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Summer 2019

Newsletter

CSUDH

OCCUPATIONAL THERAPY

SUMMER 2019

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Century Villages at Cabrillo Volunteer of the Year

The Occupational Therapy Intern Program at Century Villages at Cabrillo impacts residents and agencies across the board. They work with residents supported by nearly every organization and continually seek ways to leverage efforts of provider staff to support the needs of our residents. They run at least a dozen of the Pathways to Health initiative groups, and the work they do is often used in academic presentations to outside groups. Most recently, they developed a presentation on best practices in dealing with hoarding issues and spotlighted the effectiveness of the collaboration between OT and social case management services to peers in the OT profession.

Ryan Kohl spent a substantial amount of time working with residents at CVC and assisting them in overcoming a variety of physical and mental limitations. In addition, Ryan took the time to study and understand the population of CVC, as well as the models, such as harm reduction and housing first, that our staff utilizes when working with residents. In turn, Ryan was better able to understand the history of the community and the issues and problems that many of the residents experience. Over the course of his internship, his passion and enthusiasm for the work he did at CVC were abundantly clear on a daily basis.



June 21, 2019

Fieldwork II Panel

July 9, 2019



On Tuesday, July 9th, Pi Theta Epsilon hosted their first annual Fieldwork II panel. This event was inspired by students' desire to learn more about their approaching FW II rotations and was launched into action by section 1's Zurit Horowitz and PTE. The evening of the event, thirteen occupational therapists from various settings ranging from school-based to acute inpatient hospital shared their expertise as fieldwork educators for a room packed full of OT students. Students from C14 were in attendance to gain insight into what they may expect as they go off into their FW II rotations (only 2 months away!) and many C15 students also came to hear what their future holds. Students generally rated the panel positively. One student captured the sentiment of the crowd saying it was helpful and reassuring to hear the panelists describe their respective settings and relay clear guidelines and expectations based on their past experiences with FW II students. Their advice included helpful resources, how to handle feedback appropriately, and tips on what to prioritize in each setting. Students gained insight but wished the event was longer or took part over two days, so more questions could be asked. PTE plans to organize this influential event for years to come!

Information Session

"Volunteering to speak at the student information was a great experience! As someone who was once in their shoes, I know how stressful and anxiety-inducing the application process can be. As an applicant, I found it helpful to hear about current students' perspectives of the program. At the most recent information session, there were 126 prospective students and about 15 to 20 guests in attendance. The audience asked questions regarding our daily routines as students, our perspectives on obtaining a doctoral degree, the ability to maintain a job during the program, and our reasons for ultimately choosing to attend the CSUDH MSOT program. Their questions were quite simple to answer because I was only sharing my perspective on life as a graduate student and it was rewarding to be able to help individuals that are curious about a future in the OT profession. I would highly recommend attending at least one information session as an MSOT student." -Lorie Park



July 20, 2019

Hawaiian Summer Send-Off



BY: Student Occupational Therapy Association

SOTA

On July 23, 2019, the Student Occupational Therapy Association (SOTA) hosted the Hawaiian Summer Send-Off event to celebrate Cohort 14's journey through their didactic coursework in CSUDH's MSOT program, as well as their departure to their fieldwork II assignments starting Fall 2019. It was a great opportunity for Cohorts 14 and 15 to mingle and to introduce SOTA's new Cohort 15 e-board for the 2019-2020 school year. All students and faculty from the MSOT program were invited to enjoy delicious Hawaiian food and student performances. Students and faculty also had a chance to partake in photo backdrops, karaoke, and opportunity drawings. We had two esteemed faculty and 56 students in attendance. Some of the highlights included live music and vocals from Cohort 14 artist Allie McNay, an exciting dance performance from Beverly Dovan and Vivian Huynh, as well as the gift of song, dance, and mindfulness from Chris Chuateco, Aaron Halva, Marie Reyes and Jina Song. Thank you to SOTA's Cohort 14 e-board: Laura Miller, Allison Litzinger, Alex Villanueva, Jennifer Siu, Teresa Cao, and Elysia Aguero. It was a night to remember and we look forward to future events from SOTA in the new school year!

PI THETA EPSILON

Induction Ceremony

"On the evening of August 7, 2019, the CSUDH Department of Occupational Therapy and colleagues from Cohort 14 hosted a celebratory ceremony and dinner to induct the next class of Gamma Gamma chapter for Pi Theta Epsilon, the national honor society for occupational therapy students and alumni. Each year, students from the Master of Science in Occupational Therapy program are invited to join the society in recognition of their scholastic excellence with the vision that they will work together to promote research, leadership, and scholarly activities for all MSOT students. Each inductee received a yellow rose and a candle to symbolize their unity and took an oath to uphold the purposes and mission of PTE. Dr. Terry Peralta-Catipon, the MSOT Program Director and Chair of the Department of Occupational Therapy gave an inspirational speech to the current and new members of PTE in attendance as well as a warm welcome to the families and loved ones who came to support the inductees on this evening.

Faculty members, Dr. Heather Kitching, Dr. Gina Phelps and Dr. Mary Medina, honorary PTE member, were in attendance. This induction ceremony marked the beginning of an exciting year ahead with many scholarly events to be held for CSUDH occupational therapy students, alumni, and local occupational therapy practitioners. Members will also represent the Gamma Gamma chapter at state and national conferences in the upcoming academic year. Congratulations to this year's inductees from Cohort 15: Elena Bovetti, Sarah Chacon, Kady Dunn, Rozaliya Farberov, Deborah Han, Thelma Iwuchukwu, Lois Jeon, Irene Kim, Megan Lee, Danielle Luce, Kallie Miller, Adrian Navarro, Kelsey Santos, and Gabriella Thalín." -Elena Bovetti and Adrian Navarro



"It was a reminiscent night as well as a night of upcoming opportunity as many C14 members looked back at the amount of time they had put into the organization -- not just becoming closer in the process, but feeling honored to have contributed to the society by serving on the executive board. It was a night to welcome the new students into the organization and officially allow them to take over and contribute their part to PTE." -Lindsey Coberly



"A wonderful evening was had by all as we celebrated the induction ceremony of the Cohort 15 Pi Theta Epsilon members. Family members and loved ones of the inductees came to show their support, as did esteemed faculty members. Dr. Terry Peralta gave a stirring address, encouraging the new members to use the club as a vehicle to explore their passions in regards to occupational therapy."

- Kallie Miller



"Pi Theta Epsilon, Gamma Gamma Chapter, proudly inducted 14 new members from Cohort 15. In addition to students' guests and the current PTE executive board in attendance, OT faculty were present to congratulate the inductees on their academic achievement. Dr. Peralta spoke on the history of PTE at CSUDH and encouraged the inductees to define and follow their passion as they uphold the values of the honor society. The incoming executive board is looking forward to developing events that will promote scholastic excellence and our continued growth as OT practitioners!" -Sarah Chacon



INFORMATION SESSION

FRIDAY, AUGUST 23, 2019

At the most recent information session, there were 180 prospective students and about 20 guests in attendance.

Dr. Terry Peralta-Catipon led the Information Session and answered questions and concerns from perspective students about the CSUDH MSOT program and the possibility of an Occupational Therapy Doctorate.



Summer Institute for Future Scientists

June 20-22, 2019

When I started this program, I had no idea how much research was involved. From the very first semester, we each embarked on our individual literature reviews, learning how to navigate library databases, synthesize data and really own our knowledge of the literature in the topic we had chosen. In the next semester, we got to learn more about qualitative research, which really opened my eyes to what research could look like. I was definitely guilty of previously thinking research was all about numbers, charts, and tables.

By the end of summer, we had formed research groups and were ready to conduct a qualitative study of our own. In the fall semester, we dove straight into recruiting participants, collecting and analyzing data. When recruiting participants, we were extremely fortunate (and quite frankly, a little shocked) to find out that we received over 40 replies over the first weekend alone from people who were interested in participating in our study. Although we would have liked to speak with everyone, we ended up limiting our participants to 15 total in the end. The interview process was long, but each person we spoke to had incredible experiences and insight to share.

The most challenging part, but also the most exciting, was what came next -- analyzing the data and finding the collective themes that tied everything together. I remember the long hours we spent in the library study rooms pouring over pages and pages of transcripts and then trying to find the relationship between everything. I remember standing up from my chair in excitement when the ideas started to come together, and it really felt like we found something new to contribute to the literature.

It was through this entire process that I realized that despite the challenges, research was much more stimulating than I had ever imagined it to be. This inspired me to apply to AOTA/AOTF's Summer Institute for Future Scientists. I was one of thirty students from around the country who were selected to attend the conference and was also the only student coming from California. I was fortunate to be accepted and attended the Institute in South Carolina this past June, along with the Occupational Therapy Summit of Scholars. The Institute began right away with Ginny Stoffel speaking to us with great zeal about the need for OT scientists and evidence for the OT profession. We also learned about pathways to contribute to the knowledge base of the profession, evaluating doctoral programs, career opportunities, and more.

The next couple of days consisted of attending the OT Summit of Scholars: Imagine your Research Trajectory: Building Rigor, where OT researchers came from around the country and even around the world. I listened to presentations from a wide variety of different topics and this energized me to think about what kind of topics I might want to explore if I were to pursue more research. There were many opportunities for networking and connecting with the scientists whose presentations I had seen to ask them questions and pick their brains more. I also had the opportunity to speak with people, such as Dr. Mary Lawlor, the chair of AOTF, and Dr. Craig Velozo, the recipient of this year's Eleanor Clarke Slagle Lectureship Award who is presenting his lecture next year at AOTA conference. I had no idea who they were when I first met them, which is a good thing because otherwise, I think I would have been a little too shy and starstruck to say anything. There were many other senior scientists at the Institute and Summit who are making waves in the research community on a national level and they served as mentors and support for the junior scientists and students.

By the end of the event, I felt like I had learned so much information. One of the organizers of the event likened it to "trying to take a drink out of a fire hose," knowing that they were giving us an overwhelming amount of information, but with the hope to give us exposure and to inspire us to pursue a career in research. I believe the event was successful and really made an impact on my future as an OT practitioner because the event helped me define my career goals and provided me with a network of support to help me achieve them. I would wholeheartedly recommend this event to any student who even thinks that they might be interested in research, and I truly appreciate and want to thank the CSUDH OT program for giving me the spark for research. - Loree Pham



Cohort 15 Summer Activities



EDITOR IN CHIEF.....

Dr. Eric Hwang

EDITOR/CREATOR.....

Edith Garcia
Hannah Tuzara

**SPECIAL THANKS
TO ALL CONTRIBUTORS.....**

Dr. Gina Phelps & CVC
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Lindsey Coberly
Kallie Miller
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Loree Pham

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OCCUPATIONAL THERAPY

CSUDH

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

CSUDH, Department of Occupational Therapy
1000 East Victoria Street
Welch Hall - 320
Carson, CA 90747
(310) 243-2726 FAX (310) 928-7270

**If you have a story to share, send your submission to
otprogram@csudh.edu**

Note: Submissions are subject to editorial discretion.

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