.

Provide at least one example for each program learning outcome.

PLO	Past and/or Current Skills, Experiences, and Knowledge
1: Provide client-centered care with occupation as primary therapeutic agent.	Medical Assistant: When working as an MA in the past, I would work on gathering patients' history or "chief complaints" as to why they were coming in to the clinic/hospital. Graduate Assistant: as a GA, I worked with pre-med/pre-PA/pre-dental/pre-OT students on professional development and organized their applications for different programs.
2: Demonstrate professional reasoning based in evidence, theory, process, and interprofessional collaboration to achieve optimized therapeutic outcomes.	MS Candidate: During my Master's program, I worked with the HIV population in San Bernardino County. This experience showed me how to gather data and create information suitable for educating the targeted population. During this time, I was working with a CDC representative, a Health Services representative from San Bernardino County, a Thesis

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PLO	Past and/or Current Skills, Experiences, and Knowledge
	Advisor, and a Program Director. Working with these different individuals allowed me to collaborate interprofessionally.
3: Enact the skills of professionalism, communication, compassion, ethics, and life-long learning as foundations for professional identity and therapeutic use of self.	Utilizing the skills I have acquired from my previous jobs and the knowledge from the OTD program, I plan to continue learning and using my experiences as therapeutic use of self when working with clients/patients.
4: Analyze and conduct research to advance the profession and develop as a scholar of practice.	A goal is to incorporate telehealth into my practice. I am considering working within perinatal care and using telehealth to help expecting parents have more efficient appointments requiring no drive time.
5: Implement and advocate for health management and promotion services to address society's current and future occupational needs.	Work towards creating telehealth as a permanent option for OTs. This will create a space where clients/patients who have travel obstacles, live in rural areas or need a caregiver can check in and do so in an efficient manner.
6: Act with cultural responsiveness to provide optimal care and to address systemic and occupational injustices for persons, communities, or populations by advocating for equitable access and inclusion.	Continue to work from a place of understanding and establishing trust so that my clients/patients feel safe to work with me regardless of their background. Working as a Medical Assistant helped me understand the importance of representation. I worked in a predominately Spanish-speaking area, meaning we had many patients who only spoke Spanish. Communicating was so important, and I was glad to be able to help them and relay anything their provider needed for them.
7: Serve as leaders to advance the occupational therapy profession through innovation, inquiry, and advocacy.	Work towards advocating for telehealth as an option for OTs.

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Step 2: Vision Board

A professional vision board is a visual tool to assist you in gaining clarity about your career goals and aspirations. Before writing specific goals for your professional development plan in Step 3, spend some time thinking about the strengths and skills identified in Step 1 and what this revealed about areas for growth. Consider what you would like to achieve in your future career as an occupational therapy professional. Using pictures and words that inspire you, create a vision board as a foundation for your professional development plan.

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Step 2: Professional Development Plan

A professional development plan assists you in developing a strategy to enhance your strengths, address areas for growth, and prepare you to fulfill professional roles in the future. By developing a professional development plan while in graduate school, you can identify opportunities during the program that will contribute to achievement of your longer-term goals, including fieldwork and capstone opportunities. While this a first “draft” of your professional development plan, you will have additional opportunities to refine this throughout the OTD program.

After completing your self-reflection above, identify areas for growth and develop professional development goals related to the following PLO/curricular thread areas. For each area, you are required to identify at least one goal; however, you are welcome to write more than one goal in each area. Think of these professional goals in terms of 5 to 15 years post-graduation.

PLO/Curricular Thread Area	Professional Goal	Strategies <i>What are the best ways to achieve this goal?</i>	Resources <i>What do I need to help me achieve this?</i>	Success Indicators <i>How will I know I achieved it?</i>	Target Date <i>When do I plan to achieve it?</i>
Occupation as change agent and healing modality	Occupational therapist	Complete the OTD program and pass the NBCOT	I need to pass classes and study.	I graduate and receive a passing score.	By the end of 2026
Optimized service delivery based on skilled professional reasoning and evolving theory	Patient/client education	Ensure I have a well-rounded understanding of what my patient/clients will need for their session	Stay up-to-date on the latest information	I will confirm whether there is an understanding of what was explained.	Immediately

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Innovations in practice	Figure out how to implicate telehealth	Capstone project potential	Research and work towards advocating for telehealth becoming permanent for OTs	Writing, completing capstone thesis, and possibly publishing	Within these next three years
Research, evidence, and scholarship	Evidence on why telehealth is beneficial for OTs in practice	Researching and networking with people in AOTA	Network and reach out to different practicing OTs to get an understanding of what is missing and what is currently working.	I will have a better understanding of the gaps which I will incorporate into my capstone	Within the next three years
Lifestyle medicine for whole person care	Healthy habits	Understanding my own personal balance between occupations	Obtaining extra certification in Lifestyle Medicine	Passing the certification course	After graduating the OTD program.
Cultural responsiveness	Understanding cultural differences	Continue educating myself with different cultures and remaining open to learning	Educate myself and allow for a safe space for people of all cultures	My patients/clients will trust me and feel comfortable during our sessions	Immediately
Professional identity, leadership, and life-long learning	Continued education and look into bringing OT into an area that doesn't have one	Take different courses to continue learning and research areas that need OT	Look for different continue education courses to take	Completion of course and networking with areas that need OT	After graduating the OTD program



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