

# PRE-OT NEWSLETTER

Spring Edition 2021



## Believe in Yourself

By *Noraida Ortega, OTS*

(Noraida is a senior PreOT major who shares this advice for PreOT majors)

Linda (beautiful), listen, I would be lying if I said I have it all figured out, but I have learned a couple of things along the way that I would like to share with you. I am a nontraditional student: head of household, mother, caregiver, and employee. Professors believe MOT to be a competitive program. I say I am only in competition with myself. To show up every day, even if it is for an hour. To fit this accelerated program into my busy life, I have to be focused. I review the upcoming week on Sunday to schedule assignments. I have a calendar on my wall, a small planner (goes with me everywhere), I make daily to-do and use google calendar (to get those notifications). It all comes down to how bad you want it. I am hungry for success. I am on a mission to change my entire family story.



Find friends in the program that would keep you accountable. Study a little bit every day. I catch myself going over my flashcards (ANKI) at the drive-through while waiting to pay for my groceries, before work, and before class. Professors are teaching you to become therapists, thrive on their feedback, visit them at office hours, schedule a tutor, most importantly, find your why. It needs to be specific and write it out. Aspire to make a difference. You made it this far. Please understand that this busy time in the program is temporary. It is only one season of your life to make the next season better.

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My name is Sawyer Harris. I am a first generation college student in my third year here at Bay Path University. I am a Pre-Occupational Therapy Studies Major with a minor in Psychology. I knew when starting college, I wanted to make the most of my experience. I was excited to finally be achieving an aspiration I had always dreamed about and refused to let it slip through my fingers. In my time at Bay Path, I've become an Orientation Leader, Peer Mentor, Psychology Student Learning Assistant, Student Government Association Junior Delegate, Tutor, Psi Chi Honor Society Member, and UNICEF Club President. I have also been apart of Bay Path's Summer Scholar Program, where I was able to over this last summer, conduct my own independent research, "Effects of Meditation on Self Reports of Chronic Pain - A Pilot Study". I was able to present the results of my 8-week pilot study at the New England Psychology Association Annual Conference. I was able to cultivate my passion for research and interest in holistic medicine while connecting both my major and minor. As a part of my research, I will also be presenting at the 2021 Academic Achievement Day, to elaborate on my findings to my fellow peers as well as the faculty and staff of Bay Path University.

I am so grateful for the opportunities I have had so far at Bay Path and can not begin to quantify the impact of being able to grow my academic, leadership, and life skills in an environment that roots for my success!

## Faculty Spotlight

Dr. Kayla Berthiaume is an adjunct professor at Bay Path University (BPU). She earned her Bachelor of Science degree in Athletic Training from Springfield College, a master's degree in Occupational Therapy from BPU, and an Occupational Therapy Doctorate from BPU. Dr. Berthiaume works full time as a behavioral health occupational therapist for the Department of Children and Families. Her current area of practice is a psychiatric residential treatment facility serving adolescents with complex psychological trauma histories and psychiatric challenges. She is currently developing a state-of-the-art sensory immersion room at her facility for her clients to use as a space to reduce anxiety and build self-regulation strategies. As an adjunct professor at BPU, Dr. Berthiaume teaches in the undergraduate Pre-OT program and the graduate MOT program. This year, her course load in the Pre-OT program includes the courses Play and Leisure and Social Policy. The course HHS 410 Social Policy explores historical factors influencing the development of social and health care policies and health issues that are important to us as consumers as well as health care professionals. This course emphasizes the influence of political, economic, social, and cultural factors in the development of health and social policy. Through teach this course, Dr. Berthiaume aims to provide students with insight to the complex world of social policy through a multifaceted lens. This approach will allow students to understand ethical dilemmas that exist and how to utilize this information to become competent health care professionals in the future. Dr. B enjoys teaching because the students at BPU are eager to engage and their passion for learning about how to care for others is inspiring!



# MOT STUDENT SPOTLIGHT!



As many of you are aware, Bay Path University is focused on empowering both men and women to become leaders in their careers despite any challenges that they may need to overcome. Yekaterina Levchyk, like many other students attending Bay Path University, has a story that may not be considered “typical” or “easy.” Straight out of high school, she entered Bay Path on a journey to become an occupational therapist, and looking back has realized that the opportunities and challenges that were faced have helped to prepare her to flourish in a constantly changing world. Yekaterina graduated from Bay Path University in 2020 with a Bachelor’s degree in Liberal Arts and plans to graduate with her Master’s degree in Occupational Therapy in May of 2021. During her journey at Bay Path, Yekaterina did not let her education take complete control of her personal life and as a result found ways to balance her academics with her values, volunteer work, and relationships with friends and family. Participating in extracurricular activities had helped Yekaterina reduce stress from the academic workload and stay connected to the world around her. Despite being a wife, mother, and student, the support of those around her along with her faith in God had helped Yekaterina remain motivated and determined to succeed. Attending Bay Path had helped Yekaterina understand the importance of maintaining a healthy work-life balance, time management, flexibility, and networking in order to be successful in a field where possessing these skills is crucial in order to seize the day. Carpe diem!

## Monthly Speaker Series: Conversation with an Occupational Therapist

Have you ever wondered what an Occupational Therapist does? Or what kinds of settings, populations, and needs they serve? The Master's Program in Occupational Therapy at Bay Path offers a virtual event each month by inviting an OT to share their work with our students! Some of our past speakers addressed pediatrics and nature-based programs, driving rehabilitation, mental health, addiction, and international work. Registration is required. For more information, please contact MOT faculty members Andrea Cordis and Tiffany Foster (acordis@baypath.edu; tfoster@baypath.edu)

## AOTA Student Resources

**AOTA Student Resources**

For more information, visit <http://www.aota.org/Education/Careers/Students.aspx>

 <b>FACEBOOK</b> <a href="https://www.facebook.com/AmericanOccupationalTherapyAssociation/ACA">https://www.facebook.com/AmericanOccupationalTherapyAssociation/ACA</a>	 <b>INSTAGRAM</b> <a href="https://www.instagram.com/aotac">@aotac</a>
 <b>TWITTER</b> <a href="https://twitter.com/AOTAcademy">@AOTAcademy</a>	 <b>YOUTUBE</b> <a href="https://www.youtube.com/user/AOTAcademy">https://www.youtube.com/user/AOTAcademy</a>
 <b>PINTEREST</b> <a href="https://www.pinterest.com/aotac">https://www.pinterest.com/aotac</a>	 <b>LINKEDIN</b> <a href="http://www.linkedin.com/company/aota">http://www.linkedin.com/company/aota</a>

The Occupational Therapy Program is accredited by the Accreditation Council for Occupational Therapy Education (AOTA), located at 4720 Montgomery Lane, Suite 200, Bethesda, MD 20814-3449. ACOTE's telephone number, c/o AOT, is (301) 652-AOTA. Student Resources flier? Check out the OT Job Link where you can find resume-building skills, interviewing tips, employment opportunities, and more! <http://www.aota.org/Education-Careers/Advance-Career/OT-Job-Link.aspx>

# Be on the Look Out for...

## Get Ready for the... Rising MOT Orientation

A special Zoom meeting will be held Thurs March 25 @ 6:00 pm for all junior PreOT majors as an orientation to the MOT program they will start this fall. Program Director Dr. Jeanne Corocran will be joined by selected OT faculty and students to share an overview of the program, schedule, tips and strategies for success. For their senior year, PreOT majors begin their graduate-level coursework at the Ryan Center campus in East Longmeadow. Good luck students!

## Disrupt Aging Workshop in April

For HHS and PreOT students, this is a virtual workshop that will examine trends, issues, and needs of the older population. Did you know that the nation's 65-and-older population has grown rapidly since 2010, driven by the aging of "Baby Boomers" born between 1946 and 1964. The 65-and-older population grew by over a third (34.2% or 13,787,044) during the past decade. Many of you may work with older people in your future career. You may also be (or become) a caregiver to older family members. We are happy to offer this workshop from the AARP (American Association of Retired Persons). Our very own Andrea Cordis BS, COTA/L, faculty member from our Master's Program in Occupational Therapy, is a trained facilitator and will lead this workshop for us. Full completion of the workshop by attending all 3 sessions will result in you earning a Certificate of Completion from the AARP. Great credential to add to your resume!!

## Certificate in Autism Studies

The Autism Studies Certificate Program is designed to prepare professionals to work collaboratively with all stakeholders to ensure the academic, social, behavioral, and emotional needs of students identified as having Autism are met. This Certificate seeks to provide individuals with the skills, knowledge, and creativity needed to support students' success in the classroom and the community. In addition, the Certificate provides depth in particular areas of educational practice, policy, curriculum, and state-of-the-art inclusionary best practices. The Autism Certificate includes 4 three-credit courses, all online.

Courses for the Autism Certificate include: (12 credits)

- Teaching Children with Autism Spectrum Disorders
- Applied Behavior Analysis
- Advocacy, Collaboration, & Problem-Solving for Students with Autism
- Supporting Communication and Social Development for Students with Autism

To learn more about adding this Certificate to your program of studies, contact your Academic Advisor!

## Dia's Corner!

Hi, my name is Dia Arias and I am the Student Assistant in the Psychology Department. I am currently a sophomore majoring in Communications, and I enjoy traveling whenever I have the opportunity. Please feel free to email me if you have any questions at [preot@baypath.edu](mailto:preot@baypath.edu).

