

Maverick Ostrander

Reflection Essay 1

6/10/23

## Helping people be their best

What's the point of living if you aren't living the best you can? What's the point of helping people live their best lives? Is it to make you feel good about yourself or do you actually just want to make a change in their lives? Is it all just for some money at the end of the day? As I grew up I asked these questions but the truth is in this world it's all about the money at the end of the day right? That's not what I think. I think you need to have purpose in your work. You should have an impact. Every job has an impact no matter how big or small. I wanna work in kinesiology which deals with Physical therapy and helping people be their very best even when they're stuck down to their lowest. Even a gas station worker has purpose but is that actually changing people's lives for the better?

The BCC website gives me a way to learn about my discipline and gives me a great view on what I could be expecting. Physical therapy has science and the arts become one. It has you working with one person so it is more personal and has you make a difference in their lives personally and even their family members. This requires you to be creative and flexible with the way you work. If you don't problem solve your patient will never get better. People are different one way you help someone, one person might not be able to move one leg another person might

not be able to move two you won't be able to help them the same way. The way I act may be even different as people may feel differently on the life changing thing that happened to them. Kinesiology having a very high graduation rate being 70.8% with an 100% employment rate you'll be able to work in many different settings such as hospitals, private physical therapy practices and community health agencies or even schools. It'll always be interesting and there's a lot of diversity because people are so different. The fact of Physical therapy is that it's not about making money but actually making a change in these people's lives can not deny the fact I will need to be able to pay rent. The regular physical therapy assistant pays around 60k a year back in 2019 though BCC says the growth will be 60% by the time I finish the classes in BCC which is much faster than any other occupation. I will most likely be working in a rehabilitation center as a manager or of course a Physical therapy assistant at first which has some flaws being that it's kinda depressing. These people being at their lowest looking for some kind of guidance, feeling defeated it's hard not to feel bad. They hate feeling like they're being looked down upon as well so you can not show that pity or you will further discourage them. That is the thing with Physical therapy: I will need certain skills. These skills have a lot of functions and expectations going into it. These are necessary skills for a PTA. Such as critical thinking being able to collect information from the patient and integrate it into their training being able to make decisions to help them get through their trouble or deal with them in certain situations.

“HELP A PATIENT HAS FALLEN DOWN THE STAIRS AND I CAN'T PICK THEM UP.” A lot of the time I will need to work during situations you couldn't even imagine and I will need help so I'll have to be able to work with other PTAs and handle these stressful situations like a person falling and I might not be able to pick them up so I'll ask for help. I will always

have to be aware of your surroundings and always look professional remember these are real people with their own thoughts they're at rock bottom so you don't know what they will do. I might have to deal with patients who are overcome with drought and you have to stay professional so you can lift their spirits back up. I have to keep a smile on your face no matter what they tell you or how you act to be as professional as possible. This being said COMMUNICATION IS KEY no matter what I will have to talk with all co-workers even if some are kinda jackasses. It is very important that these people get the right treatment and communicate by any means necessary. A little paper could change a whole day by just noting changes during the therapy session. With that being said, being able to read people is another huge thing. I have to be able to push these people to their limits and still be able to feel the pain and emotions they feel and put yourself into their shoes which I'll have to think critically for. I have to make sure they trust me every step of the way, if they didn't we wouldn't be able to make any progress.

But why would I want to do this job? It seems so difficult out of everything why a PTA. Being in physical therapy by being able to think outside the box and use critical thinking which is something I'm really good at in my opinion. Physical therapy is more than just a job to me, it isn't just dealing with science it is dealing with people who need guidance and that can't make decisions as such a drastic change has occurred to them. This isn't something you do for some cash like I said. This is a huge opportunity to make a change in multiple people's lives and that is what I want to have an impact on these people and make their lives better.