

NAME: \_\_\_\_\_ Samuel Pearman \_\_\_\_\_

## 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: **75**

### Instructions: READ CAREFULLY

- AFTER each question, **answer in detail, using this Microsoft Word document.** *You should edit this word document page to make as much space between each question as you need for your answers. (You must include the INSTRUCTIONS Page AND the Each Section's QUESTIONS using this exact word document with your submission.)*
- 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 10-12 pages. (Not including header, instruction page, bibliography page, budget page, and resume page)
- **READ THE FAQ's** in the resource folder and **review the instructional videos in Kaltura.**

## 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. Create a fictional day (but using facts you researched through shadowing, interviewing, or qualified sources) by walking the reader through the start to finish of the day. This is not a book report or essay or a description from a textbook. it is you telling a detailed account.

Do not copy and paste from a web site **but write as if you were actually working there that day.** Required: (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. Physical Therapists have a lot to focus on depending on where they are working and what they specialize in in their facility. I would be working as a P.T. in the rehab wing of Hendricks Regional Health in Danville, IN. There, I'd be focusing on getting people back out into the world either mid or post recovery based on their condition. Most P.T.'s in the wing would be creating programs and prescribing exercises for patients, but most of the work/interactions in the rehab center involves the P.T. assistants, and P.T. technicians. Regardless of that, a P.T. is always interacting and working around the clock with patients and paperwork. This all starts with clocking in at 7:00am to prepare for the day. The rehab unit is blank in terms

of decoration. Not much decoration, and very faint odor of floor cleaner, the janitors cleaned early.

- II. A P.T. in a hospital will usually be starting their days looking over scheduled appointments, new patients in the rehab unit, and filing paperwork with patients, insurance, and adjusting medical history as patients are in their care. But since I'd just arrived, the major thing I have to focus on is the scheduled appointments for my patients. I sit at my desk and begin looking over all the information of my patients and their medical histories/conditions. Understanding the condition of the patients is crucial to the evaluation and treatment to help aid them in their recovery journey. Every patient is different, and a P.T. has to take everything into account. This includes all risk factors, known medical history, the actual condition the patient is in rehab/recovery for, and their insurance information to determine bill coverage. But before a P.T. focusses on the billing, they'd need to focus on what can be done to aid my patients in rehab and recovery.
- III. When first getting to be with a patient, I will have to run diagnostics and tests to determine what could be the cause of a patient's issue. For instance, if a patient comes to my office stating he's having difficulty holding things or his hands simply don't have enough grip strength to prevent them from hurting, I'd run some P.T. diagnostics on his hand and health. After running some physical tests, I'd come up with a hypothesis and a treatment for his physical condition. For a situation like hand problems a number of diagnosis can be pointed to such as nerve damage, decreased blood flow, high BP, etc. But for this case, the patient has a clean history with no risks of high BP, hasn't done anything that could result in nerve damage, reflexes are fine, and his actual hand hasn't been injured. But from the looks of it, he does seem to be cramping in that hand from just holding objects. To combat this, a P.T. will have to craft a treatment for the physical issue at hand, and a P.T. has multiple tools to do so. For a simple case like this, I'd put him on something simple he can do for a few minutes each day to alleviate that cramping sensation through the use of working those small hand muscles that are cramping. For this patient's treatment, he can do it all at home without any supervision. I would put him on a treatment where he massages his hand 5 minutes at a time for 5 times in a day. And to strengthen those smaller hand muscles, I'll have him use therapy putty, which is a thick semisolid putty that is difficult to manipulate with the hand. He'll just squeeze it in his cramping hand for about 10 minutes a day, 3 times a day. Once I've filed his treatment, and contacted his insurance to pay for his treatment, I order the

putty and put him through the informed consent process to explain the use of the treatment. He'll still be able to do his day-to-day tasks and work as an accountant, he'd just need to do his massage and putty treatment during those hours if he can throughout the day.

IV. For most patients, treatment is going to be fairly simple for people either recovering from an injury or condition. For most cases that follow extreme injury such as muscle tears, bone breaks/fractures, and nerve damage, treatment can be more complex and require supervision in a facility or at home. The good thing about the specific wing I'll be working at is that there is a facility that can be used to treat these difficult situations through exercise programs. And most of the time, in this specific wing of the hospital, P.T.'s deal with the diagnosing of patients and handling the paperwork while the P.T.A.'s and P.T. techs handle patient treatment/programs. That isn't to say that a P.T. isn't going to be with a patient through their program, but for this scenario, let's say that the hospital in the P.T. wing is fully staffed and there's about 6 patients today requiring P.T., with patient #1 already out of the way.

V. As the day goes on, I will have to keep filing paperwork and billings to patients and contact through insurance providers to determine how much money will be paid for by the patient and how much insurance will be covering. I will do this between scheduled patients until I get all of my patients information done. Not only that, but I will be going over medical histories and past care/diagnosis for all patients scheduled for the day or future dates. It is VERY important that I keep myself educated on who I'm going to be working with and what they have that I need to know. For instance, patient #2 has been put into the rehab wing for rest and recovery from a stroke. I check his medical background and discover he is 45, has had a stroke in the past, has a BMI below 30, a BP of 120/76, an LDL of 115, HDL of 62, and has been physically inactive since his initial stroke which would have been a year ago. Taking all of this into account, I would inform patient #2 of all the information about his past and explain to him his treatment evaluation. Since he's able to talk, move, and stand, his stroke hasn't majorly debilitated him. However, he does show signs of nerve damage with slowed processes, slow reaction times, and difficulty maneuvering his hands. So, I set him up for a simple set of exercises to help repair his nerve systems. This is an excellent moment to discuss how a P.T. has to know how different nerves function and their purposes. There's a lot of factors that can determine which nerves to deal with, and patient #2 shows difficulty using his motor neurons as well as sensory nerves

that cause his slowed reflex time as well as his weakened movements. To work both instances of nerves and muscle, I'd set him up with a test he'll do each day in the rehab wing where he has to match two different things so that they are similar. This would have him matching a cloth palette that has a pattern of dots and stars to another palette that has those dots and stars not connected, leading the patient to make the complete image from what is given. This would have patient #2 opening new neural pathways through his motor and sensory neurons if he is being timed and is trying to beat previous times. This exercise is very simple to most people, but can be a challenge for patients recovering from a stroke. However, that challenge channels the mind to create those new pathways, leading to recovery. It might be difficult for the patients to do the task at first, and they may even feel frustrated or a lack of drive to see through their recovery. This is where a new part of being a P.T., P.T.A., P.T. tech comes into play.

VI. P.T. work requires more than just paper filing, medical histories, and diagnosis. It's about showing emotion and care to a patient struggling. You have to be able to see things on a psychological level with your patients as well as be able to help them see the need for rehabilitation. Patients will sometimes feel or say things that to them makes them feel useless. With that being the case, A P.T. has to know how to reassure and strengthen a patients will in those cases. I feel for those people, because my grandpa went through a similar issue. When my grandma died, he felt hopeless. He sat down in his chair, didn't move, no drive to move or even live. When he suffered a stroke and needed P.T., he felt that it was useless and that no matter what effort he put in he was going to die anyways. To see that hurt me, and to see that in other patients brings me closer to them to a level I've seen before. To have the drive to drive your patients is one of, if not, the most important things about being a P.T. Empathy. Having empathy for those that can't find a place for themselves in the situation they're in. A P.T. can go through years of schooling, be a success in his career field, and do several research studies to drive their name up the list of renowned scientists in the P.T. field. But without that level of empathy and motivation to motivate, they're nothing but a husk of information on recovery. So, in this scenario, I would first address the patient head on, informing him more on not only the importance of these exercises for recovery, but also the importance of him. Connect with the patient to a level that establishes the relatability between both of us and continue through the recovery exercises. Even though he stated he is alright, I find that contacting one of the therapists in the

hospital to give him a mental evaluation in case he shows any signs of depression. After running through some other exercises to just help him while on his feet, I.E. cycling, arm ergometer, and having him walk between two beams for support, I release him back to his room and check over his record. I log his exercise and performance this first day, update his medical history, and check to see how long the rehab center is holding him for. Seeing that his progress this first day was really slow, I'll put in a request to keep him for 5 more days to determine if he needs longer care in the hospital, if he can be sent home, or if he needs more supervised care in a separate facility. After putting in the request, check patient #2's insurance info and wait to make out a bill until after I determine how long his stay will be.

VII. The day of a P.T. will be usually filled with different patients with different situations, but the order of events will be relatively the same. See patient, discuss condition of patient, look at history, diagnose, create program, informed consent, start program at appropriate time, check billing info, check insurance, and file all data collected. However, P.T.'s also have a lot of different meetings and conferences to attend in order to determine either new methods of therapy or research based on info already available. The learning never stops with a P.T. as they will always be looking into new methods that can improve a patient's recovery from the condition they have. For this case, between patients #2 and #3, I look to find the next conference meeting held by the APTA as well as the next team meeting for the doctors in the rehab wing. When a P.T. stays up to date on all information in their career, they are sure to always be prepared for the next big breakthrough in the medical field. After that, I go to patient #3 and go through my process with them.

VIII. A P.T. is going to see a lot of different conditions whether it be post-surgery issues to physical trauma to nerve damage. Whatever the case, A P.T. must ensure that they have what it takes to help these patients and not break down at difficult sights. For some cases, a P.T. will have situations that invoke extreme emotional responses from either the patient or for the P.T., which is why it is important to emphasize bravery in these times. If a patient who suffers from a disease that has damaged their nervous system to the point that trying to walk becomes a moment of frustration, a P.T. has to keep themselves at ease at the difficult sight. They must be strong in the field to help strengthen the patient in their time of need. Another thing a P.T. has to deal with in the day to day is communication not only between the patient and doctor, but also between their

team members. A P.T. will have to discuss with their assistants the patients information and program as well as get the patient familiar with their assistant to ensure comfort in the care they are given.

IX. After going through a few more patients, diagnosing the physical condition, creating rehab procedures, and filing medical history/insurance/billing information, I finally am prepared to clock out for the evening. A P.T.'s work doesn't just stay at the hospital though, it follows them in everything they do. They receive information throughout the day from members of the hospital, P.T. assistants, technicians that work on the equipment to keep it functioning, organizations that the P.T. is certified under, updates on licensing, and updated patient information. This can happen all hours of the day and night, so a P.T. has to be aware of whatever he is being notified of at all times.

X. After I get home and deal with some final paperwork billings for patients that are being released from rehab, I file their info in the hospitals database, contact their insurance providers to ensure that the patient doesn't have to break their bank to pay for their bills, and finally close for the night. I keep my notifications on high for when any info about a patient or something in the wing changes and prepare myself to bed. As I sleep, I get a notification about one of my patients, #5, that was in the rehab care facility for post heart hip surgery died later that night. The time of death was 12:22 am, and I am to cancel any appointments I'd had with that patient. I cancel future appointments for the deceased. These situations are also something a P.T. must deal with. The grief of a lost patient. Of course, in some patients it's easy to see that they aren't long for this world, so you comfort them as well as you can while they're in your care. While the patient no longer becomes someone you have to handle anymore into your schedule, you still feel that very real pain of mortality. That no matter what can be done to fight back against diseases, aging, or conditions, death is a part of life. Now, you're no longer in control of the patient and his condition, so they are transferred to post-mortem care for evaluation and informing the family.

XI. The life of a P.T. has a constantly changing day-to-day schedule that follows a similar structure each day. Some days your patients have minor injuries or conditions to recover from. Others have more serious situations such as amputations or extreme nerve damage. These constant sights and changes can take a toll on the mind and heart of a P.T., which is why it is important to focus on the goal. To help and aid anyone and everyone under your care.

b. Why is it your career choice?

i. I want to help people through the way that best helped me, physical strength. My personal fitness journey brought me to understand the importance of physical strength and how it affects our mental health as well as our physical. I also am pursuing this career because I'd seen how it affected my grandfather. Through his PT journey, I recognized that no matter how great the benefits of physical strength are, a person has to have a drive to gain that strength. Some people have that drive naturally, but I feel it to be my duty to help people find that drive to get their lives back from their debilitating conditions.

2. What is the average annual starting salary/compensation (not average salary) for your career choice? (Need a source but you can cite it in your bibliography) \_\_\_\_\_ \$66,756 \_\_\_\_\_

3. If you do not attain your number one career choice, what is your second choice? (Must provide a second choice to earn credit) \_\_\_\_\_ Personal Trainer \_\_\_\_\_

a. **Explain, in DETAIL**, what the day-to-day work will involve as if you were explaining it to a friend. Create a fictional day (but using facts you researched through shadowing, interviewing, or qualified sources) by walking the reader through the start to finish of the day. This is not a book report or essay or a description from a textbook. it is you telling a detailed account.

Do not copy and paste from a web site **but write as if you were actually working there that day.** Required: (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. A personal trainer's day is different in the day to day depending on where they're working and who they are working with. Some clients are athletes looking for a method to get bigger while some might be people just looking to get themselves back on their feet in terms of physical health. For a personal trainer working in a facility, the day to day might be a little bit less hectic than for a personal trainer who goes



home to home training people. The average day for a trainer in a facility starts with waking up around 5:00am to get prepared for their work day and check messages of clients or to message clients. In those messages, I contact each client starting with the first one I meet, which is typically around 7:00am, before people start their 9-5 jobs. Client #1 is the first to message, a 35-year-old man who wants to shed the extra fat, so I get in my car and drive to the gym.

II. Once there, around 6:30am, I'll begin killing some time by simply spraying and cleaning the equipment if no one is using it. The gym in particular lets attendees clean their equipment themselves, but I can't be too safe. After spraying the place down, sit down and look over the monthly bill for clients starting with #1 whose payment period is coming up soon. I write out the bill and place it in an automatic hopper so that once the date comes around, he will be charged, but he set up an automatic payment with his bank so it will be paid as soon as he is charged. After setting that up, client #1 shows up and we get to the workout. He makes the statement that he's going to have to be in work early today so he'll have to leave quicker than usual. That's fine, clients sometimes have things show up, so I adjust the workout for more intensity in a shorter timespan. We make some small talk and discuss his current progress and how the program has led him to lose over 10 pounds over the course of 3 weeks. He's ecstatic and can't wait to go through with the workout today. We start with some simple stretches to get his blood flowing such as a few high knees, jumping-jacks, squats, RDL's, and walking for a minute on the treadmill to help promote rest and blood flow. Then, we head into the workout.

III. A personal trainer is going to have different clients that have different goals. I can't set a man up to do strength training if he doesn't want to lift heavy weight. Since client #1 is looking for a way to shed fat, I continue the same program I've had him on that requires moderate to vigorous exercise in order to use those fat and carb calories. This specific day however is a cardio focused day, where we will switch between different intervals of walking, walking with an incline, jogging, running, and cycling. Client #1 is an extraordinary cyclist, but has been wanting to expand to different areas of cardio in his journey, so I obliged. We begin with a simple jog on the treadmill, no incline for about 15 minutes. After that, inclined slowly to the medium level of the treadmill and decreased his speed so he'd be walking on an incline for 10 minutes. Then, lower the treadmill down to level 0, no incline, and have him walk for 10 minutes so his legs can rest. It's 7:35am and he states he'll

have to leave and be at work at 8:00am. I tell him that we can do an intense run or cycle for the last few minutes, and he agrees to cycle. I set him up for the mid-high intensity resistance on it and let him go ham for 10 minutes. He makes it through and is sweating a lot by the end of the workout. Client #1 uses the showers and leaves the building at 7:50am.

IV. Once clients leave the facility, there's a lot of downtime between two different clients. These are usually spent by personal trainers to look for new equipment in the gym, monitor overnight security footage, and check on billings/emails of people who attend the gym. Since client #2 won't be in until 2:00pm, that will give me a lot of downtime to look for new equipment such as rubber bands, weights, plates, and machines/machine fixers. Gyms have lots of machines that require maintenance to be effective/not break. For today, the lat-pulldown machine has a snapped wire so it's out of commission. I contact the gym owner, and he says he'll handle the company and the warranty on the machine. As I'm waiting for client #2, I continue dealing with any paperwork that is coming in such as a potential client who has a known medical condition that could make training difficult without doctor clearance. I message the potential client that he'll need medical clearance for the condition he has to train. As I wait, potential client agrees and says he'll be in touch once he gets any form of clearance.

V. Being a personal trainer, it's important to know the condition of the client. Most that want personal training are going to have a pretty clear medical history, but there will always be some that need that extra permission from a doctor. Some conditions can be excused due to training helping to strengthen the client so they're condition lessens, and they strengthen such as people who have coronary artery disease (CAD) whereas the more they exercise, the less blockage there will be in their arteries. But even then, training will need an evaluation from a doctor, and the client shouldn't be pushing themselves to either exhaustion or to a dangerous level of physical activity for their condition. But as of right now, I wait for the potential client to make a doctor's appointment and send me his doctor's note.

VI. Personal trainers have to keep themselves and clients messaged on meetings and workouts to achieve the clients goals. Sometimes, if a client gains enough research and understanding of their goals, they'll cancel their dealings with a personal trainer. And that's okay. Not everyone needs to have a trainer, and not everyone should feel inclined to have to pay someone to help them exercise. Gym life is about

community, not paychecks, not billings, but exercise and an understanding of the importance of it. So when I received client #3's message that he was going to continue being at the gym, but not needing a trainer anymore, I told him I understood and that it's all good. Client #3's a young man at 19 years of age, and I understand why he doesn't feel the need for a trainer anymore. He did his research on his own, made his own goal, and made his own exercise regimen. And a trainer shouldn't feel offended that people learn how to exercise. The man has an understanding and wants to do what he feels is right. I inform him that if he has any questions to still ask, and to not be a stranger around me when he trains.

VII. Time passes and I get my lunch and prepare for client #2 once I've finished eating. Client #2 is a woman at 22 years old who wants to do some strength and conditioning with a goal of benching 135 pounds for 5 reps. She's been lifting for over 5 months with me and is near her goal with 130 pounds for 7 reps. Trainers have to understand the realism of the goals set by a client. If the trainer feels like the goal is too vast, they might recommend a smaller one that can be achieved in the same time frame. If the goal seems too small, then it would be best to let the client achieve it and recommend a new one post achievement. Client #2 has set herself a realistic goal of benching 135 for 5 reps, a set most people can do, but one that any new gym goer can look forward to achieving themselves. We run through the basic warm ups for an upper body strength training with some shoulder movements to increase flexibility reducing soreness, rubber band extensions to get blood flowing and increase flexibility, a set of 10 slowed push ups to increase blood flow, and a set of bench with just the barbell. We start the workout with a set of 100 by 5 on the bench to warm her up, move up to 125 by 3, and finally load up 135. She lifts it all the way to rep 5! She cheers and now she wants to set a new goal of 145 by 5, slowly creeping her goals up in weight instead of drastic amounts.

VIII. To see a client achieve their goals is a satisfaction that very few can ever get themselves. To see the struggle, the drive, and overall challenge be beaten is a feeling that no bill or paycheck can ever compare to. It is the feeling that drives me to want to be in the field of personal training.

IX. Once we finish the workout for the day, client #2 leaves at 3:00pm and now I get more downtime. Since client #3 isn't showing up today I am free of work on this day. I check client #2's billings and see hers is set up on an automatic system like client #1's. Makes my day so much easier. I email the owner of the gym how the client work went today and he

sends me word to check the security cameras as he thinks we might have found our weight thief. I sit down and check the cameras throughout yesterday and watch until 4:30pm. At that mark I see the thief, look at the list of attendees and find him out to be no one other than client #3. I message the owner and discover that he cancelled his gym membership right after we had finished messaging about the training cancellation. Seems he was planning on making a home gym and wanted some materials. The owner says he'll handle it, so I get prepared to end my day with a lift myself before I head home.

X. The life of a personal trainer won't always be filled with tons of downtime. Some days, trainers deal with several clients a day from anywhere between 2-10 back-to-back, each with their own programs, goals, and stories. Somedays, A trainer will have no clients scheduled at first and suddenly have some that another trainer couldn't do that day since they were sick. That's the benefit of being in a facility as a trainer, life will always be different, but fitness and goals stay the same.

b. Why is it one of your career choices? If being a physical therapist either doesn't work out (pun intended) or I just don't feel like continuing that pathway, then I feel like another career that includes me helping others achieve their goals is a good path. My end goal, career wise, is to make it a living helping people achieve what they need to become the person they want to be. Also, I think I'll like a job where I get to be one on one with someone in terms of communication.

## Section 2: Future Budget and Expenses

4. Where do you want to live when you start your career? North Salem, IN  
(PICK a specific CITY/TOWN)

a. **Using the provided word document in** (CAP Resources: Budget Example), 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.

<b>Monthly Gross Income</b>	Amount	<b>Monthly Expenses</b>	Amount	Balance
Salary	\$5,563	Federal Taxes	\$1,223.93	4339.07
Other Gross Income		State Taxes	\$168	4171.07
		FICA	\$425.57	3,745.50
		Mortgage	\$650	\$3,095.50
		Vision insurance	\$15	\$3,080.50
		Organizations	\$33.75	\$3,046.75
		Car insurance	\$108	\$2,938.75
		Gas	\$160	\$2,778.75
		Health insurance	\$80	\$2,698.75

		Dental insurance	\$14	\$2,684.75
		Property tax	\$185	\$2,499.75
		Medical expenses	\$25.83	\$2,473.92
		Homeowner insurance	\$86	\$2,387.92
		Medical license	\$4.17	\$2,383.75
		Oil changes	\$85	\$2,298.75
		Life insurance	\$10	\$2,288.75
		food	\$50	\$2,238.75
		clothing	\$20	\$2,218.75
		Lawn mower money	\$66.67	\$2,152.08
		Car payment	\$425	\$1,727.08
		Car plates	\$10.42	\$1,716.66
		Gym membership	\$20	\$1,696.66
		ROKU	\$85	\$1,611.66
		In house gas	\$150	\$1,461.66
		electricity	\$150	\$1,311.66
		Retirement 401K	\$166.89	\$1,144.77
		Tithes	\$46.36	\$1,098.41
		Pre-workout	\$45	\$1,053.41
		Cell phones	\$40	\$1,013.41
		internet	\$100	\$913.41
		Web programs (Microsoft stuff)	\$5.83	\$907.58
		Savings	453.79	453.79

Total Monthly Gross Income	minus	Total Monthly Expenses	equals	Final Monthly Net Income or Loss
\$5,563	-	\$5,109.21	=	\$453.79

- b. Based on your desired lifestyle, how much does it cost to live there **monthly**? (NOT ANNUALLY) **\$5,109.21**
- c. What was your total **MONTHLY** GROSS INCOME? **\$5,563**
- d. What were your total **MONTHLY** EXPENSES/DEBTS? **\$5,109.21**
- e. Is your total **MONTHLY** GROSS PAY greater than your **TOTAL MONTHLY** EXPENSES? (All expenses including taxes) **Yes**
- f. If your expenses are more than your income, what specific steps could you take to correct this? **If they ever exceed, adjust my savings and get rid of any unnecessary expenses such as streaming services.**

### 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. **Exercise Science Pre-PT**
6. What Graduate Degrees, if any, are required? **Kinesiology or Exercise Science**
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.) **STAT 30100, PSY-B 305, SPEA-K 300, BIOL-N 261, BIOL-N 217, CHEM-C 105/125, CHEM-C 106/126, PHYS-P 201, PHYS-P 202, PSY-B 110, PSY-B 310, HIM-M 330 OR RADI-R 108**
8. How many shadowing/observation hours are required prior to graduation for your career choice? **50 hours**
  - a. What is the official process to record/document the hours? **Write down the date, hours shadowed, the company you shadowed, and what you did in those hours. This can then be listed on a resume.**

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.) \_\_\_\_\_ **An estimated \$26,000** \_\_\_\_\_
- a. How will you pay for it? (Financial aid, scholarships, parents, savings, etc.) \_\_\_\_\_ **Financial aid, scholarships, savings** \_\_\_\_\_
10. What Minor could be helpful in your future career? **Either health education or serious illness and supportive care**
11. What Licensure, if any, is required for your future career? **A Physical Therapy License**
12. What certifications or certificates could be helpful in your future career? **Rehab + Disability studies, Personal Training, Youth Physical Wellness Programming, and Nutrition.**
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) **APTA or ACSM**
14. What are the **specific names** of some of the **professional, peer-reviewed journals** (**not the name of the article or organization 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)
- International Journal of Sports Physical Therapy**
15. **Describe at least 3 specific** ways you plan on networking? **Keep my contacts with my family who are connected to people in the P.T. field, register myself in an organization that puts my face out into the world, and participate in studies or research that can be published with my name on it.**
16. What specific personal, academic, **and** professional mentor(s) would be beneficial for guidance? **List one of each type. Personal – My Mom | Academic – Student Advisor | Professional – Prof. Fallowfield.**
- a. Why? **My Mom has helped me personally with understanding a lot of points in my life that are extremely difficult. I owe her a lot. My student advisor has helped set me up on the path to P.T. through courses, now I just have to stick to the plan. And Professor Fallowfield has been an awesome guide. Love his lectures and personality and can't wait to hopefully work in a field side by side with him.**



17. What specific **barriers** could keep you from your attaining your career choice? Procrastination and stress can be a major barrier. The workload I've been given in the past few weeks has been intense and felt overwhelming. Add onto the fact I was going through a tough situation with my personal life that it just kept building stress onto me.
- a. How can you **specifically** overcome these barriers? I plan to use my time wisely, focusing on important tasks first before completing things that are less demanding. And to handle the stress of life and workload, I will ensure that I balance enough me time that I can effectively take a break from working while also staying efficient in my work.
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.) I can job shadow professionals in any business to gain understanding of the work, gain a job similar to the profession I seek to get more understanding, and communicate with friends and family who have been through P.T. to get connections for such opportunities.
19. What specific **volunteer opportunities (different from shadowing/observation)** may help separate you from your peers for your future career? Volunteering for classes that involve actively creating training programs at IUI. Those courses can set me up for great success if I simply take them. They'll give me experience and education for my resume.

## Section 4: Personal Reflection/ Career Preparation

20. Answer these common interview questions:
- a. What are your strengths? I keep focused, and aim to find a solution no matter what.
  - b. What are your weaknesses? I like to find solutions and fix problems, even if I know it's something that might be out of my control. I find it difficult to just accept things can't be fixed, but I come around eventually.
  - c. What specific skills do you have that will help with your career choice? I enjoy working with people, already have an understanding of the field I'm looking to work in, and have strong communication skills.
  - d. How do you organize your work tasks each day? I organize them on a basis of importance. Most important things, either by length or

difficulty, get done first then the less immediate tasks get done afterwards.

- e. How do you handle stress and pressure? I exercise for a while, talk with friends and family, or watch an educational video to learn more about potential hobbies I am looking into.
- f. Why should we hire you? I have the experience, I have the skills, and you have a reliable record showing my past experiences, presenting me as an advocate for this position.
- g. Where do you see yourself in five years? I see myself working in your hospital, improving the lives of many patients, and publishing research granting your hospital newfound information on therapeutic treatments as well as credit for credible research.
- h. How much compensation (Pay/Salary/Benefits, etc.) do you require? I require the amount that my work and effort is willing to be paid for. If you and your team believe I am doing well, starting pay won't be an issue. But a baseline would be \$30-32 an hour.
- i. What do you like about this profession, employer, or company? My family has been given care from Hendricks Regional for many years with my grandfather, grandmother, Mom, Dad, and even me in my younger years. I've been in the hospital for my family for so long, it's become engrained into my mind and memories. And if this place has provided good care for so long, then I'd like to be a part of that good team.
- j. How would critical thinking be applied in this career? One can use all aspects of critical thinking to analyze a patient for diagnosing, creative thinking to form a routine for the patient to recover with, and good communication to give the patient informed consent before starting the routine.
- k. 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 Modules: resources.**

When I first started lifting, I recognized I was gaining some progress, but felt something was missing. I came to the conclusion that I needed to adjust my workouts and what I was eating to maximize my gains. I did some research, talked to the big guys at the gym, and started myself on a program that I made for me. And it's been working ever since to keep me in solid health.

21. If you were an employer interviewing yourself, name three reasons why you might not hire yourself? I haven't had a legitimate job before, except salary work for cleaning our church, so past work experience isn't 100% credible, I may be a little nervous for an interview, and I appear as just the average person from a first glance perspective.

- a. How can you **specifically** change/overcome these three reasons? I can get a job before going nose first into being a PT, past interviews can relieve any nervousness, and I can dress well to create a first impression that I'm a little more sophisticated in my appearance.

22. What is the name of a specific Business, Corporation, or Individual that offers a career position you are seeking? Hendricks Regional Hospital (in Danville)

- a. 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)

Hendricks Regional Health is a non-profit organization that has set up multiple hospitals all throughout the Hendricks County Area with an extensive history dating all the way back to 1955 with the development and establishment of the Hendricks County Hospital Planning Board. From there, Hendricks County Hospital opens its doors in 1962 and then goes on to open their P.T. wing in 1968. In the time from 1955 to today, Hendricks Regional Hospital has grown, but their vision has not changed. They aim "To be the indispensable health and wellness partner to our associates, patients, providers, payers, and employers in the community" as stated on their website. Their mission is to be dedicated to exceptional healthcare, one that I wish to get behind, under the values of respect, courage, engagement, collaboration, empathy, integrity, and loyalty. These values have not been without reward, as Hendricks Regional Health has been the only hospital in Indiana to receive the Healthgrades Outstanding Patient Experience Award for 18 years straight. They've also received 5 stars for Medicare and Medicaid services from CMS, an award only 381 hospitals nationwide, the Magnet award twice by the American Nurses Credentialing Center, and the highest rating for hip fractures and treatments of COPD. Not only that, but they are also accredited by several country and state organizations for the healthcare they provide. They have several different opportunities for people in the medical field such as P.T., nursing, O.T., speech therapy, radiology, wound care, surgery, rehab, pediatrics, neurology, mammography, pulmonary and respiratory care, etc. With so many medical opportunities, they are always looking for new people in all fields of their hospital. And with the field I aim to go for, P.T., they offer specialized programs such as anti-gravity treadmills, video motion analysis, soft tissue manipulation, and a back to golf program specifically meant to get people to be capable of playing golf. A lot of history, awards, purpose, and specialized programs all in one campus.

23. When is the last time you met with your academic advisor? 9/12/24

- a. Why haven't you met with your academic advisor? (Applies to those that have not met with their advisor for more than a semester.) I haven't really felt the need to meet back up with them, but I will be

near the end of my semester to kind of catch up and show my progress and plan moving forward.

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

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# Samuel Pearman

## Education

- IU Indianapolis: Exercise Science Major (August 2024 – present)
  - Personal Training Certificate

## Personal Summary

Grew up in a household with a soul belief in helping others. As life went on, I adopted this belief and aim to make it my goal to help others in any ways I can. Through helping others achieve their goals, I help make the world a little bit better.

## Work Experience

Lawn care (2019-2023)

Church Janitor (2016-2019)

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

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