



### **A Proprioceptive Experience**

Explore your own **proprioception** by testing your balance with your eyes open and closed! while 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.