

Professional Behavior Goals

Spring 2017

1. Improve on Analyzing and Subdividing Large Questions/Tasks
2. Improve on Determining Personal Productivity Standards – Stress Management
3. Improve on reflection and being an active questioner

Spring 2018

1. Improve on Self-Reflection
2. Improve on Awareness of Timing
3. Improve Utilization of EBP

Fall 2018

1. Improve Best Practice (Evidence-Based Care)
 - Each week during clinic I will find at least one article that pertains to a patient case. The article will either offer new intervention ideas, dispute or agree with my current choice, and provide guidance in making the best intervention choices for my patients.
2. Improve/Incorporate Self-Reflection
 - Once per week I will sit down for 5-10 minutes and reflect upon each day. Some ideas to reflect upon are: What went well, what could've gone better, what I can do to improve, and how I'm going to get there.
3. Improve/Incorporate Self-Growth
 - I will read at least one book every other month that is geared towards building a better self/individual. (Communication, financial management, self-worth, etc.)
4. Improve on Advocating for PT
 - When I am asked about PT in the community with each time I am asked I am going to attempt to formulate the best answer that truly speaks for the benefits PT can have. When asked to help a family member/friend with a specific issue, I will ask to do a thorough evaluation or thoroughly explain that I am unable to do "random" interventions unless I have done a full evaluation to see what is truly a factor.
5. Embrace Challenges
 - Within my final clinical rotation, even if I do not have full confidence in myself to complete an evaluation/treatment/etc., I will accept the challenge and do what I can. I will accept being put in potentially awkward/uncomfortable situations and work towards learning from them. Every day, whether it be in clinic, at home, or in the community I will try to embrace any challenges that arise.