

Master of Occupational Therapy
Eastern Michigan University

Guidelines for Reflective Writing Component

Reflect on your work with people in community agencies and with individuals you observed in OT while completing your volunteer hours. We would like you to examine the meaning of occupation in people's lives. Occupation encompasses the everyday activities that people engage in on a day to day basis that create meaning and purpose in the context of their lives.

Specifically, we would like you to reflect on the following questions:

- How did engaging in occupation affect the people you observed?
- What did you learn about others as you observed them "doing"?
- What did you learn about yourself? Think about how engaging in occupation affects you.
- How you can use these experiences to foster your growth as an occupational therapist?

The Reflective Writing Component should be no more than four pages in length. Please use 12 point font and double-space your statement. Include your first and last name on the cover page. The cover page will not be counted as one of your four pages.