

## Professional Goals

The following shows my physical therapy professional goals in the next 6 months, 1 year, and 5 years. These goals are not limited to what is listed below and are subject to change as I progress with my instruction and gain more exposure to different physical therapy settings.

### 6 months

**Goal 1:** Within 6 months, I will be able to demonstrate overall clinical competency as a first-year student to safely and effectively evaluate and treat a respectable case load during my first clinical rotation.

- **Action Plan:** I will take the knowledge that I have obtained and will obtain from my first year as a physical therapy student and practice it comprehensively to ensure that during my first clinical rotation I will be prepared.

**Goal 2:** Within 6 months, I will be able to demonstrate improved emotional intelligence while engaging with peers, instructors, and patients.

- **Action plan:** I will become more actively aware of my own emotions and how to properly express them. I will also take an active approach by studying more concepts on emotional intelligence to better understand how others may be feeling and how I should appropriately react.

### 1 year

**Goal 1:** In 1 year, I will demonstrate improved ability to appropriately understand and conduct research in the physical therapy field to help mold myself into an evidence-based practitioner.

- **Action Plan:** I will immerse myself in research through various classes as well as volunteer for research opportunities as they come available.

**Goal 2:** I will improve my clinical problem-solving skills to effectively perform a differential diagnosis.

- **Action Plan:** To achieve this goal, it is important that I pay close attention to all the details from this semester as well as the future semesters to effectively understand what the patient is presenting with and what it means.

## **5 Years**

**Goal 1:** To obtain a job in a well-rounded physical therapy clinic, rehab-facility, or hospital with multiple specialties to gain an understanding in what area and how I want to progress my career.

- **Action Plan:** I will utilize the experiences I have had in the past as well as my future clinical experiences to guide me in my interests, and from there research different potential job opportunities that can facilitate my interests to allow me to progress the way I want in my career.

**Goal 2:** Within 5 years, I will have gained enough knowledge and experience to feel comfortable to become a clinical instructor to host a physical therapy student. This is a great step to improve my leadership skills as well as my ability to share what I have learned to either open my own clinic or further my career in academia.