

My internship at Mountain View Therapy gave me the opportunity to connect with patients and the Medical staff. The experiences I had there made me realize the type of impact I want to have on others. My experience with one specific patient influenced my future career plan, and the longing I have to help children who need support.

Throughout my time at Mountain View Therapy, I learned about several types of therapy, including speech, physical, and occupational therapy. I was able to broaden my understanding of therapy, specifically therapy for children. I became particularly interested in occupational therapy. This was because I saw how it was connected to the other types of therapies. My curiosity for it sparked when I observed the difference between every session and the way every child was nothing like the one in the room next to us. Later on I came to realize that they all had only one thing in common. It was their relationship with the therapist that was so pure and heartwarming. That was it, I saw it in the kid I was with and the one in the room next me. This realization shifted my point of view completely. Instead of seeing them as caregiver and patient, I saw them as friend and friend. They are friends who can give each other support when they need it.

At times during my internship I witnessed several meltdowns and a lot of frustration. I realized that when given a simple task most of us are able to do it without a second thought. But to some people it can be very hard for them to execute what we would call a “simple task”. This made me more empathetic and considerate towards others, especially to children with disabilities and other medical struggles. This skill not only helped me during my time at Mountain View Therapy, but it will help me grow as a person, friend, and it will help me in my future career.

I experienced something that showcased this skill being used. I had the pleasure of witnessing the remarkable relationship between the physical therapist I was shadowing and a patient who was in the process of chemotherapy. The physical therapist was helping him regain and maintain his strength/stamina. By seeing the two of them form a bond, I knew that I wanted to build that same type of relationship with others.

One of the most important lessons I learned through my internship was how to maintain professionalism when working with children. I learned to be aware of the struggles children might have. I learned to not only think about the physical struggles but the psychological ones as well. I realized that some children will experience neglect. It is that neglect that can make their lives more difficult. It can also make the lives of their family and community difficult. This made it clear that it really is important to set goals and to help them achieve these goals because it isn't just a job, it can make a meaningful difference in their life.

My experience with COS has helped me shape my future career goals. I know now that I want to work as a pediatric oncologist, this way I can be a friend to children who need one. I hope that I will be able to give them the support they need and guide them to other sources of support rather than just treating their illness. I hope to fulfill my dream of building meaningful

and lasting relationships with patients, like the one I witnessed at Mountain View Therapy. I want to be the person who they can turn to when they need support.