NAME: \_\_\_\_\_\_Emily Walker\_\_\_\_\_\_\_\_

P212 **C**areer **A**ction **P**lan 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.)***
* *P*lease **Highlight** and **bold** the **font** for your answers***. (***This helpsdistinguish the answers from the questions for faster grading) ***Answers*** must be typed in a 12 –point font, **single-spaced**, **saved a**nd **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? \_\_\_**Physician’s Assistant- Orthopedic Specialization**\_\_\_
   1. **Explain, in DETAIL**, what the day-to–day work will involve as if you were explaining it to a friend.

This is **not** a description from your textbook. Do not copy and paste from a web site **but write as if you were working there that day.** (Daily itinerary **(timeline/hours),** 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.**

* + - * **Here’s a typical day as a PA in orthopedics. I also help at the local college as a consultant to the athletic trainer.**
      * **This morning we have a knee surgery coming in for an ACL/ LCL reconstruction. I greet the patient at 6:30 a.m. and make sure he is consented and updated for the procedure. I answer his questions and make sure he’s scheduled his physical therapy.  Then, I review the x-rays and MRI and discuss the surgical plan with the surgeon. After completing the post-op orders and notes from the doctor, I check my phone for messages. I have received five texts this morning: four requests from athletic trainers to evaluate student athletes and a question regarding imaging. This is our only ligamentous reconstruction case today, so I start returning messages and scheduling appointments for evaluations.**
      * **I head back to my office to check emails and patient messages. I receive several patient messages each day: post-op questions, physical therapy scripts, medication refills, work notes, and new patient referrals.  It is my responsibility to follow up on these requests and return phone calls to patients. I send in a refill for an anti-inflammatory for a patient and make sure they have a follow-up visit scheduled in the clinic. I return a phone call to a patient who has questions regarding wound care instructions following his knee surgery. I try to take a few minutes to check these messages multiple times throughout the day to ensure a timely response for patients.  I return a few emails before it’s time to leave for an evaluation.**
      * **Around 11:00 a.m. I make my way over to an on-campus athletic training room to evaluate two student athletes.  The first is a wrestler who underwent shoulder surgery two weeks ago. I check his surgical sites and range of motion. He still wears his shoulder brace but appears to be doing well with the rehab protocol. I remove his sutures and schedule his next follow-up appointment.  I then examine a student athlete, a rower, who is experiencing lower back pain. She has tight hamstrings from training that appear to be contributing to her condition. I discuss modifying her workouts with the athletic trainer as she gets started in rehab. I then meet with the women’s soccer athletic trainer to schedule an MRI for one of her student athletes who sustained a knee injury yesterday.**
      * **It’s lunch time, and today I meet up with a group of colleagues for a concussion care management conference. Healthcare providers in sports medicine, emergency medicine, neurology, and physical therapy meet once a month to discuss certain concussion cases and protocols as well as review recent literature regarding head injuries. It is very insightful to get different perspectives from each specialty.**
      * **I stop by volleyball practice to check on one of the players who is recovering from a foot injury and just started practicing with the team again. I watch practice to see how she performs while running and jumping. I meet with the athletic trainer and coaching staff to see how they feel about her progression. She seems to be tolerating practice very well; everyone is happy.**
      * **I drive over to our outpatient clinic to see the eight patients I have scheduled this afternoon. I review labs that came in yesterday and notify patients of the results. I return a call to a patient regarding his recent shoulder MRI. His MRI confirms a rotator-cuff tear, and I discuss his treatment options. He hasn’t made any improvement in physical therapy and wishes to proceed with surgery. I will turn in an OR card, so he can be scheduled for surgery. I return another call to a patient who wishes to return to work after knee surgery. His line of work will allow for modifications, so I fax him a note to return to work on light duty. Two of the patients are two weeks post-op—one who underwent ACL reconstruction and one received rotator-cuff repair. Both patients are recovering well from their operation. Another of my appointments is a return patient that I’ve been managing who has osteoarthritis of his knee. His knee pain has started to flare up again after recent activity. He is not interested in proceeding with knee-replacement surgery at this time, so I inject his knee with a corticosteroid. He is pleased with the results of the injection, and I provide him with a script for physical therapy. A new patient presents with ankle pain after an injury three days ago. She describes her pain after stepping in a hole. Her exam reveals lateral ankle pain with mild soft tissue swelling. I order x-rays of her ankle to complete the exam. The x-rays are negative for fracture, so I order her an ankle brace. I discuss the x-ray findings with the patient and provide her with a script for physical therapy. She is glad to hear that it isn’t anything more serious.  I finish up with patients and complete my charting for the day.**
      * **I head back to the hospital for my last meeting of the day, and I can now head home to see my family and eat dinner.**
  1. Why is it your career choice?
* **Heavily anatomy-focused, salary, able to diagnose, prescribe, and help others, as well as simply being in the medical field.**

1. 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) **\_\_$120,000 annually.**
2. If you do not attain your number one career choice, what is your second choice? (Must provide a second choice to earn credit) \_**Exercise Physiologist**\_
   1. **Explain, in DETAIL**, what the day-to–day work will involve as if you were explaining it to a friend.

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

* **Starting the day bright and early as an exercise physiologist, typically, office hours kick off around 8:00 AM. It is helpful to get there a bit earlier to review the schedule for the day and prep any necessary materials.**
* **First thing's first, there will probably be a few client consultations lined up. These are where they really get to know the clients, their health history, fitness goals, and any limitations they might have. It's crucial to understand where they're coming from and what they hope to achieve so we can tailor exercise plans to their specific needs. These consultations can last anywhere from 30 minutes to an hour, depending on the complexity of the case.**
* **Once those are done, it's time to dive into the main part of the day – working with clients. This could involve one-on-one training sessions, group fitness classes, or even supervising exercise routines for patients undergoing rehabilitation. For instance, there might be a session with a client who's recovering from a knee injury, focusing on strengthening exercises and proper form to prevent further injury.**
* **Throughout these sessions, the exercise physiologists are constantly assessing the clients' progress and adjusting their exercise plans accordingly. Maybe they've hit a plateau and need to switch up their routine, or perhaps they're experiencing discomfort with a certain exercise and need modifications; meaning flexibility and adaptability are essential here.**
* **In between client sessions, there's usually some paperwork to tackle. This could involve updating client files, documenting progress notes, or even researching new exercise techniques or equipment to enhance our services. Staying up to date with the latest research in exercise physiology is essential for providing the best possible care to the clients.**
* **As the day progresses, there might be team meetings or collaborations with other healthcare professionals, such as physical therapists or nutritionists. These meetings are invaluable for coordinating care and ensuring that everyone is on the same page when it comes to the clients' wellness journeys.**
* **Of course, there's always time for a quick break to recharge and refuel. Whether it's grabbing a healthy snack or taking a short walk outside, it's important to take care of our own well-being too.**
* **Once the workday wraps up, there's often some after-hours work to attend to. This could involve following up with clients via email or phone, researching specific cases, or even prepping for upcoming presentations or workshops.**
* **Overall, being an exercise physiologist is incredibly rewarding but also demanding. It requires a blend of scientific knowledge, interpersonal skills, and a genuine passion for helping others achieve their fitness goals.**
  1. Why is it one of your career choices?
* **I have the option to work with athletes, as well as improve their performance and/or help patients recover from injuries and create exercise programs for patients ranging from all ages with chronic diseases or patients that just want to improve their physical fitness. These are all things I am currently interested in going through my undergraduate, therefore, it is a great second option if PA doesn’t go as planned.**

**Section 2: Future Budget and Expenses**

1. Where do you want to live when you start your career? \_\_**Houston, TX**\_\_

(PICK a specific CITY/TOWN)

* 1. **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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monthly Gross Income** | Amount | Monthly Expenses | Amount | Balance |
| Salary | $10,000 | Federal Taxes | $1,573 | $8,427 |
| Other Gross Income |  | State Taxes | $0 | $8,427 |
|  |  | FICA | $765 | $7,662 |
|  |  | Mortgage | $1,100 | $6,562 |
|  |  | Social Security | $62.50 | $6,499.50 |
|  |  | Health Insurance | $57.92 | $6,441.58 |
|  |  | Dental Insurance | $4.25 | $6,437.33 |
|  |  | Car payment | $300 | $6,137.33 |
|  |  | Internet | $72 | $6,065.33 |
|  |  | Groceries | $400 | $5,665.33 |
|  |  | Gas for car | $160 | $5,505.33 |
|  |  | Cell phone | $100 | $5.405.33 |
|  |  | Clothes | $100 | $5,305.33 |
|  |  | Starbucks | $100 | $5,205.33 |
|  |  | Water | $60 | $5,145.33 |
|  |  | Gas for house | $50 | $5,095.33 |
|  |  | Electric | $75 | $5,020.33 |
|  |  | Etc. |  |  |
|  |  | Etc. |  |  |
| Total Monthly Gross Income | **minus** | Total Monthly Expenses | **equals** | Final Monthly **Net Income** |
| 10,000 |  |  | $4979.67 | $5020.33 |

**\*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.

* 1. Based on your desired lifestyle, how much does it cost to live there monthly? (NOT ANNUALLY)
     + - **About $1100 a month for the average house in Texas.**
  2. What was your total MONTHLY GROSS INCOME?
     + - **$10,000**
  3. What were your total MONTHLY EXPENSES/DEBTS?
     + - **$4979.67**
  4. **Is your total** MONTHLY **GROSS PAY greater than your TOTAL** MONTHLY **EXPENSES?** **(All expenses including taxes)**
     + - **Yes**
  5. **If your expenses are more than your income, what specific steps could you take to correct this?**
     + - **Spend less on groceries, make my own coffee and stop eating out. Meal prep meals for the week so that you can plan how much it will cost and how much food you will need, potentially find a room mate or cheaper housing.**

**Section 3: What is required?**

1. What Degrees/Major is required or preferred for your career choice? Example: Kinesiology: Exercise Science Pre-PT, Fitness Management and Personal Training, etc.

* **Health science preferred (Kinesiology) Bachelor’s degree**

1. What Graduate Degrees, if any, are required?

* **2-year PA Master’s program**

1. 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.)
   * + - **Human Anatomy with lab**
       - **Human Physiology (lab preferred)**
       - **Statistics or Biostatistics (Must include inferential)**
       - **General Chemistry I with lab**
       - **General Chemistry II with lab**
       - **General Biology I with lab**
       - **Upper Level Human Biology (lab preferred)**
       - **Organic Chemistry with lab**
       - **Microbiology with lab**
       - **Introductory Psychology**
       - **Medical Terminology**
       - **KINE-L 135: Learning Community: Physical Education - Exercise Science**
       - **Gen Ed Core Communication - Writing Competency (ENG-W131 or ENG-W140 Honors)**
       - **PSY-B 110: Introduction to Psychology**
       - **MATH-I 153: College Algebra**
       - **KINE-P 205: Structural Kinesiology**
       - **KINE-P 212: Introduction to Exercise Science**
       - **Gen Ed Core Communication - Speaking & Listening Competency (COMM-R110)**
       - **BIOL-N 261: Human Anatomy**
       - **MATH-I 154: Trigonometry**
       - **KINE-P 215: Principles and Practices of Exercise Science**
       - **KINE-P 258: Activities for People with Special Needs**
       - **KINE-R 275: Leadership and Teamwork Development**
       - **BIOL-N 217: Human Physiology**
       - **KINE-N 220: Nutrition for Health**
       - **KINE-P 200: Microcomputer Applications in Kinesiology**
       - **KINE-P 246: Performance & Teaching of Cardiovascular & Resistance Training**
       - **CHEM-C 105: Principles of Chemistry I**
       - **CHEM-C 125: Experimental Chemistry I**
       - **KINE-P 373: Progressive Resistance Exercise and Sports Conditioning**
       - **KINE-P 403: Theory and Practice of Cardiovascular Exercise**
       - **KINE-P 409: Basic Physiology of Exercise**
       - **BIOL-N261, BIOL-N217, and KINE-P215 Previously HPER-P409**
       - **Gen Ed Arts & Humanities or Social Sciences Competency**
       - **PHYS-I 218: General Physics I**
       - **Statistics (300-level required)**
       - **KINE-P 374: Basic Electrocardiography for the Exercise Sciences**
       - **KINE-P 419: Fitness Testing and Interpretation**
       - **Gen Ed Arts & Humanities Competency**
       - **HPER-H 160 First Aid and Emergency Care**
       - **KINE-P 405: Introduction to Sport Psychology**
       - **KINE-P 410: Physical Activity Programming for Individuals with Disabilities and Other Special Populations**
       - **KINE-P 417: Physical Activity and Disease: Prevention and Treatment**
       - **KINE-P 391: Biomechanics**
       - **KINE-P 420: Exercise Leadership and Program Design**
       - **KINE-P 443: Internship in Physical Education**
       - **KINE-P 452: Motor Learning**
       - **KINE-P 393: Professional Practice Programs in Physical Education, Health and Recreation (Internship)**
       - **Gen Ed Cultural Understanding Competency**
2. How many shadowing/observation hours are required prior to graduation for your career choice? **At least 40 or more shadowing hours** 
   1. What is the official process to record/document the hours?
      * + **Use pen and paper or an Excel spreadsheet with the date, name of provider who was shadowed, and # of hours spent shadowing**
3. 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.) \_\_$**66,000**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. How will you pay for it? (Financial aid, scholarships, parents, savings, etc.) \_**Financial aid, parents**\_
4. What Minor could be helpful in your future career?
   * + - **Sociology**
5. What Licensure, if any, is required for your future career?
   * + - **PANCE**
6. What certifications or certificates could be helpful in your future career?
   * + - **Medical Assistant, CNA, PA-C**
7. 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)
   * + - **PAEA, PAOS, AMA, AAPA**
8. 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)

**JAAPA, JAMA, JPAE**

1. **Describe at least 3 specific** ways you plan on networking?
   * + - **Going to professional conferences with a personal training business card to hand out to peers**
       - **Join Pre-PA organizations and attending their annual conferences**
       - **Participate in research projects**
       - **Working at an office in my field to get some one-on-one time with a dr. and staff already working in the field**
2. What specific personal, academic, **and** professional mentor(s) would be beneficial for guidance? List one of each type.
   * + - **Personal trainer**
       - **Lab TA from classes**
       - **Professor/ Personal primary care physician**
   1. Why?
      * + **Personal trainer will give me insight on what I will be teaching clients in the future**
        + **Lab TA’s will help me review information that I need to go over again and offer guidance on better sources for information**
        + **Professors will give me overall help and/or point me to resources for better understanding**
3. What specific **barriers** could keep you from your attaining your career choice?
   * + - **Not passing a math, chem, or bio class the first try**
       - **Feeling overwhelmed that I won’t get my credits done in the time frame that I want to**
   1. How can you **specifically** overcome these barriers?
      * + **Study hard, so that there is no need to retake any classes**
        + **Attend every class**
        + **Ask for help when needed**
        + **Take one day at a time, and go all out**
        + **Practice in-class objectives outside of class, in order to put them in real life terms/use**
4. 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.)
   * + - **Job shadowing my primary care PA/ interviewing her for further help on getting through Undergrad, furthermore, PA school, and help on passing state exams/ certification exams**
       - **Part-time front desk job at an orthopedic care center to gain insight on the terminology and what a daily life in the office is like.**
       - **Part-time job as a fitness coach to start networking and building clientele at an early age in my career**
       - **Internship at a sports medicine facility to learn about equipment being used on clients and to learn what they are useful for**
       - **Attend some conferences that are in the area, maybe volunteer**
5. What specific **volunteer opportunities (different from shadowing/observation)** may help separate you from your peers for your future career?
   * + - **Volunteering to help at ACSM, Kinesiology, PA, and orthopedic related conferences to gain more knowledge about my career, and collaborate with**
       - **other mentors and peers about the career path**
       - **volunteering at a local nursing home to help the PT**
       - **Working with my high school to assist in summer workouts and training for all teams to understand the many injuries that can happen to a young body**

**Section 4: Personal Reflection/ Career Preparation**

1. **Answer these common interview questions:** 
   1. What are your strengths?
      * + **I am very outgoing, personable, always have a smile on my face, ready to work, able to sympathize and empathize with patients as well as giving them the information I have that will lead them to success.**
   2. What are your weaknesses?
      * + **Lack of motivation in sometimes, I tend to get a little anxious when I have too much to get done by a strict timeline; however, it still gets done, and I will sometimes cram my schedule by helping others, when I didn’t have time to help out in the first place. I need to learn to say “no” sometimes.**
   3. What specific skills do you have that will help with your career choice?
      * + **Personability, caring, compassionate, ability to empathize and sympathize. I am very good with any hands-on materials, and I can always keep a conversation going, especially if it is sports related. I have always had a love for anatomy because it is continuous and never changing for humans; however, there is still so much to learn about the human body. Another skill I have that would be helpful for this career is the desire to learn more information regarding the body.**
   4. How do you organize your work tasks each day?
      * + **Write down my tasks that need to be done and have them opened on my computer in all separate tabs, so that it is the first thing I will see when I open my computer for the day. Obviously checking off tasks as they get completed is something I do as well. Making notes on a calendar to remind me of time senstitive tasks.**
   5. How do you handle stress and pressure?
      * + **With a grain of salt, because everything happens for a reason and stress and pressure are only temporary feelings. Therefore, as long as I am informed on my duties and responsibilities as well as where to locate my belongings and tools, then I am able to navigate through stress and pressure with a grain of salt as efficiently as possible. By staying focused on the task at hand, because the patient comes first.**
   6. Why should we hire you?
      * + **I am encouraged to do great things, I work well under pressure, I am always ready to learn and acquire new skills along with helping those who need it most, the clients. I want to be successful in my field.**
   7. Where do you see yourself in five years?
      * + **About to graduate grad school and obtaining my PA certificate. Moving to Texas and starting a life there with my boyfriend and my new career and searching for opportunities to expand my knowledge in my field.**
   8. How much compensation (Pay/Salary/Benefits, etc.) do you require?
      * + **At least $60 an hour**
        + **Competitive salary- ensuring that my education translates to my pay (at least 100k a year)**
        + **Health insurance**
        + **Retirement plans- helping me save for my future**
        + **PTO (paid time off)**
        + **Continuing education allowance and opportunities**
        + **Loan repayment allowance/ student loan reimbursement**
        + **Professional development opportunities**
        + **Flexible schedule**
        + **Bonuses and incentives**
   9. What do you like about this profession, employer, or company? (Ex: Physical Therapy, St. Vincent Sports Performance, NIFS, etc.)
      * + **I love the fact that physicians assistants can diagnose, prescribe, and help treat, while still being under the Doctors commands. This takes a lot of pressure off, even though I will still be giving the client my personal opinions on how to best get them on the road to recovery fastest and most efficiently. I love how the human body is so complex, and different depending on what body is being treated.**
   10. How would critical thinking be applied in this career?
       * + **Meet with the client(s), evaluate their wants and needs, and decide what fixation is necessary, and how much/little, for their overall health and recovery/ personal needs for now and how it could affect them in the future if not handled properly now.**
   11. 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.
       * + **College is a huge critical thinking experience, and even though I used my most critical thinking skills in my English W131 course, I would have to say that playing tennis was my biggest critical thinking learning experience. Going through practices, getting critiqued on different movements and form techniques, then being told to change my form and having to use those techniques during matches plays a huge part of how I approach critical thinking as well. Tennis is a big mind game, as is life, however, if I were a few points away from losing a set, I would have to alter my mental focus to just playing exactly how my coaches taught me to play without making silly errors because I was only focused on hitting fast and hard. In the end, as long as I had the right focus and confidence, regardless if I was actually confident or not, the opponent could become intimidated by my mindset and cause them to make errors.**
2. If you were an employer interviewing yourself, name three reasons why you might not hire yourself?
   * + - **Easily overwhelmed**
       - **Often very anxious**
       - **Unaware of career information/ may not be able to answer all the patients questions**
   1. How can you **specifically** change/overcome these three reasons?
      * + **Get educated early on about the job’s description, and information that takes place in the workplace**
        + **Find ways to cope with anxiety in anxious times and gain confident to help with anxiety (chew gum, keep occupied, ask questions)**
        + **TAKE ONE DAY AT A TIME**
3. What is the name of a specific Business, Corporation, or Individual that offers a career position you are seeking?
   * + - **Texas Orthopedic & Sports Medicine Hospital**
   1. 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)

**My research on the Texas Orthopedic & Sports Medicine Hospital, has proven to be a place I would be proud to start my career.  They offer many services that would allow me the opportunity to try various areas of expertise until I find where I am most comfortable. Possibly even offer opportunities to extend my education into the surgery world. They offer great benefits, competitive compensation, group medical insurance plans including health, vision, and dental, 401k retirement plans, short and long-term disability, life insurance, and paid time off.**

**They have been in existence since 1975 and have 9 board certified physicians currently, as well as mid-level providers and physical therapists that specialize in several areas of orthopedics, at their two locations. It is a physician owned business and is self-sufficient with their own payroll and HR departments. They have good reviews from patients on various platforms and sites and the employees are happy with the doctors they work with.**

**They are rooted in the communities in which they are located and serve the many schools in the area, serving many young athletes, high school athletic programs, youth leagues and athletic complexes.**

**Their sports medicine doctors and orthopedic surgeons provide sports injury prevention services and treatments such as physical therapy, joint replacement, and spine treatment. The wide variety of services will allow for many opportunities to expand my knowledge in my field.**

1. When is the last time you met with your academic advisor?
   * + - **Last week**
2. **Create a current** resume. (See assignment resources for guidance)
   1. **Paste your resume here. (No links or attachments)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| EMILY  **WALKER** | |  |  | | --- | --- | | 13980 N. Bluff Creek Ct. Camby, IN 46113 |  | | 317832-0377 |  | | Emilwalk@iu.edu |  | |
| |  |  | | --- | --- | | 13980 N. Bluff Creek Ct. Camby, IN 46113 |  | | 317832-0377 |  | | Emilwalk@iu.edu |  | |  |

|  |  |
| --- | --- |
|  | **OBJEcTIVE** |

I am seeking an entry level position to build a professional career by working with motivated and dedicated people in a structured environment.

|  |  |
| --- | --- |
|  | **EDUCATION** |

Franklin College

AUGUST 2022 – MAY 2023

Entry level Exercise Science coursework.

IUPUI

AUGUST 2023 – CURRRENT

Pre-Kinesiology coursework  
Pre-PA concentration

|  |  |
| --- | --- |
|  | **EXPERIENCE** |

**Part-time Nanny/2 children |**in home

AUGUST 2023 – CURRENT

Care for 2 children (ages 4 & 2) in their home, feed and maintain safe activities two days per week.

**Daycare Assistant |**Julie Schultz licensed home daycare

SUMMER 2019 AND SUMMER 2021

CPR certified

Assist daycare provider with activities for 15 children of various ages. Assisted in prepping meals and watching over age-appropriate activities for smaller groups of children.

**Hostess |**Bru Burger (Plainfield, IN)

JULY 2021 – SEPTEMBER 2023

Maintain a clean entryway for guests, take reservations, clean and assist staff as necessary, manage take-out orders, collect payments and seat guests as tables are available, using OpenTables software.

**Hostess | The**Prewitt (Plainfield, IN)

OCTOBER 2023 - CURRENT

Maintain a clean entryway for guests, take reservations, clean and assist staff as necessary, and seat guests as tables are available, using SevenRooms software.

|  |  |
| --- | --- |
|  | **SKILLS** |

|  |  |
| --- | --- |
| * Ability to work in a fast-paced environment * Ability to work under stress * Ability to take initiative | * Organized * Caring * Good communication skills |

|  |  |
| --- | --- |
|  | **ACTIVITIES** |

Assists with Mooresville High School Tennis Camp, and on and off-season practices as needed, Played Tennis at Franklin College

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

Salary.com, S. built by: (2024b). *Physician assistant - orthopedics salary in Indiana*. <https://www.salary.com/research/salary/benchmark/physician-assistant-orthopedics-salary/in#:~:text=The%20average%20Physician%20Assistant%20%2D%20Orthopedics,falls%20between%20%24121%2C060%20and%20%24134%2C196>.

*Physician assistant licensure programs in Indiana: In education requirements*. Physician Assistant Education |. (2016, April 4). <https://www.physicianassistantedu.org/indiana/#:~:text=Three%20months%20before%20graduation%20from,required%20for%20licensure%20in%20Indiana>.

*Exercise Science BSK*. Search degree maps - igps. (n.d.). <https://sisjee.iu.edu/sisigps-prd/web/igps/dm/public/maps/view?mapId=ac2dbb09-0f69-42a1-b331-bbcde047d6af&_ga=2.228377437.1560694638.1633962903-215860947.1575482227&_gl=1%2A6aqvx2%2A_ga%2ANTAzMzcwNzM1LjE2ODkwOTUzODA.%2A_ga_61CH0D2DQW%2AMTcxMjg3MzAxMy4yMC4xLjE3MTI4NzQyMTYuNTYuMC4w>