[Your Name]

[Instructor Name]

[Course Number]

[Date]

Occupational Therapy: Personal Essay

Considering that I excel physically and academically in my school and college, I was completely shocked when my parents told me that I had severe hypotonia when I was three years old and had not even started developing eye contact and speaking. With this case, I have experiences with my therapist and I am amazed by his/her power as he/she taught me a lot. I have been taught almost about everything that ranges from picking a pin to giving a speech in front of the audience. Realizing the impressive and positive impact of my therapist, I came to a decision that I have to become an occupational therapist to enable individuals to live the best of their lives. Further, I am also drawn to this career due to my interest in physiology and cognition with the application of my creativity to the current therapies.

The key immediate goal of mine is to help people and patients to perform their tasks in their preferred way. During my most experiences, I helped a person who was thinking that he cannot write a love letter to his wife by himself. I had helped the person by bringing a computer application that allows the writer to type with the emotion of head and nick. It was one of the amazing and rewarding situations for me as he was thinking that this is not possible. From this case, I enjoyed helping others especially making them able to do what they consider impossible for themselves. While I also think that one day I would influence someone for the lifetime.

I am also keenly interested in science and physiology. My interest can be found in academics and professional areas that are related to occupational therapy. It has been found by me that one of the most common therapeutic activity is the tea-making. This activity needs a high level of physical and cognitive functions as it requires an intact memory system and physical capabilities. Many patients of dementia may be found failing in it because they miss some of these abilities. So the activities like this are important to understand the therapies necessary for patients to accomplish their objectives.

Beyond that, the tailoring therapies as per patients’ interest by my creativity as an occupational therapist also hugely appeals to me. Hence, my degree in occupational therapy also relates to my long term goals because pone of my long term goals is to master my therapy skills and creativity in helping people to have a good life and desired achievements as well as to polish my experiences to empower those surviving with such disabilities. I remember the many people who have disabilities like disfigured fingers, face, and legs etc. are mostly excluded from friendships at schools and colleges etc. In such cases, I get horrified when I see such happenings because these people also have social discriminations most of the times. Realizing how detrimental intolerance is, I am determined to use such experiences to show the people and public that individuals with disabilities can be as functional as people without them, and they (people with disabilities) deserve to be accepted.

I still cannot believe that I had been transformed from a person to one who can assist others to have better live, live better and achieve the life goals. Knowing that I am a living accomplishment of the therapist, I am highly inspired and excited to embark on my journey as an occupational therapist who would be empowering others by helping them to perform their tasks they always hope and want to perform, as well as publishing their achievements, ultimately improving their life quality.