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## P212 Career Action Plan Assignment

ABSOLUTELY NO LATE ASSIGNMENTS WILL BE  
ACCEPTED.  
EARLY SUBMISSION IS HIGHLY RECOMMENDED.

This is an electronic submission assignment.

### Objectives:

Students will understand and *start the process* of reflecting and researching the careers they are interested in pursuing.

Students will gain experience answering common interview questions.

Students will create an action plan for their future career choices.

Students will understand and develop a personal budget for the future.

Students will understand and develop a current resume.

Total Points: **50**

### Instructions: READ CAREFULLY

- AFTER each question, answer in detail using this Microsoft Word document. (You must include the INSTRUCTIONS Page AND the Each Section's QUESTIONS using this exact word document with your submission.) *You may edit the page to make as much space between each question as you need for your answers.*
- Please **Highlight** and **bold** the **font** for your answers. (This helps distinguish the answers from the questions for faster grading) **Answers** must be typed in a 12 -point font, single-spaced, saved and submitted as a Microsoft Word document. The document must be sent as an ATTACHMENT (NOT IN THE TEXT BOX and no links) in the assignments section of CANVAS. **(ABSOLUTELY NO ASSIGNMENTS WILL BE ACCEPTED LATE)**
- A **minimum of three sources** must be cited in APA format after the final question.

- Based on the **detail** of certain questions, the main paper should be a **minimum** of 9-10 pages. (**not including header, instruction page, bibliography page, budget page, and resume page**)

- **READ THE FAQ's** in the resource folder.

## Section 1: What career do you want to pursue and WHY?

1. What career do you want to pursue? **Physical Therapist**

- a. **Explain, in DETAIL**, what the day-to-day work will involve as if you were explaining it to a friend.

This is **not** a description from your textbook. Do not copy and paste from a web site **but write as if you were actually working there that day.** (Daily itinerary (**timeline**), skills performed, office hours, after hours' work, paperwork, research, meetings, breaks, etc.) This should be determined by interviewing or shadowing several professionals in the career and researching through credible sources. (Guest speakers in class, professional organizations, etc. **See example in resources folder for the level of detail expected.**)

### i. Morning (7a-12p):

1. **Arrival at office:** Generally, a physical therapist working with a sports team will arrive approximately 30 minutes to an hour prior to the team practice so as to set up the office. To set up the office, the PT will make sure of the following:

- I. The room/area is clean (swept, mopped, counters wiped down, utensils/products organized, etc)

- II. Addition of any patient files pulled from the records and added to the day's agenda (generally the files will be pulled before leaving at the end of the day, but any late additions will be added in the morning or as the day progresses).

**III.** Messages via phone, text, and email will be checked to make sure that there are no cancellations or requests for appointments.

**IV.** Coffee is brewed, water is put out and snacks are available for both staff and patients (according to Mattingly, this is VERY important for the productivity of the day).

## **2. Arrival of patients:**

**I.** As each patient arrives, they will check in with the person on staff.

**II.** Each patient will fill out any paperwork necessary for their appointment, whether it is new patient information, updated information on any therapies or injuries, insurance information, directions from coaches or other therapists, etc.

**III.** Patient will utilize the restroom before appointment, and then wait in the designated area until their appointment time.

## **3. Treatment:**

**I.** During individual treatment, the PT will assess any changes, good or bad, that have occurred since the patient's last appointment.

**II.** PT will use multiple methods to treat patient, including manual therapies, soft tissue manipulation, stretching/muscle assessments, therapy exercises, and taping techniques.

**III.** PT will then give patient take home exercises and stretches to continue working toward "normalcy". Each treatment time will be based upon the patient's needs, but most will last between 30-45 minutes (longer sessions are applicable in extenuating circumstances).

**IV.** After the patient has been given their take home information, the PT will then take 10-15 minutes between each appointment to sanitize and clean up the workspace

before the next patient arrives, as well as record any SOAP notes from the appointment.

#### **4. LUNCH/BREAK:**

- I.** PT must make sure to take at least a 45-minute lunch. This allows the PT to take a breather, refuel, and prepare for the next wave of patients. While, in theory, the PT should refrain from any work during this time, the PT does have the ability to catch up on SOAP notes, review patient files, and research any therapies that may be helpful for clients.

#### **ii. AFTERNOON (12p-4p):**

##### **1. Treatment:**

- I.** The afternoon appointments will look similar to the morning appointments in regard to the therapies.

#### **iii. END OF DAY:**

##### **1. At the end of the day, the PT will do the following to prepare for the next day:**

- I.** Files will be pulled and placed in appointment time order for easy organization and placed in the PT's office area for review in the morning.
- II.** Workspace will be sanitized and cleaned a final time, including all utensils and tools used.
- III.** PT will fill any supplies (tape, gauze, popsicle sticks, etc) that were depleted throughout the day and replace any tools/utensils into their rightful drawer or cabinet for the next therapist.
- IV.** PT will check the room and waiting area for anything left behind by clients (keys, paperwork, etc.)
- V.** SOAP notes will be completed and filed into the appropriate folders for future use.
- VI.** PT will set alarm/lock up the facility for the evening.

b. Why is it your career choice?

i. I have been working as a licensed massage therapist for 12 years. Recently, I was talking with one of my clients about an injury/issue he has been having. His sports team's physical therapist had been focusing their efforts on the wrong muscle group and when we discussed it, I was able to fix the issue within two minutes. I went home and was ranting about the issue (without breaking HIPAA) of the physical therapist not knowing the proper muscle groups to my husband, and he looked at me and said, "Well, why don't you become the physical therapist?" I realized that it was time to reevaluate my career path, and this was a job I was very much interested in.

2. What is the average annual **starting** salary/compensation for your career choice? (Need a source but you can cite it in your bibliography) \$63,465
3. If you do not attain your number one career choice, what is your second choice? (Must provide a second choice to earn credit) Athletic Trainer

a. **Explain, in DETAIL**, what the day-to-day work will involve as if you were explaining it to a friend.

This is **not** a description from your textbook. Do not copy and paste from a web site **but write as if you were actually working there that day.** (Daily itinerary (**timeline**), skills performed, office hours, after hours' work, paperwork, research, meetings, breaks, etc.) This should be determined by interviewing or shadowing several professionals in the career and researching through credible sources. (Guest speakers in class, professional organizations, etc. **See example in resources folder for the level of detail expected.**

i. **\*\*Athletic training is quite similar to the above detailed list of a PT's daily activities, so the daily work will look similar\*\*\***

ii. **During the week:**

1. AT will arrive to work during practices and workout hours of the team. If they are a high school team, they will generally have work hours afterschool from 2:30p-8p. If they are a professional team, they will be available to the team during practice hours (generally from 8a-1p).
2. During these hours, the AT will do the following:

- I.** Arriving approximately 30 minutes before their first client, they will look through the notes and files for each of the clients that day.
- II.** They will clean and sanitize the workspace and any equipment that they will be using for therapies.
- III.** They will make sure that all tools and necessary items (tape, gauze, wraps, etc) are stocked and ready for the day.
- IV.** They will view emails and listen to any phone messages that may have come in over the course of the day.
- V.** Once the clients begin to arrive, the AT will do the following:
  - i. AT will do a thorough intake and assessment, making sure to address previous concerns and discuss how therapies have been working.
  - ii. AT will discuss with client if they have been keeping on track with their home therapies.
  - iii. AT will discuss any recent injuries or concerns that have popped up since their last visit.
  - iv. AT will assess and begin therapies, including soft tissue manipulation, taping, and stretching/exercises.
  - v. AT will put together an injury report sheet for client to take with them.
    1. If client is a minor, AT will discuss report with guardian and explain any details surrounding the injury and treatment.
- VI.** After seeing any clients prior to practices, AT will be on the sidelines to assess players during practice, watch for injuries or issues, and provide hands on therapies/medical care if an injury occurs.
  - i. If an injury occurs, AT will be the first to assess the injury.
  - ii. AT will do assessments, including tests on the muscle, joints, or bones involved

to determine most likely cause of pain/injury.

- iii. AT will create an injury report and contact guardian immediately with information regarding the injury, including any necessary therapies.

**iii. During Games:**

- 1. AT will arrive 30 minutes prior to practices before the game time.

- 2. AT will do the following to prepare:

- I. Assess/discuss with any players their current injuries

- II. Determine if any players are in need of stretching/exercises prior to game to enhance their performance abilities/protect from future injury to area.

- III. Tape (KT or McConnell method) any players in need of tape therapies.

- IV. Put together side line medical bag, to include any necessary tools, tape, gauze, bandaids and creams, ice packs, etc.

- 3. During Game:

- I. AT will be on the sideline along with the AT assistants, PT and any other medical professionals.

- II. AT will constantly assess players while they are in the game and will watch for injuries or potential issues that may arise.

- III. AT will instruct AT assistants on stretches/therapies for players on the sideline to keep them ready.

- IV. During any breaks given during the game, AT will assess any players who have received an injury during the game and follow assessment procedures (assessment of injury, injury report, documentation, etc).

- V. AT will make sure to stay hydrated during the game and will eat during breaks/before the game so as to make sure they are focused on their job.

- 4. After Game:

- I.** AT will assess any players that received an injury during a game/check on players who have had previous injuries to make sure they were not re-injured.
- II.** AT will write up any injury reports and contact guardians (if necessary) with treatment plans.
- III.** AT will clean and sanitize work station and all equipment used during the game.
- IV.** AT will make sure to fill out any SOAP notes or make notations in any files from the goings-on of the day/game.
- V.** AT will pull any files for the following day's clients.
- VI.** AT will lock up/close down the facility.

b. Why is it one of your career choices?

- i.** After speaking with Jay Bradley about the differences between his job as an athletic trainer and what a physical therapist does, he told me that I had a decision to make. There are apparently a few colleges in the United States, the closest one located in Ohio, that offers a dual degree. You receive a master's in athletic training after a two-year graduate program and then you attend one more year to complete the physical therapy doctorate. I love working with the athletes I currently see as clients, and I want to continue to help them the best that I can. If, by going to a school that allows me to receive two degrees in two areas I know I would love working in, then I think I've found my choice. In all honesty, at this moment in time I would be happy to pursue either degree route. My main goal is to work with athletes and help give them the best care on and off the field.

## **Section 2: Future Budget and Expenses**

4. Where do you want to live when you start your career? **Plainfield, Indiana**  
(PICK a specific CITY/TOWN)
  - a. Using the provided word document (CAP Resources), create a detailed **MONTHLY** budget for the future. (You are estimating for the future using your starting income of your career choice)



IN THE BUDGET Document, LIST **ALL Gross INCOME and all EXPENSES: ALL TAXES!!!** Federal income taxes , state income taxes, FICA taxes, property taxes, rent/mortgage, auto/transportation, home owner's or renter's insurance, auto insurance, auto maintenance, professional organization dues, dental expenses, utilities, student loans, credit card debt, health insurance, utilities, retirement savings, tithing, charitable donations, living expenses: groceries, clothing, entertainment, other expenses, etc., etc., etc., etc.....(There are many more expenses to account for depending on your lifestyle.)

**Paste your word document here.** NO ATTACHMENTS or links.

**\*Even if you plan on living with parents, roommate, married or other, research and answer the next questions, (4b-4f) as if you are paying for everything yourself. \* (For privacy reasons, you do not need to divulge any personal information: this exercise can be estimated based on what you have researched for your future income and expenses.)**

NOTE: Even if you complete the budget, **you still need to list the answers** to the following questions after each question below for credit.

Monthly Expenses		
EXPENSE TYPE	EXPENSE	BALANCE
Monthly Income		(\$63,465/12) = \$5288.75
Federal Income Taxes	809.23	4,479.52
State Income Taxes (3.23%)	170.83	4,308.69
FICA Taxes (7.65%)	404.59	3904.1
Property Taxes	INCLUDED IN MORTGAGE	
Mortgage	1264.39	2639.71
Automotive Insurance	206.00	2433.71
Homeowner's Insurance	INCLUDED IN MORTGAGE	

Automotive Maintenance	50.00	2383.71
Utilities: Gas	222.00	2161.71
Utilities: Electric	138.00	2023.71
Groceries	500.00	1523.71
Food (ordering out/delivery)	150.00	1373.71
Credit Card payments	117.00	1256.71
Clothing	100.00	1156.71
Savings	100.00	1056.71
Entertainment (activities)	150.00	906.71
Utilities: Water	83.00	823.71
APTA Membership Dues	$(\$465/12) = 38.75$	784.96
NCBTMB Bi-Annually	$(\$85/24) = 3.55$	781.41
ABMP Membership	20.00	761.41
REMAINING BALANCE:		\$761.41

- b. Based on your desired lifestyle, how much does it cost to live there **monthly**? (NOT ANNUALLY)
  - i. **Approximately \$1857.39**
- c. What was your total **MONTHLY** GROSS INCOME?
  - i. **\$5,288.75**
- d. What were your total **MONTHLY** EXPENSES/DEBTS?
  - i. **Approximately \$4,527.34**
- e. Is your total **MONTHLY** GROSS PAY greater than your TOTAL **MONTHLY** EXPENSES? (All expenses including taxes)
  - i. **no**
- f. If your expenses are more than your income, what specific steps could you take to correct this?
  - i. **N/A**

### Section 3: What is required?

5. What Degrees/Major is required or preferred for your career choice?  
Example: Kinesiology: Exercise Science Pre-PT, Fitness Management and Personal Training, etc.
- a. **A Bachelor's degree, generally in exercise science, is required for application submission into the graduate program for physical therapy.**
6. What Graduate Degrees, if any, are required?
- a. **A doctorate degree in Physical therapy is required to become a physical therapist.**
7. What SPECIFIC undergraduate course prerequisites (List the specific Courses) are required, if any, to qualify for graduate school or the school you apply for after graduation if it applies? (Examples: Chemistry 101, Anatomy with Lab, Physics, etc.)
- a. **IUPUI requires the following courses for an application submission for the graduate DPT program:**
- i. **Structural Kinesiology with lab**
  - ii. **Introduction to Exercise Science**
  - iii. **Human Anatomy with lab (one semester)**
  - iv. **Principles and Practices of Exercise Science with lab**
  - v. **Human Physiology with lab (one semester)**
  - vi. **General chemistry with lab (one year total)**
  - vii. **Biology with lab (one semester)**
  - viii. **Physics with labs (one year total)**
  - ix. **Medical terminology (one semester)**
  - x. **Statistics (one semester)**
  - xi. **Psychology (one semester)**
  - xii. **Human development (one semester)**
8. How many shadowing/observation hours are required prior to graduation for your career choice?
- a. What is the official process to record/document the hours?
- i. **To apply for the DPT program, I must have 40 hours of shadowing/observation hours prior to graduation. To record and document hours, I have to have the attending physical therapist detail out what I have done for the day and sign off on any hours of observation completed. My hope is to become a rehabilitation technician at one of the local physical therapy rehabilitation centers (ATI or FastTrack).**
9. How much money will your undergraduate and graduate degree(s) cost (even if you are not paying for it) in tuition and other related expenses? (TOTAL AMOUNT Through graduation.)

a. It will cost approximately \$26,700 in tuition and other related expenses (parking, book rental fees, etc.) over the course of 4 years.

b. How will you pay for it? (Financial aid, scholarships, parents, savings, etc.)\_\_

i. My expenses will be paid with a combination of the GI Bill, scholarship money, and personal savings throughout my academic career.

10. What Minor could be helpful in your future career?

a. The minor that would be helpful in my future career would be psychology. Since I am planning on working with professional athletes, psychology will help with my understanding of motivation, mental "blocks", personal issues, and other situations that may arise when working with players. As a massage therapist, we have already been trained in different areas of psychology, as many clients take the second half of our title ("therapist") more seriously than our first. When you are constantly in charge of a patient's care, you are the person they more often than not confide in, detailing out their personal lives or struggles. By having a background in psychology, you are able to help them navigate these areas without overstepping or generally saying something that could make matters worse.

11. What Licensure, if any, is required for your future career?

a. To be a physical therapist, you have to pass the National Physical Therapy Examination. This will give you a license to practice for 24 months before renewal is required. To renew your license, you must have continuing education hours each 24-month period.

12. What certifications or certificates could be helpful in your future career?

a. As a physical therapist, you will generally specialize in areas depending on where you wish your career to go. For myself, I will more than likely pursue the added certifications in the following areas:

i. I will continue to maintain my current NCBTMB board certification in massage therapy to continue to practice massage therapy and remain on the national registry.

ii. Looking through the additional areas I can apply to my main license, I will more than likely pursue certifications in Acute Care, Research, and Sports chapters.

iii. I would also like to pursue certifications in Cupping therapies, Advanced Kinesiology Taping Techniques, Graston techniques, and Gua Sha Techniques. I feel that these certifications will help me to expand my available

resources, as well as provide my clients/patients with as many possible therapies as possible to aid in their recovery/maintenance.

13. What **professional** organizations (Not Student Organizations) would be beneficial to join for your future career? Example: (Refer to previous Lectures on Professional Organizations and FAQ's)

- a. For physical therapy, the largest professional organization that would be most beneficial for me to join would be the APTA (the American Physical Therapy Association). Just briefly looking at the website, it is the most inclusive and comprehensive organization for physical therapists. They also offer continuing education, as well as job opening opportunities, through the membership portal.
- b. As previously stated, I will also continue to be associated with the NCBTMB (National Certification Board of Therapeutic Massage and Bodywork).

14. What are the specific names of some of the **professional, peer-reviewed journals** (not the name of the organization or an article but the name of the journal itself) that would be beneficial for your career choice? (Refer to previous Lectures on Professional Organizations and FAQ's)

- a. Physical Therapy and Rehabilitation Journal-The official journal of the APTA
- b. Journal of Manual and Manipulative Therapy
- c. Journal of Orthopaedic and Sports Physical Therapy
- d. Journal Physiotherapy-The official journal of the Australian Physiotherapy Association

15. Describe at least 3 specific ways you plan on networking?

- a. I plan on attending conferences held through the APTA. These events are specifically planned for networking and learning about the most recent technologies and techniques available to physical therapists.
- b. I plan on taking in-person CEU courses so that I can meet peers who are interested in the same modalities. Generally, about 70% of those attending are local, but the other 30% are from out of town. There is a cupping course that I would like to attend, but it is generally only taught in California. By attending this CEU course, I would be able to network with people who have a similar interest. I would also be able to have contacts in multiple states so that if I had a client who was either going on vacation or moving, I would be able to recommend another physical therapist to them to continue their therapies and treatments.
- c. I plan on continuing to guest speak at college campuses. By doing so, not only do I keep in contact with old professors, I meet new

ones who may also have their own personal contacts that may be beneficial. I also will be able to meet new peers who are just beginning as students or those who will be graduating. With them, I will hopefully be a good resource for them to get placed in a decent job in one of their interests through my own contacts that I have built over the years. Plus, you never know when a student will teach you, a trained and seasoned professional, something new.

16. What specific personal, academic, and professional mentor(s) would be beneficial for guidance? List one of each type.

a. **Personal**-With the intention of going into physical therapy to work with professional athletes, it is absolutely all about who you know, not necessarily what you know. Luckily for me, I already have multiple contacts in both the NFL, NBA, NCAA, WNBA, and NHL.

b. **Academic**-Your professors are your greatest asset when looking for guidance, especially as you are navigating your degree path. I have spoken openly with multiple professors already, and they have given me amazing insight into the profession I wish to pursue, as well as how to achieve it. One of my biggest fears is that I will be ill-prepared for my future career, and because I am a kinesthetic learner, much of my learning is based on my professors' abilities to teach.

c. **Professional**-By working at different locations while still under the same profession (i.e. a physical therapy rehabilitation center, a nursing home, a high school sports team, a professional sports team, etc.), you gain the ability to have multiple mentors with different outlooks on the same job.

d. **Why?**

i. **Personal**-These contacts in the professional athlete arena will help me to get my foot in the door when applying for a position. I will already have personal references that are "in the game" already, so to say. Hopefully, this will give me a leg up on other applicants, as the players can already attest to my abilities.

ii. **As stated above**, the way that I learn is by watching and doing. If my professors just ask for me to read a book and answer questions without actively engaging me, I have a difficult time learning the material. However, in this degree path, I have found that many of the professors actively engage their classes and make sure that the lessons are clear. Professors are assets in guidance as well because many have been in the profession or have contacts in your

chosen profession and are able to help answer questions and give you real-world experience.

- iii. By working as an intern or a rehabilitation technician, you gain the knowledge from the attending physical therapist, as well as knowledge from the assistant and even those working at the front desk or in other areas with the patient/client. Each of these professionals will offer guidance and advice on the same subjects, but with different outlooks. Each outlook is important, as no job will be the exact same every day. By having multiple professionals' ideologies under your belt, you have more of a diversity in your toolbelt when dealing with each client's needs.

17. What specific **barriers** could keep you from your attaining your career choice?

- a. How can you **specifically** overcome these barriers?

- i. The largest barrier present when going through school for any career is whether or not you graduate from the program. If, for any reason, I am unable to pass a certain course, I will not be able to graduate or receive my bachelor's degree in exercise science. If that does not happen, I will not meet the prerequisite for the graduate program and will not be able to continue my education until that course is passed. I can overcome this barrier by studying, being diligent about completing homework, going to office hours, speaking with my professors about anything I am having trouble understanding, and also talking and studying with peers.

- ii. Another barrier would be my children. While I do not think negatively about my children, in the back of my mind I am always fully aware that if anything were to happen to them, I would have to stop going to school to take care of them. Obviously, I would not be resentful of this in any fashion, but it would be a barrier in keeping me from achieving my career goals.

- iii. One other barrier I face is being accepted into the graduate program to complete the final portion of my degree for physical therapy. While I am still debating between physical therapy and athletic training, as stated before there is a program in Ohio that offers a degree path for both a master's in athletic training and a doctorate in physical therapy (basically a dual-degree path). Even if I have all of the requirements (interning hours, completed required courses, job experience, etc.), there is the potential that I

may not be immediately accepted into the graduate program. I have to show that I have something I can offer that others pursuing the degree path cannot, or show that I will be an asset in some way. Hopefully, through all of what I have detailed above in my aspirations for internships, current career field, and professional relationships with those who may be able to influence my acceptance into a graduate program, I will not have to worry too strenuously over this particular barrier.

18. Explain in **detail**, what **specific options** you could pursue to gain experience while you are pursuing your degree? (Include: internship, job shadowing, part-time job, conferences, etc.)

- a. Internship-I have already looked into potentially interning through the PFATS, which is the Professional Football Athletic Training Society. Each year, they have internships over the summer for students who are in the graduate program for athletic training. While I am currently intending to go to the graduate program for physical therapy, I am also considering doing the dual degree program that would get me a master's in athletic training and the doctorate in Physical Therapy. If I do go this route, PFATS is the perfect internship for me. I would get to work with professional athletes, while seeing how the athletic trainers have to think on their feet during games, how they work with athletes for rehabilitation or stretching, and how they go about their job on a day-to-day basis.
- b. Job Shadowing-I have spoken to my current clients and will continue to pursue working with an NFL team. I am preparing to speak with the team's physical therapist and see if they would be willing to allow me to job shadow some time over the summer during the training camps so that I can get an idea of what their job would entail. I have also spoken with a few of the physical therapy rehabilitation centers close to my house and intend on shadowing one or more of the physical therapists there to get an idea of what a clinical physical therapist's day to day activities look like.
- c. Part-time/full-time job- I have already applied to multiple locations in the surrounding Indianapolis area for a part-time job as a rehabilitation technician, as well as a massage therapist. Some physical therapists are looking for a massage therapist that specializes in rehabilitation techniques to help with therapies. If I am able to start as a part-time therapist there, I will be able to work in tandem with a physical therapist, which would be immensely beneficial. I would be able to learn how to apply my current knowledge to my future career.



d. Conferences-One of the biggest conferences that I am looking forward to attending is one on Myofascial cupping. There is a cupping conference that regularly comes to Chicago (this year it is May 21, 2022), and I do plan on attending in one of the next few years. I know this therapy will not only allow me to network with other massage therapists, but also other professionals that are parallelly-linked. There are other conferences I would like to attend including a conference on Graston, Gua Sha, and Thai massage techniques.

19. What specific **volunteer opportunities (different from shadowing/observation)** may help separate you from your peers for your future career?

a. In Indiana, there are quite a few “fun runs” that happen throughout the year. I am sent the information about 2-3 months before the run by one of my old professors from massage school. Each run event planner will ask for any available massage therapists that would like to set up tables or massage chairs at the finish line. I’ve worked a few of these events and they’re a great way for networking. You meet a lot of different people from multiple walks of life, both runners and other volunteers. I still have quite a few clients that have come from these events, not to mention quite a few contacts in different hospitals, rehabilitation centers, restaurants, event planning, etc. that I still keep in contact with and could help me to get my foot in for job opportunities.

## Section 4: Personal Reflection/ Career Preparation

20. Answer these common interview questions:

a. What are your strengths? What are your weaknesses?

i. **Strengths:** My strengths include my current knowledge of the human anatomy and how it functions, my ability to rapidly assess and handle a situation in a quick and orderly fashion, and my ability to learn in a fast-paced environment while still being efficient. With my background in massage and my continuing education hours, I have an extensive knowledge of the human anatomy that most graduates do not possess. I have also been in the medical field long enough to know how everything works and how to navigate the computer systems and discussions with other professionals (chiropractors, PTs, ATs, PCPs, etc.) about anything we do in our sessions. With massage therapy, I generally do a quick 5-10 minute intake that allows me to assess the client prior to the service. In this time, I have to listen to what they would prefer the focus of the massage be

on, what concerns they have, and any aches/pains/bumps/bruises they currently have. After receiving this information, I have to quickly form a plan for the session while they are changing and getting on the table. This happens quickly, so I have to be knowledgeable on how the body works and what muscles perform which actions. While thinking on your feet is important, it is also important to be able to learn new techniques from other therapists or professionals. When you are in a CEU course, you generally only have a weekend to learn the new material. If you are unable to learn at a quick pace, you will be unable to pass the final examination at the end of the course and not receive the CEU.

ii. Weaknesses: Like most people who have been in the same position or job for quite some time, I am used to doing a set routine. While this may be efficient, it can sometimes be detrimental as it does not always address the client's wants for the session or concerns. I am working on this and making sure to take my full assessment time at the beginning of sessions to make sure that I am listening to everything the client has to say and tailoring their sessions to their specific needs.

b. What specific skills do you have that will help with your career choice?

i. As stated above, I am currently in the massage therapy profession. As such, I already possess an extensive knowledge of the human anatomy and how it works. Since I have been a massage therapist for over 12 years, I have also acquired quite a few other modalities that few others possess. I specialize in deep tissue and myofascial release techniques, and I am certified in myofascial release techniques, KT taping techniques, and Infant and Toddler massage. I have also done courses on hot stone therapies, AIS techniques, and body mapping. With each of these therapies, I am able to enhance and expand my clients' therapy choices. It also allows me to help multiple types of clients, instead of just focusing on one single group.

c. How do you organize your work tasks each day?

i. I am a major list and color-coordinated calendar person. I have two physical calendars in my house: one calendar is for my family and any activities they have throughout the week, and the other is for my work schedule and client schedule. At the beginning of the week, I make a list of everything that absolutely needs to get done and leave room on each day for add-ons that I think of later on. When I focus on what needs to be done for work, I start my

workday by looking through my list of clients and pulling out any of their notes to brush up on their last treatments and any concerns they shared with me. I also look at any therapies I gave them to do at home to make sure those are discussed at some point in their treatment. Before the first client arrives, I make sure to sanitize all of my bottles, countertops, and table, as well as vacuum and mop the floor. I make sure my creams are full and my diffuser is filled and ready to go. I make sure that I have enough sheets for the day and make the table ready for the first client. If there is any laundry, I start a load before my first client arrives so that I can change out the laundry in between clients.

d. How do you handle stress and pressure?

i. I make sure that every morning and evening I do a 10-15-minute yoga routine. Sometimes, if I have the time, it will be longer. However, even a short session helps to relieve any tension that I picked up throughout the day. I also will take Epsom salt baths or watch whatever tv show currently has my attention (right now I'm rewatching The Boys series before the new season comes out in June). I also talk with my husband at night after we've put all of the kids to bed. We share what we did for the day and talk through anything that we might be stressing about. This is a great therapy, as it helps to lighten the mental load by sharing it out loud with someone else.

e. Why should we hire you?

i. After giving all of the reasons above, I believe there is enough information as to why I should be hired. I have plenty of prior experience, an excellent work record, and multiple references.

f. Where do you see yourself in five years?

i. In five years, I see myself either working through my graduate degree for PT or graduating with my doctoral degree. My husband and I have also discussed that when he retires from the military (which is in five years exactly), we will begin looking at building a house on a large portion of land (preferably 20+ acres). Our children will also have grown older and more independent, allowing for more free time in my schedule to adjust and open my work schedule availability.

g. How much compensation (Pay/Salary/Benefits, etc.) do you require?

i. While I have a set amount of money in mind for starting out, I am willing to negotiate pay/salary to gain benefits in insurance and 401k. Currently, with massage therapy, neither of these are offered and we are currently under my

husband's insurance. However, more vacation time, full insurance coverage (including vision and dental), and bonuses will sway me in taking a lower salary if the company is unable to offer me my anticipated pay.

- h. What do you like about this profession, employer, or company? (Ex: Physical Therapy, St. Vincent Sports Performance, NIFS, etc.)

i. Since deciding to switch from massage therapy, I knew I wanted to get into a job helping others. I have had quite a few professional athletes under my care, and I've heard how much of a toll their body's take. They deserve the best care that can be given, and from listening to their concerns and issues with those currently in charge of their care, I want to give them someone who listens and takes the time to help fix their issues. I've told quite a few clients that come to me for rehabilitation that I want to get them to the point where they no longer have to see me specifically for therapies, but more for relaxation and maintenance. I actually like how the Irsay family has handled to the Colts team. I know that Jim Irsay gets a lot of flack from people, saying that he doesn't really care about the players and is just interested in the money. However, I've noticed from talking to the players that he actually has a huge investment in their medical care and is learning how to provide them with better care than they've received in the past. This is promising, as it shows that he's willing to change his previous thoughts and listen to those around him to fix the issues.

- i. How would critical thinking be applied in this career?

i. As stated before, you have to be able to think quickly on your feet when discussing what a client is looking for in their session. For example, if they come to me telling me that they have low back pain and that they get a sharp pain that goes from their bottom down their leg when they bend over, I have to use my critical thinking skills to assess what muscles may be causing the issue and which therapies to apply during our session to rectify the situation and help relieve the pain. It would be the exact same in physical therapy. Clients will come to you with specific issues, and it is your job and responsibility to quickly assess, diagnose, and begin therapies that are specific to that client's needs.

- j. Give a **specific example** of your past **critical thinking** skills. (Not helping out through effort but **actual** CRITICAL THINKING: The mental process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and evaluating information to reach an answer or conclusion. **See examples in resources.**

i. I had a client come to me with pain in his neck. He explained that his physical therapist had been cupping his back throughout the week to try to alleviate the pain, but it was still there. I asked him where the pain was, what it felt like, and when the pain would happen. He explained that the pain was in his neck, up by his ear, that it felt like a pinched nerve, and that it was more painful when he would turn his head away from the point of pain (pain was on the right side, it hurt when he turned his head to the left). Knowing his history of torn pectoral muscles and that he frequently had a tight chest, I asked if the physical therapist had assessed his chest/pecs for pain relief. He confirmed that the PT had not. I had him do a pec release with arm raise for 15 seconds. Immediately after having him do the pec release, I had him move his head to the left side. He was absolutely ASTONISHED to find that the pain was completely gone and there was no longer a pinch. I had used my critical thinking skills to realize that due to his tight chest, his internal intercostals had tightened, which in turn tightened his SCM, and led to his feeling of a pinched pain in his neck.

21. If you were an employer interviewing yourself, name three reasons why you might not hire yourself?

a. How can you **specifically** change/overcome these three reasons?

i. The first reason that an employer might not hire me is due to age. Many employers have the misconception that those who are older are stuck in their ways and are more difficult to teach new "tricks." I have seen it many times where coworkers who are hired later on in life are not as open to learning new techniques and believe that the technique they've been using for many years is the only method available. I can overcome this misconception by showing my possible employer that I went back to school later in life, was able to successfully complete the courses, and was able to learn new skills through all of my internships/shadowing. I can also show letters of recommendation showing that I was a good listener, applier of recommended techniques, and a fast learner. Generally, I know that employers will always look for a second opinion, despite everything you can tell them about yourself. The business world can be mistrusting, so by building up a great network of allies and also by showing

your ability to be fluid and flexible in the workplace and in your practice, you can show your worth.

ii. The second reason that an employer might not hire me is my current restrictions in my personal life. Right now, applying to part-time jobs is difficult for me for multiple reasons. I am a mom of four kids that are all under 12 years old. This means that they rely on me for rides to practices, cooking dinner, homework help, and bedtime routines. I am also a full-time student. With this in mind, I have an extremely limited schedule available for me to work. Now, when I graduate with my undergraduate degree, all of my kids will be older and a bit more independent. My husband will also be close to retirement, meaning that his job will not be limiting our split of who's taking who to practice or school. I can also alleviate an employer's worry by showing that when I do apply for a job in my "final career", I will no longer be a full time student, and my home life will be a little less crazy with extra help.

iii. The third reason that an employer might not hire me is that I do have a stutter occasionally and have a "mental block" where I cannot always vocalize what I want to say. I'm not sure if it's old age or that I am constantly on the go with everything, but it does feel like my brain thinks faster than the words can come out. I also have noticed that even if I know in my head how to properly articulate an explanation of something verbally, I do not always have the words to express it. Luckily, I have noticed that, especially when trying to explain why something works the way it does with the body, I am able to properly articulate this to a client as I work them through a stretch or through a treatment. Generally, once someone starts talking with me about a subject, my brain and my mouth are able to sync up, and I sound much more put together and intelligent. I have explained this before in an interview and demonstrated this mental block, and I was still hired. I have noticed that as long as you are honest about your short comings with a new employer, but show how the issue can be worked around, they are still willing to hire you without focusing on the issue too much.

22. What is the name of a specific Business, Corporation, or Individual that offers a career position you are seeking?

a. I would like to work for an NFL team, specifically for the Indianapolis Colts. Their organization offers both jobs for physical therapy and athletic training.

- b. Next: Provide a **detailed profile/description** of the Business, Corporation, or individual you listed in question 22. (This is **not** a brief, cut and paste description from the company's website. It is a **detailed analysis** of the business/person. (Employers want to know you have done your research before you interview. **SEE FAQ's**)

i. The Colts originated in Baltimore, Maryland in 1953 after the dissolution of the Dallas Texan team. From 1953 to 1984, the Colts won three NFL championships and one superbowl (1971). In 1984, Robert Irsay relocated the Colts to Indianapolis. Since then, they have won the superbowl in 2007. Most notably, Payton Manning, paired with Marvin Harrison, led the Colts to numerous winning seasons, but was unable to cinch the advancement to the playoffs. However, they continued to progress as a team, going to the superbowl again in 2009 against the New Orleans Saints. After Manning retired after a surgery in 2011, Andrew Luck took over as quarterback, leading the Colts to a division title win in 2013. After Luck shocked everyone by retiring in 2019, the Colts have been struggling to find a new quarterback to help them get back in the game. Hopefully with their new signing of Matt Ryan, they will have found their golden goose.

The team is definitely in need of assistance on the sidelines. Working with many of the players, they have voiced their frustrations that there are too many players for the physical therapists and athletic trainers currently on staff to fulfill all of their needs. Many have gone in search of outside services, paying out of pocket for chiropractors, physical therapy, massage, and other therapies prescribed for them by their private doctors. With this knowledge, I want to join the medical team on the sidelines to break the cycle of the players needing to find outside help. Going into the 2022-2023 season, the Colts already have 10 out of their 80 players listed on the injury report. As of right now, the Colts' website lists a total of 17 people on the medical staff. However, they only employ one physical therapist (no physical therapy assistants are listed) and one head athletic trainer with three assistant athletic trainers assisting them. It is my belief that if the Colts were to employ at least two physical therapists with three to five assistants, they would greatly improve their ability to care for their players. It would give the physical therapists more time with each of the players, as well as making sure that each player is receiving the necessary treatments and attention to continue to improve their status.

23. When is the last time you met with your academic advisor?

a. I last spoke/met with my academic advisor towards the end of March. We set about planning both my summer semester and my fall semester classes for 2022. Christina is absolutely amazing and has helped me to coordinate my schedule perfectly every time. I am incredibly thankful for her hard work.

b. Why haven't you met with your academic advisor? (Applies to those that have not met with their advisor for more than a semester.)

24. Create a **current** resume. (See assignment resources for guidance)

a. Paste your resume here. (No links or attachments)

**DS**

**DOMENICA STEBBINS**

LICENSED MASSAGE THERAPIST |

## OBJECTIVE

I am currently working towards my BA in Exercise Science with a Minor in Psychology at IUPUI. I am looking to begin growing my skills in the medical field, as I am hoping to go on to grad school for Physical Therapy.

## CERTIFICATIONS

NCBTMB Certification:

- 609810-11

License Number:

- MT21304848

ABMP Insurance:

- 979525

## EXPERIENCE

### LMT • HANDS OF A BARBARIAN • 2021 – PRESENT

I began the local business of HOAB in 2021, and it is still going strong. As I am the only owner/employee of the company, I am in charge of all aspects, including finances, advertising, scheduling, massage, and cleaning. I work primarily with rehabilitation clients and professional athletes, where we focus on deep tissue and myofascial release techniques. Many of my clients are goal-oriented and we do assessments regularly to make sure that we are working towards these goals.

### LMT • KNEAD THERAPEACE • 2021 – 2022

As a licensed massage therapist, my duties included performing targeted deep tissue therapies and manual therapies to aid in my clients' recovery. The majority of my clients are here to work through injuries or to correct their body mechanics to alleviate pain and discomfort. At Knead, I worked with athletes, goal-oriented clients, and relaxation clients. My duties included making sure that each client received a



## Massage

### Specializations:

- Deep Tissue
- Myofascial Release
- Trigger Point Therapy
- KT Taping
- Infant/Toddler Massage
- Reflexology

unique and customized treatment based on their needs, cleaning of my assigned room before and after clients, scheduling clients, and taking payments for services rendered after each appointment.

### **LMT • MULTIPLE LOCATIONS • 2011 – 2021**

Over the years, I have worked at different spa locations, as well as chiropractic offices and gyms. I have enjoyed each one for their separate appeals and intrigues. It has been a pleasure working as a licensed massage therapist for over 10 years. I specialize and have certifications in Deep Tissue, Myofascial release, Infant and Toddler massage, and Kinesiology taping techniques.

## **EDUCATION**

### **BA IN EXERCISE SCIENCE • CURRENTLY IN SCHOOL • IU EAST**

I currently working towards completing my BA in Exercise Science. My GPA from my previous semester was 3.4. I have currently completed a total of 62 credit hours towards my degree. My main courses include Structural Kinesiology, Introduction to Exercise Science, and Cardio Performance. I am currently in my second year and plan on graduating in 2025 at the latest.

### **LICENSE IN MASSAGE THERAPY • BOARD CERTIFICATION • ITMS**

I studied at ITMS to prepare and take my NCBTMB certification and gain my massage license in Indiana. I continue to take continuing education courses to keep up with my certification and for personal interests.



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317-522-6431

25. List all sources for the assignment in APA format below.

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