**Professional Development Plan**

Name: *Elizabeth Rosa*

Year: *2020*

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| **Measurable goal** | **Plan to Achieve it- what will I do?** | **Review date- by when?** |
| Present at ConnOTA Conference | Submit call for papersReview informationMake accommodations for March 7th  | March 7, 2020 |
| Write journal article on capstone research with group*Leadership in Occupational Therapy: A Qualitative, Phenomenological Study* | Contact Sharon – she responded Mar 6th Updated literature reviewFacetime meetings with peersWrite up and submit to AJOTWrite up and submit to OTJR | December 2020 |
| Attend an NJOTA meeting to start involvement within state organization | Wed, June 10th 6:30-8 pmThurs, July 16th 6:30-8 pmMon, Aug 3rd 6:30-8 pmTues, Sept 1st 6:30-8 pm | September 1, 2020 |
| Complete NBCOT Study Pack Flashcards to prepare for studying  | March 1-7: D1 cards 1-62March 8-14: D1 cards 63-125March 15-21: D1 cards 126-188March 22-28: D1 cards 189-251March 29-April 4: D1 cards 252-314April 5-11: D1 cards 315-358; D2 cards 1-19April 12-18: D2 cards 20-82April 19-25: D2 cards 83-145April 26-May 2: D2 cards 146-153; D3 cards 1-55May 3-9: D3 cards 56-118May 10-16: D3 cards 119-181May 17-23: D3 cards 182-244May 24-30: D3 cards 245-307May 31-June 6: D3 cards 308-342; D4 cards 1-35June 7-13: D4 cards 36-98June 14-20: D4 cards 99-161June 21-27: D4 cards 162-186 | March-June 2020 |
| Create 4-week study schedule | Create binderInclude AOTA PDFs, NBCOT study pack, and OTExamPrepper | April 2020 |
| Apply for NJ licensure | <https://www.njconsumeraffairs.gov/ot/Applications/Application-for-Licensure.pdf> | Once final grades are submitted (July 2020) |
| Advocacy with OT Hill Day | Email representatives to state beliefs and support OT legislature | September 2020 |
| Apply for jobs | Create an ongoing potential job application document (currently up to 5 potential applications)Start applying for jobs in July/August (depending on COVID-approval for Dominican Republic fieldwork) | February 2020 until hired |
| Read 1-2 journal articles per month | Create a document of journal articles to read  | March 2020 |
| Plan next abroad OT mission trip | Create high blood pressure group protocolCreate home exercise program without equipmentMonthly meetings with MikeAsk for update on SHU approval – May 2020Shoe drive pending approval – June 2020 | July 2020 trip (pending COVID-19 approval) |
| Networking to learn more about OT abroad | Reach out to Megan Lewis (GOT Program) to ask for any advice/tips for Dominican Republic Fieldwork. Specifically, ask for any advice for:-High blood pressure groups with limited resources and food supply-Home exercise programs without equipment-Diabetes groups with limited resources | June-July 2020 (pending approval) |
| Track Continuing Education Hours | Use CEU Tracker Form to log at least 40 hours for license renewal<https://www.njconsumeraffairs.gov/Adoptions/>pcado\_050503.pdf#search=continuing%20education | Ongoing |
| Create new Professional Development Plan | Use this templateReflect on the year. What accomplishments have I made? What can I improve? How can I become more involved in NJOTA this upcoming year? In what ways can I continue and improve my advocacy for this profession? How can I improve my goal of spreading the benefits of OT to communities near and far?Create at least 9-10 goals for the next year | March 2021 |

“Every expert was once a beginner” –Rutherford B Hayes