



A Proprioceptive Experience

Explore your own **proprioception** by testing your balance with your eyes open and closed! Time yourself completing the four tasks below and record how long you are able to maintain your balance.

- Balance on your right leg with your eyes open.
- Balance on your left leg with your eyes open.
- Balance on your right leg with your eyes closed.
- Balance on your left leg with your eyes closed.

Take a Stand: Occupational Therapist Characteristics

Now that you've learned some more about being an occupational therapist, take a moment to consider more closely whether or not this career might appeal to you by completing the survey.

Rate the characteristics of an occupational therapist on a scale from one to four.

You like working with people.

You are a good listener.

You love to problem-solve, especially when the problem feels impossible.

You are physically strong.

You enjoy being a help to others.

You are extremely organized.

You are a patient person.

You have a lot of compassion for people.

You are very creative.

You can write clear explanations of concepts.

If you answered with mostly threes and fours then the career as an occupational therapist might be a career of interest.