



**DEPARTMENT OF
OCCUPATIONAL
THERAPY**

SPRING 2021



New Student Orientation Cohort 17

January 7-8, 2021

For the past thirteen years, coordinating the MSOT New Student Orientation has been the department's premier event for student success and introduction into the MSOT program. Therefore, orientation has gone through many changes and evolved over the past years, however, the pandemic brought a new unexpected challenge. How were C17 students going to develop their initial camaraderie, and mentorship without orientation, which has been vital to every new cohort. It is this situation that reminded me of Disney's animated movie of Mulan, where she turns a challenge into an advantage as she uses the stringed weights as leverage to climb the pole. It became my focus to recreate orientation as an actual physical experience, something that could only be done through interactive involvement and interaction with C16. It was my task to reimagine and virtualize the MSOT New Student Orientation 2021 for C17 on Zoom, and perhaps for a new phase.

Like a television production, season fourteen of the MSOT New Student Orientation 2021 was underway, and it was cast with a new adventurous committee of C16. The initial challenge was with what functionality of Zoom knowledge did we know; however, the committee and I had already acquired sufficient experience to brainstorm and implement ideas. It was with the effects of movement between the main meeting room and the breakrooms that we tried to create the experience of being at orientation. It was also with the interactive engagement of C16 that brought everything together, the seven led advisor tables, the ICOT campus video tour, the four student organizations and two membership organizations. Eventually, everyone was then brought back to the main meeting room with a greeting from the College Dean Dr. Peyton, MSOT Department Chair Dr. Peralta-Catipon, MSOT Program Coordinator Dr. Kitching and MSOT faculty/staff appearance or video recording. Afterward, C17 was then able to meet in breakrooms with their faculty advisors and meet with their mentors.

Furthermore, a new twist and expanse of the schedule brought a secondary day of New Student Orientation 2021, with recurring and new guest. All the regular campus resource guests were able to return in their supporting role of our program, the University Police, Parking and Transportation Services, the Student Disability Resource Center, the Student Health Center, the Psychological Services, the Basic Needs Program, the Title IX Office, and external guest the Occupational Therapy Organization of California. This year we were able to introduce the Office of Alumni Relations and alumnus Danial Rodriguez from C04, who gave an inspiring and supportive speech to students in the program. Dr. Peralta-Catipon and Dr. Kitching were able to go over the Student Handbook Policies and Procedures, while MSOT Academic Fieldwork Coordinator Dr. Swiatek went over the Fieldwork Policies and Procedures. Dr. Becerra-Culqui and Dr. Ryan introduced Creating a "Culture of Safety" presentation. And with the conclusion of orientation, the future format of orientation is to be determined.

A special thanks to the dedication of the committee of C16, the volunteers and the student mentors. I have asked a few to give us some insight into their experience with orientation. – Samuel Castruita

My experience of the virtual orientation was the best it could be considering the current circumstances. I can only imagine how difficult it was to plan a virtual orientation for the first time, but I thought it was well thought out and planned. I appreciated the hard work that went into it and the warm welcome by all the staff and faculty, as well as the C16 volunteers. I also enjoyed the breakout rooms where we got to talk to some of our peers, C16 students and representatives from each organization. The orientation gave me a better insight of our program and got me excited to start my OT journey! - Jenny Ahn

Orientation Cohort 17

January 7-8, 2021

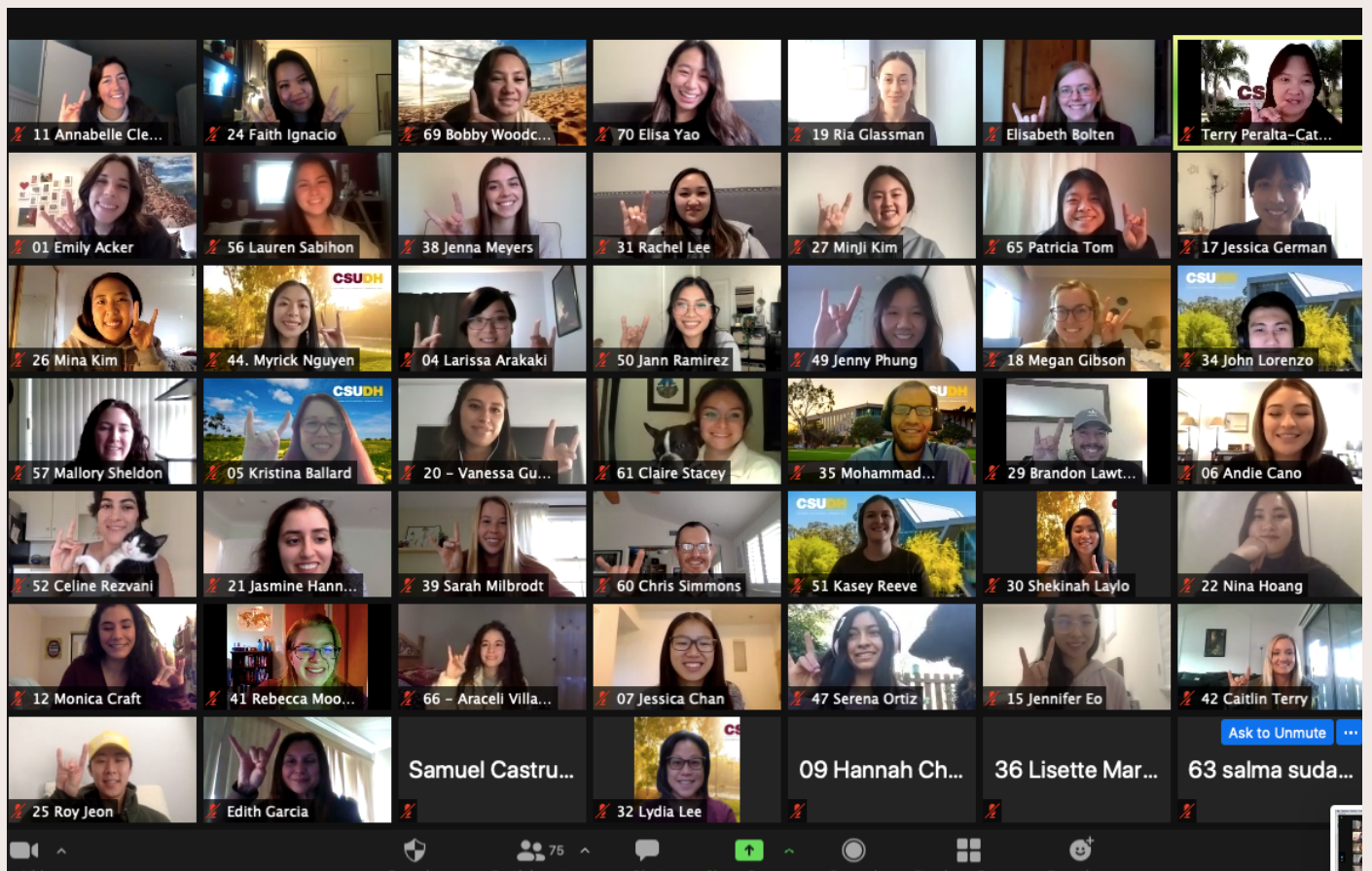
I had the opportunity to be a part of orientation both as an incoming student in C16 and as a volunteer for C17. Going through the process twice has allowed me to reflect upon the experience's similarities and differences. Coming into OT school with C16 at CSUDH represented a huge milestone for myself and so I imagined orientation would be a very special day which it was. It was great meeting my peers, learning from the previous cohort, and listening to faculty speak. When volunteering for C17's orientation I felt pressure to make the day special for C17 since I knew this was likely a huge milestone for many of them as well and I did not want them to be underwhelmed, especially since the orientation would be online. There would be no face to face introductions, campus tour scavenger hunt, or group pictures on the steps. Still orientation managed to go smoothly with an awesome virtual campus tour courtesy of ICOT and virtual icebreakers in which C17 showed off their personality and excitement to be CSUDH OT students. So despite a different perspective from myself and very different venues both C16's and C17's orientations were very special which makes me think that there is not any particular aspect of orientation that makes it special other than the amazing people who have committed to being CSUDH OT students and faculty. -Nader Abolhosn

Consistent with the pandemic theme of "unprecedented times," the virtual New Student Orientation filled me with mixed emotions. On one hand, it was jarring to be confronted by 70 to 80 new faces staring back at me in the computer screen as I sat in the comfort of my home. I felt somewhat disappointed that yet another milestone in my life was replaced by a virtual experience, because there was nothing like the nervous jitters of meeting everyone in person and deciding whom to sit next to while making awkward conversation. On the other hand, I had never memorized names so quickly in my life as I was forced to stare at people's faces and names for two consecutive days. More importantly, I was pleasantly surprised by how the staff and students exuberated such warmth and kindness that were even palpable through the screen. By the end of orientation, I was comforted by the lingering feeling that in the challenging times ahead, I had the diverse, hardworking staff and C17 to support and guide me on my journey for the next two and a half years. - Nina Hoang

As a member of the orientation committee, I spent time with my peers over winter break wondering how we would infuse C17's online orientation with the same energy and excitement during C16's orientation the prior year. We strived to find the appropriate balance between providing the required information and granting opportunities to network. I recalled the comfort I felt when I began to develop meaningful connections during my orientation, and how imperative those connections have been throughout the program. Many peers and I agreed that the warm and welcoming nature of C16's orientation truly made us feel like members of the OT Toro Family. Therefore, I asked myself "how can we welcome C17 into the Toro Family in an online environment?" Much like the occupational therapists we strive to become, we decided to use the virtual environment to our advantage whenever possible. We used unique virtual icebreakers. We compiled videos with smooth transitions that were easy to understand and efficient. I was honored to develop the "lunch break video" that included silly skits, general advice, and a delightful compilation of members from C16 welcoming the new toros into the family. A few committee members and I shared concern about how effective our ideas would be, but we were thrilled to see the excitement C17 showed us throughout orientation. When I saw the connections C17 began to develop during the orientation, I knew that they had truly joined the family. - Elisabeth Bolten

Orientation Cohort 17

January 7-8, 2021





Spring SOTA General Meeting

January 22, 2021

On January 22, SOTA kicked off the new semester with our spring general meeting with 78 attendees, welcoming new members from cohort 17! Attendees had the opportunity to learn about all the events that SOTA has to offer and the different benefits and perks to being a SOTA member! Additionally, participants had the chance to participate in games to win Amazon gift cards and other SOTA gifts. Students from cohort 16 and c17 stayed online to get to know one another, share advice, and overall created a supportive space as we all looked forward to the new school year!



Fitness February

February 1-28, 2021

After transitioning into a virtual learning format, some students have been finding it difficult to stay motivated to engage in physical activity. Therefore, SOTA wanted to help motivate the students of the CSUDH MSOT program to engage in physical activity with Fitness February! For the month of February, we challenged the students of the MSOT program to engage in at least 30 minutes of physical activity daily. Our secretary, Helen Chan, created a spreadsheet where students could track down each day that they have done at least 30 mins of physical activity. Our fellow students engaged in a wide range of physical activities such as walking, running, hiking, dancing, and hustling at work or fieldwork! Every student that participated in 30 mins or more of physical activity for at least 10, 12, or 15 days was entered into our Amazon gift card raffle. C17 students, Rachel Lee and Chis Simmons won a \$20 and \$15 Amazon gift card, respectively. While C16 student, Cristina Garcia won the \$10 Amazon gift card. Thank you to everyone that participated in our Fitness February! We hope you enjoyed this month-long event! -Josh Dizon

Running has been a deeply meaningful occupation throughout my life. Apart from being a great outlet for physical activity, I find running to be meditative, such that I will often return from a run physically exhausted but mentally energized. This past Spring as I was just beginning the MSOT program and still struggling to find occupational balance, I really appreciated the SOTA fitness challenge as a way to share my passion for running and connect with my classmates. Through participation in the SOTA event, I felt a strong sense of community and inspiration in seeing all of the different fitness related occupations my classmates were engaging in over the course of the month. - Chris Simmons

My fave fitness occupation is running! But I like to mix up my routine with yoga, hikes, bike rides, or anything else that gets me moving. I'm motivated to continue working out in this virtual environment since I think exercise is a great study break. It helps me stay physically healthy and let's me be more focused once I get back to my desk! - Cristina Garcia



Spring Speaker Series

Sarah Putt

February 4, 2021

&

Dr. Bryant Edwards

March 9, 2021

On February 4 and March 9, SOTA had the opportunity to hear and learn from guest speakers Sarah Putt and Dr. Bryant Edwards for this semester's speaker series! Sarah Putt is the host and creator of the podcast and website, OT 4 Lyfe, co-host of the podcasts The OT Roundtable and The Real OTs of Early Intervention, and is an occupational therapist with 10 years of working experience in early intervention. Sarah shared with our participants how she turned her passion for occupational therapy into reality with the creation of her podcast, which she hopes inspires other OT practitioners while bringing awareness to various topics within the field. Some of our attendees were even regular listeners and fans of Sarah Putt's podcast, giving them an opportunity to further engage and learn from Sarah through this event.

For our next speaker, SOTA and COTAD collaborated to invite Dr. Bryant Edwards, OTAC President, to speak about the role of occupational therapy in addressing racial justice and grassroots. This was an interactive and critical discussion providing our participants the opportunity to learn more about how we, as current and future occupational therapists, could address the racial injustices that are currently happening around the world, especially in the United States. -Helen Chan



Western Regional Occupational Therapy Spring Symposium

Santa Monica College

Students and fieldwork faculty from CSUDH's MSOT program and Santa Ana College's OTA program collaborated on a presentation for the Western Regional Occupational Therapy Spring Symposium on March 7, 2021. "OT and OTA FWII: Clubhouse International Site Collaboration" was presented by Becky Hua (C15), Courtney Jarvis (C15), Jennifer Brouwers (SAC OTAS), Zurit Horowitz (C14), Jessica Padilla (SAC AFWC), and Faith Moy (CSUDH Fieldwork Faculty and Lecturer). The Clubhouse International standards and model were presented by club members Amy and Sky. Faith and Jessica share about the history of Clubhouse International and the history of the collaboration of our OT/OTA programs over the years. Zurit shared about the creation of the virtual clubhouse and how it was important to keep the club members engaged through the pandemic. Becky, Courtney, and Jennifer interviewed three club members (Joshua, Chelsea, and Marlon) who shared about the value and meaning of teaching classes via the virtual clubhouse. They also shared about the levels of leadership the OT and OTA students were able to engage club members in whether it was leading a class with minimal help from an OTS or OTAS or with the OTS or OTAS taking the lead while the club member read slides or asked other members the questions on the slides. There were a lot of challenges for the club members through the pandemic, but one of the positive aspects was finding the ability to lead classes on one level or another. -Faith Moy





Student Psychological Services

March 15 2021

Continuing our SOTA speaker series into the Spring semester, SOTA partnered with CSUDH Student Psychological Services on March 15 to discuss the topics of zoom fatigue, stress, loss of motivation, and burnout amongst other topics. SOTA had the pleasure of hosting one of the psychologists last semester, and after receiving such positive feedback from the event, we decided to invite our guest back to speak to not only C16, but to the new cohort of C17. We had the opportunity to learn different ways to combat imposter syndrome, and also learned new methods to manage stress from peers who openly shared their ideas! Students gained such valuable information from our guest speaker and from each other. We look forward to continuing to partner with the CSUDH Student Psychological services as they have been a wonderful support for students in our program. -Kelli Kato



OTAC Virtual Advocacy

April 26-30, 2021

The Occupational Therapy Association of California (OTAC) held its first virtual Advocacy Week April 26-30, 2021. On Wednesday, April 28th, Region 2 members participated in a discussion with Aaron Moreno from Assemblymember Autumn Burke's office. OTAC lobbyist, Lindsay Gullahorn (Capitol Advocacy), provided a brief overview of occupational therapy services followed by a review of our interest in legislation on expansion of telehealth services and the need to expand access in mental health services across the board including the identification of occupational therapy as a qualified mental health professional. Mr. Moreno welcomed this discussion on mental health services and stated he was previously unaware that this type of intervention was within our scope of foundational education and professional scope.

A typical Advocacy Day meeting like this held at the State Capitol is approximately 15-20 minutes long. In this virtual environment, we had his full attention for 30 minutes and Mr. Moreno reciprocated many of our perspectives on people as occupational beings as well as people deserving the support needed to reconstitute a life following challenges with substance abuse and/or persistent mental disorders/illness. Dr. Kitching encouraged Mr. Moreno to reach out in the future for a tour of the OT Services provided in collaboration with the residents and others at CVC and he expressed interest in doing so once travel for constituency outreach is safe again.

In attendance from the CSUDH OT program were Traci Kapp (C15), Jenn Robbins (C17) and Mallory Sheldon (C17). Dr. Heather Kitching shared the practice of Dr. Gina Phelps as Director of OT at Century Villages at Cabrillo (CVC) as an example of what OT can provide in community-based, mental health settings. Advocacy starts with showing up and delivers results with follow-up. Way to show up, Toro OT! - Dr. Heather Kitching

The future of occupational therapy really depends on our advocacy efforts. The more we advocate for our profession, the more opportunities we will have to serve those in need while continuing to expand and solidify our place within the healthcare system. Attending this meeting helped to demystify part of that process for me. It was a great learning experience and I encourage more students from cohort 15 to join in next time! -Traci Kapp

"It was incredible to see the actual conversation take place and build awareness of the legislative status OT's need to make the impact that our profession is capable of. I'm so heartened! In my own research I have come across the benefit that having the QMHP (qualified mental health professional) status would be in promoting OT. Also, I have a special interest in mental and health and even more specifically domestic violence and it was great to see leading advocates in OT at the meeting. Thank you so much for the opportunity!" -Jenn Robbins

Student Research Conference C16

This year the CSUDH 16th Annual Student Research Conference was presented in a virtual format, with 18 occupational therapy qualitative research teams represented. All the research teams developed and conducted their studies virtually during the two terms prior to the conference. Our students once again rose to the occasion with creativity and committed excellence. Each team pre-recorded their presentations and attended live question/answer sessions. They fielded some very challenging questions with aplomb! Needless to say, we are excited that they had this opportunity to share their findings with a wider audience and have their scholarship recognized. Four of the teams were awarded, and the two first place finishing teams will be presenting their studies at the CSU Statewide Student Research Conference on May 1. – Dr. Sheryl Ryan

CSUDH | OCCUPATIONAL THERAPY

The Race/Ethnicity of Occupational Therapists in Southern California: Experiences in the Workplace and with Clients

Kimberly Ayala, Sabrina Belen, Helen Chan, Christina Chu

www.csudh.edu

This slide features the CSUDH Occupational Therapy logo at the top left. The title is centered in a maroon box. The presenters' names are listed below. A small video grid on the right shows four participants.

CSUDH

Department of Occupational Therapy

The Lived Experience of Sons Caregiving for Their Parents with Alzheimer's Disease or Dementia

Michelle Alfonso, Greg Doimage, Briana Fajardo, & Cristina Garcia
www.csudh.edu

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This slide features the CSUDH logo at the top left. The department name is centered above the title. The presenters' names are listed below. A small video grid on the right shows four participants.

CSUDH

CSUDH Department of Occupational Therapy

The Lived Experiences of Identity Reconstruction in Individuals with a SCI who Participate in Outdoor Recreation

Julia Adams, Nader Abolhosn, Heather Bocianski, and Elisabeth Bolten

www.csudh.edu
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This slide features the CSUDH logo at the top left. The department name is centered above the title. The presenters' names are listed below. The footer includes the university name and website.

CSUDH

Department of Occupational Therapy

Commonalities in Treating Eating Disorders: The Experiences of Occupational Therapists

Chloe Aftalion, Piper Asten, Jennifer Duffy & Amber Ferrari

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Student Research Conference C16

Awardees of the CSUDH 2021 Student Research Conference

Oral Presentations: Behavioral and Social Sciences I

First place: Colleen Vuong, Naomi Nelson, Shayna Quach, Brandon Thomas

The Lived Experiences of Minority Mothers in the Neonatal Intensive Care Unit and
the Role of Occupational Therapy

Faculty Mentor: Dr. Sheryl Ryan

Behavioral and Social Sciences II

First place: Juliet O'Brien, Rachel Reyes, Lauren Weaver

The occupational aftermath of sexual assault survivors

Faculty Mentor: Dr. Sheryl Ryan

Second place: Melanie Ramirez, Mary Grace Perez, Justin Navarro, Bernice Verzosa

The impact of stroke on transportation use in the greater Los Angeles area

Faculty Mentor: Dr. Sheryl Ryan

Behavioral and Social Sciences III

Second place: Vanessa Flores, Jennifer Dee, Michelle Franco

Dating and Sexuality Experiences Among Transition-Age Individuals With Autism
Spectrum Disorder: A Narrative Study

Faculty Mentor: Dr. Sheryl Ryan

The qualitative research process has been challenging, informative, and unequivocally rewarding, and we could not have done it without Dr. Ryan's expert mentorship. Throughout the process of this assignment, we not only expanded our knowledge of qualitative research but we also acquired more confidence in the process, while learning to trust our own critical reasoning. The interview process with the participants allowed us to start exercising our therapeutic use of self, which was exceedingly rewarding after having previously only encountered this as a theoretical concept. The topic of sexual assault was challenging for so many reasons. In the analysis of the data, it was easy to feel powerless when amidst traumatic narratives. While a painful subject, we felt that the participants experienced benefit from the process of telling and reflecting on their stories. This allowed us to touch the lives of others in a way we hadn't yet had an opportunity to do as students. This was unexpected but rewarding, making all the edits and APA formatting worth it, knowing that we can and did make a difference. --Juliet O'Brien, Rachel Reyes and Mele Weaver

Student Research Conference C16

CSUDH

Department of Occupational Therapy
Understanding the Occupation of Drag

Courtney Ramirez, Michael Tran, Lauren Viloria, and Caresse Zhong

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This screenshot shows a Zoom meeting window. On the left is a presentation slide with a maroon header and footer. The slide title is 'Understanding the Occupation of Drag' by Courtney Ramirez, Michael Tran, Lauren Viloria, and Caresse Zhong. On the right side of the Zoom window, there is a vertical stack of four video thumbnails showing participants.

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CSUDH

Department of Occupational Therapy
Coping Experiences Amongst Caregivers for Persons with Chronic Conditions

Abigail Reihanian, Nadia Saleh, Nancy Saucedo, & Laura Toda

This screenshot shows a Zoom meeting window with a browser address bar at the top displaying 'csudh.techsmithrelay.com'. The presentation slide on the left has a maroon header and footer. The title is 'Coping Experiences Amongst Caregivers for Persons with Chronic Conditions' by Abigail Reihanian, Nadia Saleh, Nancy Saucedo, and Laura Toda. On the right, there is a vertical stack of four video thumbnails.

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Department of Occupational Therapy
The Lived Experiences of Minority Mothers in the Neonatal Intensive Care Unit and the Role of Occupational Therapy

Naomi Nelson, Shayna Quach, Brandon Thomas, Colleen Vuong

This screenshot shows a Zoom meeting window. The presentation slide on the left has a maroon header and footer. The title is 'The Lived Experiences of Minority Mothers in the Neonatal Intensive Care Unit and the Role of Occupational Therapy' by Naomi Nelson, Shayna Quach, Brandon Thomas, and Colleen Vuong. On the right, there is a vertical stack of four video thumbnails.

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Department of Occupational Therapy
Occupational Aftermath of Sexual Assault

Juliet O'Brien, Rachel Reyes, Mele Weaver

This screenshot shows a Zoom meeting window. The presentation slide on the left has a maroon header and footer. The title is 'Occupational Aftermath of Sexual Assault' by Juliet O'Brien, Rachel Reyes, and Mele Weaver. On the right, there is a vertical stack of three video thumbnails.

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Narrative Analysis Study
The Impact of Stroke on Transportation Use in the Greater Los Angeles Area

Justin Navarro
Mary Grace Perez
Melanie Ramirez
Bernice Verzosa

This screenshot shows a Zoom meeting window. The presentation slide on the left has a maroon header and footer. The title is 'The Impact of Stroke on Transportation Use in the Greater Los Angeles Area' by Justin Navarro, Mary Grace Perez, Melanie Ramirez, and Bernice Verzosa. On the right, there is a vertical stack of four video thumbnails.

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Department of Occupational Therapy
Performance Patterns & Spirituality on Post-Rehabilitation Individuals Recovering From Substance Use Disorder

Sarah Anne Nakamura, Natalie Pinchuk, Crystal Solano, Michelle Vuong

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This screenshot shows a Zoom meeting window. The presentation slide on the left has a maroon header and footer. The title is 'Performance Patterns & Spirituality on Post-Rehabilitation Individuals Recovering From Substance Use Disorder' by Sarah Anne Nakamura, Natalie Pinchuk, Crystal Solano, and Michelle Vuong. On the right, there is a vertical stack of four video thumbnails.

Student Research Conference C16

Perceptions of Nature-Based Occupational Therapy for the Geriatric Population: A Photovoice Study

Department of Occupational Therapy
Gabrielle Jee, Kelli Kato, Kira Makuta

CSUDH OCCUPATIONAL THERAPY

This slide features a white background with a maroon vertical bar on the right. The title is in bold black text. Below the title, the authors' names are listed. The CSUDH logo is in the bottom left. On the right side, there are three small video thumbnails showing participants.

CSUDH

Occupational Therapy Department
Grief, New Pet Ownership, and Occupational Participation: Pets Breaking Down Occupational Barriers

Nicky Lai, Shanna Massachi, Alexander Mastrovito, and Jimmy Merrigan

www.csudh.edu

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This slide has a white background with a maroon bar at the top containing the CSUDH logo. Below it, the department name and title are in white text on a maroon background. The authors' names are listed below. The website URL and university name are at the bottom. A vertical strip of video thumbnails is on the right.

CSUDH

Department of Occupational Therapy
The Occupational Experiences of Women with a Late ASD diagnosis

Jaclyn Ingram, Alex Krizek, Teresa Lam, Annika Lin

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Department of Occupational Therapy
The Experience of College Students With Depressive Symptoms Participating in Online Instruction During the COVID-19 Pandemic

Stephanie Hoang
Jennifer Dabin Kim
Ada Le
Zack Michaels

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Department of Occupational Therapy
Experience of New Motherhood on Occupations, Roles, and Routines

Tien Alison Ho, Celeste E. Lau, Judy J. Lee, and Angelica Q. Mones

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CSUDH

Department of Occupational Therapy
The Lived Experience of Intimate Relationships of Adults with Cerebral Palsy

Samantha Betts, Cindy Carrillo, Josh Dizon, Lauren Fukuyama

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CSUDH OCCUPATIONAL THERAPY

Department of Occupational Therapy
Dating and Sexuality Experiences Among Transition-Age Individuals With Autism Spectrum Disorder: A Narrative Study

Jennifer I. Dee, Vanessa M. Flores, and Michelle T. Franco

www.csudh.edu

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CSUDH

Department of Occupational Therapy
Lived Experiences of Parents Who Have Adopted Children with Mental and Behavioral Health Challenges

Megan Guerra, Katy Kelley, Kori Kutsch, Katy Kwan

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Student Research Conference C16

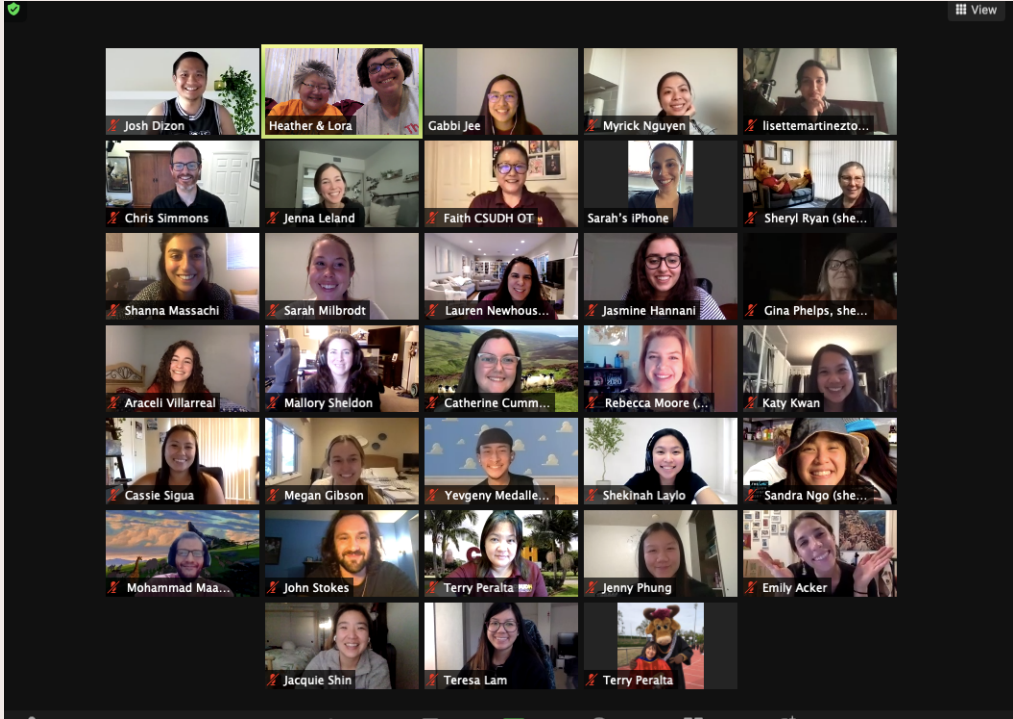
On behalf of our research team, we are so grateful and incredibly blessed to have shared our research findings about the lived experiences of minority mothers in the NICU and the role of occupational therapy in supporting the mental health of minority mothers. Having the opportunity to attend the Statewide Student Research Day was such an incredible experience and being surrounded by other CSU students that are passionate about research has generated our appreciation of a lifelong learning process. From this experience, we look forward to continuing spreading more awareness about the role of occupational therapy within the NICU and further advocating for our clients to receive equal access to care within the healthcare system. -Naomi Nelson, Shayna Quach, Brandon Thomas and Colleen Vuong



Mixer - C17 & MSOT Faculty

"On March 22, the Cohort 16 executive board members of SOTA, ICOT, and PTE hosted a relaxing and enjoyable faculty and Cohort 17 mixer! We started the evening by creating a custom bingo board from a list of possible phrases, experiences, and traits. The list ranged from occupational therapy related phrases like "wants to go into pediatric OT" to random experiences like "has been to Ireland." After everyone was done with their custom bingo board, Cohort 17 was randomly divided into groups of 4-5 students and put into a Zoom breakout room with one faculty member. In the Zoom breakout rooms, the group members took turns asking each other the different phrases they put in their custom bingo cards. After a couple of minutes, everyone returned to the main room to share any interesting facts they learned about their group members. Then, everyone was put into breakout rooms again with different group members so that they could get to know more people. This bingo activity created opportunities for the faculty members and Cohort 17 to learn more things about each other by talking about the different phrases, experiences, and traits they put in their custom bingo cards. With the support and generosity of faculty members, Professor Faith Moy and Dr. Heather Kitching, we were able to hold a raffle for 4 Starbucks gift cards, 2 CSUDH OT Aprons, and 1 CSUDH OT tailgating chair in between the breakout room sessions! At the end of the bingo activity and giveaways, we gave a list of questions to the crowd and the faculty members and Cohort 17 students that wanted to continue the fun went into the breakout rooms to answer the questions! Thank you again to everyone that joined us for this event!" - Josh Dizon

Mixer - C17 & MSOT Faculty



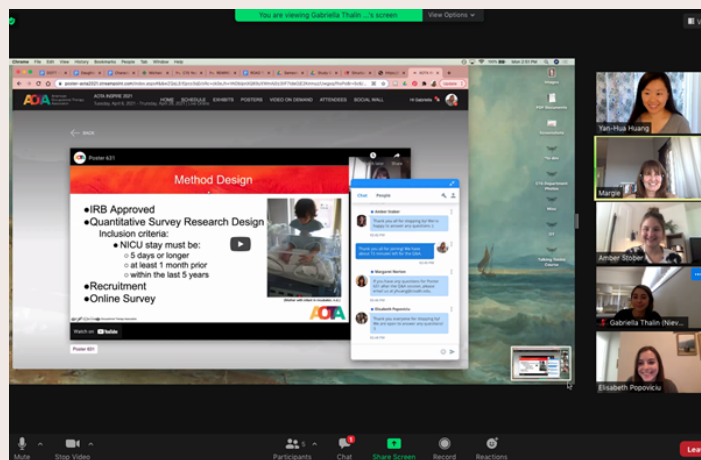
AOTA Inspire 2021 Conference & Expo

April - June 2021

By: Yan-hua Huang and Margie Norton Scarpignato

Lead by Dr. Yan-hua Huang, Amber Stober, Gabriella Thalín, Elisabeth Popoviciu and Margie Norton Scarpignato presented our quantitative research, Predictors of Mothers' Satisfaction, Resilience and Maternal-Infant Attachment Post Neonatal Intensive Care Unit Discharge, at this year's AOTA Conference and Expo, Inspire 2021.

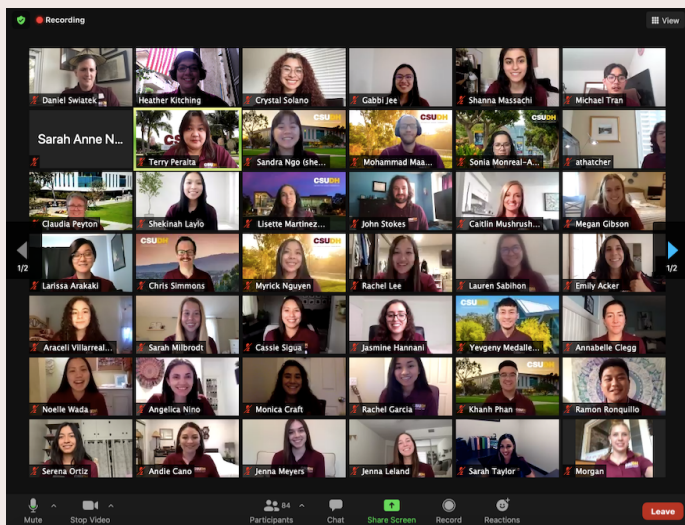
Several weeks before the conference we met early in the morning with an AOTA representative and recorded our presentation via zoom from our homes and fieldwork locations. We were given ten minutes and had one chance to record. Luckily, CSUDH's MSOT program prepared us well and our presentation went off without a hitch! We had to create a page on the AOTA platform in lieu of a booth, and we fielded questions via an online chat during our designated hour. During the month-long conference we had 130 visits to our virtual booth. We were proud to represent CSUDH's MSOT program on this unique national stage.



Red Shirt Ceremony Cohort 17

May 21, 2021

It was an honor to speak and share my fieldwork experience at C17'S Red Shirt Ceremony. Having completed my first in-person fieldwork experience this Spring 2021, I realized the significance of critical reasoning. While volunteering and shadowing prior to starting this program, I didn't yet have the foundational knowledge that was needed to truly understand treatment sessions and to ask appropriate questions. Since starting CSUDH, I have gained an immense amount of knowledge on conditions, assessments, and interventions. We have had the opportunity to analyze several case studies in various courses and to complete Simucase. While enriching, these case studies did not involve live interactions with patients or the ability to conduct evaluations or interventions on real individuals. Thus, having the ability to interact with patients in person while also having the foundational knowledge to truly understand evaluations and interventions allowed for a very meaningful and educational experience. Reviewing patients' chart notes, discussing the impact of their diagnoses on their quality of life, interacting with patients, evaluating patients via structured and unstructured assessments, and conducting aspects of treatment sessions were challenging and enriching. My fieldwork educator had me create upcoming treatment plans based on my understanding of the patient's medical condition, level of functioning, priorities, and goals. Having done so, I realized the importance of tailoring treatment plans for each unique patient. Overall, while completing Level I Fieldwork, I encourage students to come prepared (research topics, type up daily notes), ask questions, and be open to feedback! -Shanna Massachi



Red Shirt Ceremony Cohort 17

May 21, 2021

In choosing this song, I thought about the message that I wanted it to portray: that we are making it through this program together. That's when "With a Little Help From My Friends" by The Beatles came to mind.

I picked this song because I feel like we are all supporting each other through this program. Everyone in this cohort has shown so much care for one another and hyped each other up through everything so far, from our lectures and group activities to our study sessions together. Even though it's been a bit rough at times, it's also been a blast. Our time together this first semester has honestly been the most I've laughed since the world went into lockdown last year.

It can be hard to connect over zoom, but the chances that we do get to take a break, share how we're feeling, and give each other advice always make me feel so much better. Those moments remind me that I'm never alone in whatever struggles I'm having, and that I have a network of wonderful people supporting me. In short, I hope this song helps to remind everyone: We are all going to get by, with a little help from our friends. -- Catherine Cummings

I want to give back the wealth of wisdom the OT program has provided me. I remember coming into the program consumed with apprehension. It was the empathy of the previous cohort that served as a beacon of light-- assuring us that everything will be OK and validating our self-constructed shortcomings. I did not know what to expect but to expect the unexpected. However, knowing that my peers went through similar experiences of self-doubt and overcoming it through their successes in fieldwork set a precedence for my own success. Serving on the panel was my way of creating a path for the new generation of occupational therapists and paying it forward. After all, it was this program that instilled camaraderie and eliminated competition. As such, I want to do all that I can to ensure the success of CSUDH's OT program and our beloved profession. --Michael Tran

The Show Goes On by Lupe Fiasco is poetic in more ways than one. Fiasco is a term that can be used to describe much of 2020, and describe a lot that we were all feeling as we navigated these new challenges. Feelings of insufficiency, confusion, tension, and stress became a new normal for us. However from that emerged new found resilience, hope, and joy as we began to fuse together as a family and team, and find shelter and comfort in each other. We quickly realized we are not alone, and we have worked so hard to be where we are. Although the road ahead looks challenging and at times impossible, the show really does go on. Maybe in a modified and adapted way, which seems fitting as that's seemingly what we do in occupational therapy when faced with a challenge. Adversity is threaded into our journey, but so is strength. There is a beauty that emerges from rising above, pushing through, and not giving up when the going gets tough. As we head into our final didactic semester, and then into fieldwork, the resilience and strength we quickly adapted will only help us thrive in these new environments. Although the show doesn't look like we have anticipated, it does and will continue to go on.

Meaning of serving on the panel and experience of fieldwork education: It was such an honor to be asked to speak on this panel. I value honesty, openness, and transparency, so I think it is so important to have spaces where that type of conversation can take place. Fieldwork can be intimidating and challenging, and for me it was! I was in a setting that was unfamiliar, and working with a population I had limited experience working with. I knew from the jump, self-awareness and humility were necessary. A big take away from this learning experience was that it is just that, a learning experience. You won't have the right answer all the time, you won't understand all terminology, and you will make mistakes. In that however you will learn which is infinitely valuable. If you are honest with your struggles, questions, and understanding, your educator can meet you where you are to help facilitate opportunities to learn. In addition, being open to trying new things, and receiving feedback is crucial! Don't be afraid to try, and don't be fearful of the possibility of "failing". Failing up until this point has been a taboo word for us overachievers, however there is a beauty in failing and growing from the new knowledge you gain from it. Lastly, being transparent, to me this ties into one's therapeutic use of self. It goes along way with all people and in specific your fieldwork educator and clients. People are people, we are all unique and special in our own way. It's so important to see that, and nurture that in all situations. In the fieldwork setting building that rapport and friendship will truly increase the quality of your relationships and quality of care. -Naomi Nelson

Cohort 15 Yearbook

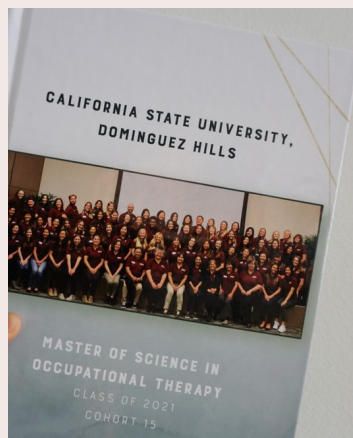
By: Gabriella Nieves & Jasmine Okomoto

Compiling and creating the Cohort 15 yearbook was a team effort spearheaded by the C15 SOTA Yearbook Committee. Members of the committee consisted of representatives from each of the three sections: Kady Dunn and Kawal Dhaliwal from Section 1, Rachel Moore and Cassie Mingoia from Section 2, Kelsey Santos and Micaella Salunga from Section 3, Gabriella Thalín as SOTA Yearbook and Historian Chair, and Jasmine Okamoto as SOTA President.

The Yearbook Committee wanted to create a memento of C15's time together over the past two and a half years. They wanted the yearbook to feel personal and distill the many sweet memories and incredible accomplishments of Cohort 15. This entailed collecting hundreds of photos from classmates and faculty, coordinating google forms for each C15 member to have a personalized segment under their respective photo, and digging through and organizing several years worth of school and leisure events.

The C15 yearbook ended up being special, not only because it documents a precious time for each C15 member, but because it documents a momentous time for the world at large. As C15 transitioned from in-person to virtual classes due to the COVID-19 pandemic, the yearbook pages also transitioned from group photos to zoom screenshots. The C15 yearbook stands as a small testimony of C15's experience during a period of uncertainty, brokenness, perseverance, and growth.

Many hands make light work, and many minds ensure that the best ideas rise to the top. The C15 yearbook is a product of many hands and many minds, and a whole lot of heart. The end product is a keepsake that has a little part of each C15 member. It is a keepsake that will help us remember our joyous times at the CSUDH Occupational Therapy Program.



Graduation Banquet Cohort 15

May 19, 2021

On the evening of Sunday, May 23rd, 2021, CSUDH's MSOT program celebrated the graduating class of 2021: Cohort 15. This year's graduation banquet, albeit virtual, was a magnificent exhibition of C15's determination, diligence, and resilience not only to complete the program requirements but also to surpass expectations and flourish in the midst of a global pandemic.

Traditionally, the banquet has been centered around a shared, communal meal. Even though this could not happen in person, the OT department graciously provided funds for each student to have a meal delivered through GrubHub so that students could carry on this tradition from the safety of their own homes.

The banquet began with poignancy as students and their guests were invited to reminisce about the past two and half years with a lovely photo slideshow from Yolanda Stratman and sentimental reading of the history of C15 by Kimberly Flores. Students were eloquently congratulated on their accomplishments by the President of CSUDH, Dr. Thomas A. Parham, as well as the Provost and Dean, Dr. Michael E. Spagna, and Dr. Claudia G. Peyton, respectively. Their gracious commendations and well wishes will not only continue to remind C15 of the amazing feats they have accomplished thus far due in part to their own innate tenacity as future OTs, but also the ever-flowing outpour of support from this outstanding university.

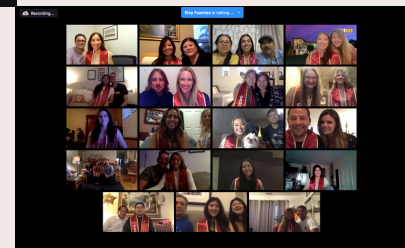
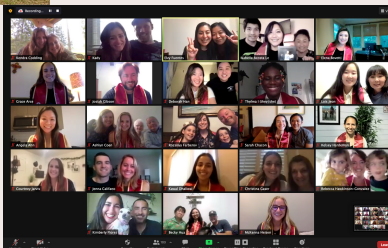
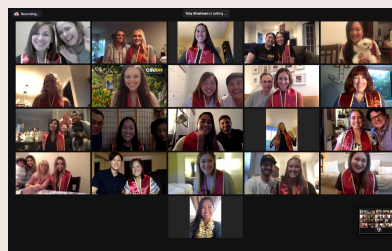
The fun continued with Isabella Acosta Le leading a challenging game of Kahoot!, OT edition. Throughout the past two and a half years, this online quiz platform has been used for many MSOT events and student presentations. So, as the final Kahoot game of our MSOT careers, this was a bittersweet game.

Next, our very own Program Coordinator, Dr. Heather Kitching, and Department Chair, Dr. Terry Peralta-Catipon, were introduced to present this year's student awards. These awards are based on both peer and faculty nominations to recognize outstanding graduates in various categories such as Academic Excellence, Leadership and Professionalism, and Creativity and Community Service. This year's cohort also received the highest amount of Fieldwork Recognition nominations (sixteen total) to date, further illustrating the professionalism and dedication of the 2021 graduating class. However, our collective accomplishments would not have been possible without the endless support of our faculty and staff. Each has left an indelible mark on our OT careers.

The hallmark of the banquet was saved for last. Each section presented heartwarming compilation videos to look back on our time during this program. Each individual's name was called and then, to commemorate our shared journey, each section was collectively sashed by their valued family members and guests.

In the final moments of this event, C15 was honored in a toast led by Dr. Kitching and Dr. Peralta-Catipon as a final celebration of the culmination of our efforts throughout this program as we take our first steps out into the wonderful world of Occupational Therapy.

Special thank you to the Graduation Banquet Committee Members: Isabella Acosta Le, Ely Fuentes, Rachel Moore, Jasmine Okamoto, and Yolanda Stratman.
--Isabella Acosta Le and the Grad Banquet Committee





Cohort 15

2021 Student Recognition Awards

Academic Excellence Award

In recognition of a student who surpassed expectations and displayed academic excellence through research, clinical skill development and/or another aspect of the program.

Recipient: Kallie Miller

Creativity and Community Service Award

In recognition of a student who surpassed expectations and consistently displayed creativity and passion for community service.

Recipient: Elvy Fuentes

Equity and Justice Action Award

In recognition of a student who is committed to acting in the interest of equity, justice, and mutual respect for all others within our department, across campus and within our larger communities.

Recipients:

Thelma Iwuchukwu

Ciara Nagao

Fieldwork Recognition Award

This award is given to those students nominated by their Fieldwork Educator(s) for outstanding performance and contributions during their Level II fieldwork placement.

Grace Arce

Ashlyn Coen

Rebecca Hawkinson-Gonzalez

Becky Hua

Thelma Iwuchukwu

Courtney Jarvis

Traci Kapp

Monique Kleinhans

Danielle Luce

Ciara Nagao

Adrian Navarro


Elisabeth Popoviciu Onofrei

Micaella Salunga

Monique Sanchez

Kelsey Santos

Trischa Teodoro





Cohort 15
2021 Student Recognition Awards

Leadership and Professionalism Award

In recognition of a student who surpassed expectations and consistently displayed leadership skills and professionalism as expected in occupational therapy.

Recipient: Jasmine Okamoto

Most Inspirational Student Award


In recognition of a student nominated by their peers as inspirational during the cohort's journey through the graduate school experience.

Recipient: Elvy Fuentes

Resilience Award

In recognition of a student who demonstrated a commitment to facing adversity with courage, vision and action.

Recipient: Angela Ahn



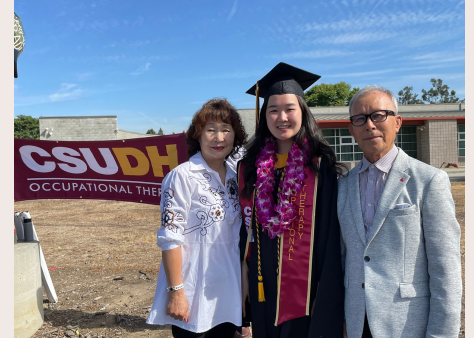
Graduation Cohort 15
May 27, 2021

Cohort 15's resilience and perseverance have come to fruition. Their success amid this unprecedented time will make part of the profession's history. We are so proud of having each of them as a perpetual member of the Toro Nation. Our door is always open for them to come back, to hug us, and to tell us they are doing great! -Eric Hwang

Commencement truly felt like a celebration of ending and beginning all at once, falling solidly on the continuum of my life's journey of learning and growing. It was extra meaningful having my biggest supporters at my side. While I feel proud to have arrived at this milestone, I am especially conscious of all the people who helped push me along and prop me up on my way. No great act is done alone – and I celebrate this ever-blooming dream of becoming and working as an OT as fruit of this collective effort. Thank you to all who believed in and supported me on this dream! -Rebecca Hawkinson-Gonzalez



*Graduation Cohort 15
May 27, 2021*



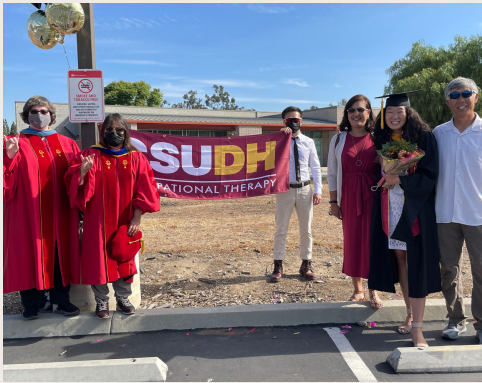
*Graduation Cohort 15
May 27, 2021*



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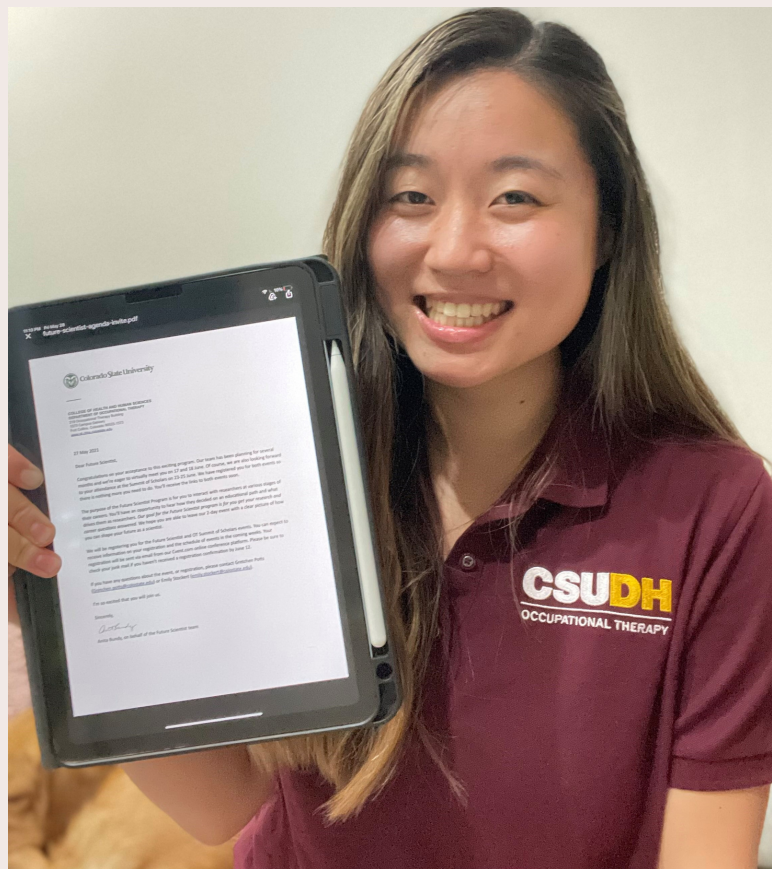
CSUDH MSOT Equity and Justice Committee

The Equity and Justice Committee (EJC) is a department committee that currently has 12 students and 7 faculty contributors. We welcome interested alumni as well (contact sryan@csudh.edu if interested). The EJC seeks to provide support by taking an action-oriented approach and advocating for ongoing growth in integrating equitable practices throughout the department. The group meets twice monthly, once all together and once in working groups. The working groups are currently addressing accountability, trainings, admissions, and curriculum related efforts. For example, the curriculum working group did the work of finding out how any live or pre-recorded class video could be closed captioned, including how to access advanced captioning for voice patterns not accurately captured by the immediately available technology. These instructions were sent to all faculty members (and an update to the first set of instructions is on its way – stay tuned!). The admissions working group has researched holistic admissions and compiled recommendations. Some of the recommendations related to the admissions process are to continue to offer electronic applications post-pandemic; improve alignment between OTCAS and CSUDH OT admissions; provide support for incomplete applications, such as pandemic-related delays or universities that provide evaluations rather than grades; and continue to provide faculty/staff availability to answer applicant questions. These may seem like small things, but they reflect our commitment to be action-oriented, evidence-based, and relevant to our accessibility as a department.



AOTA/AOTF Summer Institute of Future Scientists in Occupational Therapy in 2021

We are pleased to announce that Shayna Quach from C16 was accepted to the AOTA/AOTF Summer Institute of Future Scientists in Occupational Therapy in 2021. The Institute is offered to entry-level students interested in a career in science and intends to connect them with a network of both peers and mentors. Ms. Quach will participate in two different two-day events in the month of June for an immersive experience in contemporary science and research within the profession.





Research, Scholarly, Creative Activity Award

In 2019, a research study was set in motion while at Kaiser Permanente Southern California to assess gaps in infant pertussis vaccine protection from prenatal Tdap vaccine uptake, timely infant DTaP vaccine initiation, and timely infant DTaP adherence in the first year of life. Careful examination of vaccination gaps among Hispanic subgroups, comparing Hispanic mothers by country of birth to U.S.-born non-Hispanic whites, can contribute to our understanding of the Hispanic disparity in infant pertussis. When preliminary results were available, an abstract was submitted to and accepted by the American Public Health Association. Final results were presented in November 2019.

My interest in this topic stems from my experience working as an occupational therapist and health manager in a community-based early intervention program where women and children from the proposed vulnerable population were at risk for pertussis. Human health development is particularly sensitive to early life experiences that can lead to short and/or long-term health consequences and disruption of meaningful occupations. One of my long-term research goals is to understand early quality of life indicators, such as during pregnancy and early childhood. -Tracy Becerra-Culqui

