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Occupational Therapy

### **Reflection Paper**

Anne Frank once said, “ How wonderful it is that nobody need wait a single moment before starting to improve the world.” and students in the Pansuka College of Professional Studies are offered an opportunity through service learning to do just that. On September 7, 2011, the freshman class of the college met to hear the enlightening lecture given by Fr. Rick Malloy. The lecture was titled, “Jesuit Education and the Helping Professions”, from which a whole new perspective about my career choice, values, and morals was introduced. From this lecture I gained a lot of valuable information that will affect me in my pursuit to prioritize my beliefs, obtain a successful college life and embody my greatest attributes in my career.

Fr. Rick Malloy touched on several areas during his lecture including reaching out of your own comfort zone, preparing ourselves to be the healers of the world and enabling the use of dialogue. Coming to college for me seemed like one big culture shock. I was now showering with shoes on, sharing a room, and trying to get a complete stranger to eat a meal with me and maybe be my friend. Of course at the time coming out of my comfort zone seemed like a traumatizing experience, but in hindsight the reality was that it was exciting and a great insight to see who I really am as a person. I believe stepping out of your comfort zone is a great way to learn your strengths and attributes. When looking at service learning I definitely wanted to do something that I probably wouldn't feel comfortable with at first to maybe improve on skills or aspects of my life that I wasn't so familiar with. That's why for my service learning I chose to do the Prayer Shawl Knitting Group. Knitting is a new skill to me and is something that I can maybe use later in life to talk about with some of my patients to connect with them. After the first couple of meetings I met new people, strengthened my personal skills with others, and learned how to knit! I think stepping out of my comfort zone will really make my stay here at the University of Scranton even more of a unique and worthwhile experience. Through service learning the students at the University also get to prepare themselves for their actual careers. All the students in the Panuska College of Professional Studies are

hoping to have a career where they are going to be coming to the aid of another human being. At first like any other jobs this is going to seem overwhelming for all of us no matter how much studying we did in the library here. Having the opportunity to become more comfortable with giving back to your community will really put us above students from other colleges. We will no longer feel overwhelmed maybe a bit nervous, but in the back of our heads we already know that giving back is what we love and are good at doing. So through service learning I will learn how to apply myself in the best ways to give back to other and have a more successful career. Lastly, Fr. Malloy toughed upon the use of dialogue. He made the statement; "Dialogue can save someone's soul and faith in humanity". Dialogue in all aspects is essential to someone's life; it is their way of communicating their needs, emotions, and values. It is a key tool to connect and aid others and through service learning and speaking with others around you and even those you help will only improve our ability to do it when it comes to our professions.

Fr. Malloy's lecture really made me think on a personal level about my choice to become an Occupational Therapist. All of the skills he touched upon in his lecture are all things that I'm going to have to use. I think the most important aspect that I am going to need to work on is dialogue. When meeting with a client the dialogue is an essential art to figure out what the problem is, what are their needs/wants, and also to have them trust you and feel comfortable working with you. Of course, everyday you speak with people like your family and friends, Although, speaking with someone you are trying to help is a completely different ball game and I think service learning is a great opportunity to gain more exposure to this.

Overall I gained a lot of information from this lecture that will help me in the present and the future. I think this was a very enlightening experience opening my mind to a different aspect of what service learning is and I enjoyed attending.