

Find Your Dream Job (100 Points)

Let's find your dream job! You will do research to find your dream job in the health field and what type of education and skills you will need to get this job. The purpose of this activity is to help you gain a better understanding of how your intended major, future education goals, and skills need to be applied to the career you want. **You will be expected to discuss this in class and it will be included on your ePortfolio.**

Research - 50 points

1. List your dream job or jobs. In a perfect world, one day you will be _____. Briefly describe what you'll do in this role. What knowledge, skills, or abilities do you think you will need for this job?

- **Pediatric Occupational Therapist:**

I love working with kids and am interested in exploring this career further.

- **Physical Therapist/ Strength & Conditioning Coach for *Dancers:**

I've been a dancer for the past 14 years and think it would be an amazing opportunity if I could combine my love for dance and health science into one occupation.

- **Other:** Anything Healthcare in Pediatrics

Skills: Physical and Rehabilitation Science / Exercise Science.

Bachelor's Degree: Strength and Conditioning Coach

Master's / Doctorate Degree: Physical and Occupational Therapist

2. Complete the quiz at <https://advance.appily.com/careers/healthcare/quiz>
3. Were you surprised by the results of the quiz compared to what you listed as your dream role? I was surprised by the results of my quiz.

My ideal role was listed as "**Practitioner**". At first, I was surprised by my results as they listed jobs such as nursing, dentistry, and pharmacy (which are healthcare professions I am not currently interested in). However, the results also stated I could pursue a career in medicine (physician's assistant), therapy (PT/OT), and nutrition/athletic training which all can relate to my current major of Exercise Science.

4. Find at least 3 job postings that seem close to your dream job. Examples of where to search: Indeed.com, LinkedIn, USA Jobs, Glassdoor, or just Google the job you want to find!

5. Copy and paste the job posting links below. Make sure you include the following information:
- Identify the salary range
 - How much experience would be required to apply for that job, what degrees, certifications or training is required?
 - What skills are and tasks are involved in performing the job you have found?

1. Job Posting Number 1:

Rehab Aide- Exercise Specialist

Location: StretchLab (Chesapeake, VA in Chesapeake, VA 23320)

- Identify the salary range: **\$23 - \$28 / hour**
- How much experience would be required to apply for that job, what degrees, certifications or training is required?

Degree: Bachelor's Degree

Certification: Certified Fitness Instructor / Certified Athletic Trainer

Training: Background in Physical and Rehabilitation Medicine

- ★ Must be available to complete a 3-day Flexologist Training Program, which includes 20 hours of online tutorials and 3 days of in-person/hands-on training.

- What skills are and tasks are involved in performing the job you have found?

Skills: Patient Care (required), Anatomy Knowledge (required), Experience in a fitness/health setting providing hands-on training, Excellent communication, empathy, and customer service skills, Professional work ethic, and reliability.

Tasks/ Responsibilities:

- **One-on-One Stretch Sessions: Conduct personalized assisted stretches for clients.**
- **Group Stretch Classes: Lead small group sessions for up to 6 clients.**
- **Client Motivation: Encourage and motivate clients throughout sessions.**
- **Client Retention & Membership Growth: Help build and retain StretchLab memberships.**
- **Safety: Ensure clients' safety through proper stretching techniques and enforce studio policies.**
- **Team Collaboration: Attend staff meetings, assist in sales tours, and handle member concerns.**
- **Social Media Engagement: Maintain a strong online presence for client retention.**
- **Studio Maintenance: Clean and maintain equipment to ensure it is always available for use.**

2. Job Posting Number 2:

Creative Arts Therapist - Music/Art/Dance/Recreation

Location: Haven Behavioral Health Hospital (3301 Scotts Ln, Philadelphia, PA 19129)

- a. Identify the salary range: **\$22 / hour**
- b. How much experience would be required to apply for that job, what degrees, certifications or training is required?

Degree: Bachelor's Degree (required), Master's Degree (preferred)

Certification: Certified Therapeutic Recreation Specialist (CTRS) Certification

Training: Background in medical specialties of Geriatrics and Psychiatry

- ★ At least three years of clinical experience in a psychiatric setting, with one year of experience in activity therapy methods and techniques is required.

- c. What skills are and tasks are involved in performing the job you have found?

Skills: Behavioral Health, Behavioral therapy, Art therapy, Music therapy, Dance therapy, Individual/Group Counseling.

Tasks/Responsibilities:

As an Expressive/Activities Therapist, you will be responsible for providing **therapeutic activities to assigned patients, assessing their needs, and facilitating activities that align with their age, development, and interests.**

This involves the following key tasks and responsibilities:

- **Plan and Facilitate Activities:** Develop and lead individual and group activities tailored to patients' therapeutic goals.
- **Patient Assessment:** Assess the needs of assigned patients and create customized activities to support their recovery and engagement.
- **Collaboration:** Work closely with the multidisciplinary treatment team (psychiatrists, nurses, therapists, etc.) to ensure activities are in line with patient care objectives.
- **Therapeutic Interventions:** Provide age-appropriate and developmentally sensitive therapeutic activities.
- **Documentation:** Record patient progress and participation in activities as part of the treatment process.

3. Job Posting Number 3:

Pediatric Occupational Therapist

Location: Helping Hands Therapy Services PLLC (Chesapeake, VA)

A. Identify the salary range: \$65–85 / hour

B. How much experience would be required to apply for that job, what degrees, certifications or training is required?

Degree: Bachelor's Degree, Master's Degree

Certification: Occupational Therapy License, Virginia Early Intervention Certification

Training: Background in Physical and Rehabilitation Medicine, Will provide training and courses in feeding therapy techniques (primarily sensory-based feeding with some oral motor feeding).

- ★ The job requires at least 2 years of experience and early intervention experience; however, new grads are welcome to apply!

C. What skills are and tasks are involved in performing the job you have found?

Skills: Occupational therapy rehabilitation, Pediatrics, CPR, Flexibility (Ability to work some evenings (3 pm - 6 pm) for after-school therapy sessions AND be open to travel), Strong Collaboration skills (Ability to work within an interdisciplinary team and communicate effectively with families and other care providers).

Tasks/Responsibilities:

- **Patient Treatment:** Evaluate and treat pediatric clients, particularly those with diagnoses like autism, sensory processing disorder, feeding difficulties, developmental delays, etc.
- **Feeding Therapy**
- **Early Intervention:** Provide therapy to children in the 0-3 age range, both in-home and in community settings. Participate in early intervention assessments and develop strategies with a multidisciplinary team.
- **Group Programs:** Facilitate motor skills, social skills, and handwriting groups, both in the clinic and in non-traditional settings (e.g., daycares, private schools).
- **Screenings:** Conduct screenings to assess therapy needs and make recommendations.
- **Documentation:** Maintain accurate records for evaluations, treatment sessions, and progress.
- **Team Collaboration:** Work closely with other professionals (therapists, family members, schools) to create holistic care plans for children.

Part 2: Apply to your Dream Job - 50 points

1. Think about the job postings you submitted for Part 1, and the knowledge, skills, and abilities you'll need. Did these jobs match what you had in mind for your dream job? Did you find your dream job? Describe the similarities and differences.

The following three job postings I chose to research in Part 1 of the assignment fulfilled my expectations for potential future career opportunities. I have always been interested in combining dance and health science into one occupation and was excited when I found available jobs as a creative arts therapist. In addition, I was surprised when I saw a job listing at "The Stretch Lab" as a rehabilitation exercise specialist. After reading the job description and responsibilities, I inferred it was *similar* to a strength and conditioning coach which is also a "dream job" I was considering in my future.

2. From the 3 job postings you found, choose one job you want the most, and use the list of skills required for the job of interest. Identify skills you already have and identify skills you are still building or need more experience performing. Discuss options to sharpen or learn the skills you will need to gain.

Job: Rehab Aide- Exercise Specialist

Skills: As a rehabilitation exercise specialist, you must hold a Bachelor's degree and a certification as either a fitness instructor or athletic trainer. To earn this qualification, I will continue my undergrad education as an Exercise Science major and then apply to grad school to earn my master's degree in athletic training afterward. Through this education, I will study concepts of Patient Care, and Anatomy & Physiology to effectively prepare for the knowledge needed within the profession.

Additionally, skill sets of communication, empathy, customer service skills, professional work ethic, and reliability are preferred in this role. I can work to strengthen these attributes by obtaining experience in various clinical and healthcare settings with hands-on training.

Rubric

Criteria	Excellent (100-90 points)	Sufficient (89.99-80 points)	Minimal (79.99-60 points)	Unacceptable (59.99-0 points)
Inclusions of requested information and Correctness of Assignment	Includes all requested information and goes into detail for each question. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Includes most of the information requested. Correct, but limited details provided. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Missing or incorrect information. Professional Interviewed works in a health or health-related field. Professional's education must have an associate's degree or higher.	Professional does not meet the criteria for the assignment. Does not answer any of the questions.
Ease of finding information	Assignment is easily found from the menu bar of the student's e-portfolio and is clearly identified. Fonts are easily read and layouts are appropriate to the assignment. Picture of the health professional is included.	Page is viewable but not easily locatable. Fonts are readable, information is present but does not have a logical flow.	No Logical flow to information. Missing, and/or partially answered questions. Font is illegible.	No page, or information provided.
Writing quality of assignments	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.