

SOTA SPEAKS

Student Occupational Therapy Association Monthly Newsletter



March 2013

3-11-13 SOTA Meeting in Large
OT Lab

3-11-13 Clipboard Orders Due.
These are great to take
on your Fieldworks!

3-20-13 Orders for Pura Vida
Bracelets Due

3-24-13 – SPRING BREAK!!!!!!
3-30-13



Health Fair

By: Kaitlin Butcher

On February 14, 2013 SOTA members participated in Health Science's annual health fair. The health fair was set up in the John E. Jones Conference center and included booths from many different programs and organizations that WVU's health science center has to offer. The occupational therapy booth included information about the profession along with tips for healthy computing and tips for using smart phones wisely. The health fair was just another great way to spread the name of occupational therapy and show others the great benefits it has to offer.

SOTA is big supporter of Relay for Life!

By: Angel Petras

Being involved in the Relay for Life event at WVU is something that the classes of WVU OT take pretty seriously. WVU OT is one of the top fundraising teams and has a large team to support the division of OT throughout the entire event. This event helps bring the OT classes together and enjoy a fun night while showing support for a great cause. It brings about a friendly competition to see who can raise the most money between the different teams but in the end the overall event raises a great deal of money to support the American Cancer Society.

The Relay for Life Kickoff was open to any team member of the event. It provided an introduction of the purpose of relay and shows what and whom we are supporting by participating. Having the OT class participate in the event gets our name out there. It shows that we are involved and makes others recognize our profession. By walking around with shirts on that say Occupational Therapy on them, other participating teams realize who we are and what we support. It is important to get your name and profession out there at big events, it is how you get recognized and most importantly how you're remembered. Our profession is focused on rehabilitation and bettering people's life, what better way than to show our support for survivors and cherish the memories of those who have lost battles.

Sign up to join the WVU OT Relay For Life team today!



Mardi Gras at HealthSouth

By: Heather Koch



On Tuesday, February 12th, Health South hosted a "Mardi Gras" party for patients and their families. Several of our OT students attended the party while organizing games and trivia competitions.

The patients enjoyed refreshments while listening to music and interacting with our students. They especially enjoyed collecting bead necklaces, masks and hats. It's safe to say that everyone who attended the party had a great time!



Grad send-off

By: Ashley Hudson

The grad send-off lunch reminded us all what a great family we have here at WVU. It was such a wonderful experience to watch the grads as they paid tribute not only to the program, but to each other. The class of 2013 generously donated \$1000 to their class charity for cystic fibrosis and another \$1000 to AOTPAC to promote our profession. They also gifted the program with a podium signed by the entire class so that they will always be remembered. It was so moving to see them unite as a class one last time before leaving for fieldwork and they will be greatly missed. Good luck class of 2013!

SOTA gives back to the community in

Car Fit Event

By: Cameron Jougras



On February 15th, 2013 SOTA held a CarFit event at The Village at Heritage Point. We had several participants throughout the day, and each driver was helped by receiving a genuine checkup of their driving habits. CarFit helps older drivers make sure they “fit” their cars, and by doing so helps ensure safe practices while driving. The participants were excited for the event, and responded to the SOTA event very well.

Even in the snow, SOTA was out helping the community, and making people aware of OT. This event was a great way to introduce Occupational Therapy to people who may be able to benefit from our profession. SOTA members were just as enthused as the participants, and really showed support for the drivers who came. While it was a cold day, many of us were warmed by the feedback and thanks given from the people at Heritage Village.

CALENDER

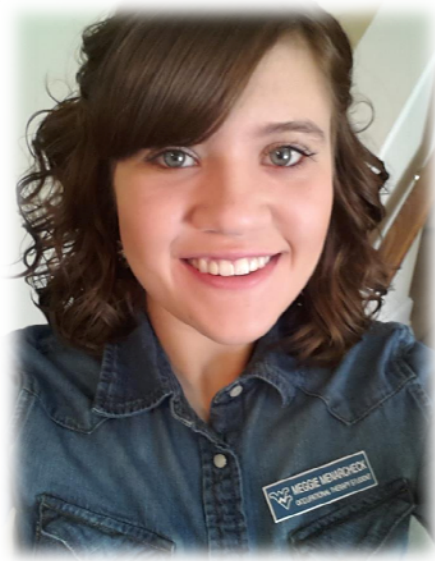
March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 SOTA Meeting Clipboard money due	12	13	14	15	16
17 St. Patrick's Day	18	19	20 Orders for Pura Vida bracelets due	21	22	23
24	25	26	27	28	29	30
31 Easter Sunday						

SPRING BREAK

Get to know your delegates!

Interview By: Ashley Hudson



1. Why did you choose Occupational therapy as a major and profession?

I was not aware of OT until my senior year in high school when my mom mentioned it to me. For my senior project, we had to have 100 hours of volunteering and I did my majority with Special Olympics. When I was able to teach a girl, who had limited hand control, how to dribble a basketball, I knew OT was a good fit for me. The joy it brought her was like no other feeling.

2. What has been your favorite part about Occupational Therapy School so far?

My favorite part is being with my classmates. Not many majors have the opportunity to know each person in their major and work/struggle with them through school. Also, cadaver lab was a great experience.

3. How do you plan on representing the WVU OT program at the AOTA conference?

I hope to share the Mountaineer spirit and WVU's unique perspective on OT with students across the country. Being able to connect WVU with other schools would be an excellent opportunity to help us grow our program and show others how great our program is.

4. If you could only have one meal for the rest of your life what would it be?

SPAGHETTI! I am such a picky eater that I eat spaghetti at least 3 times per week.

5. Do you have an idea of what setting or population you would like to work in after you are done with school?

Right now, I am really into the school system or mental health.

6. How do you plan on using the AOTA conference to benefit yourself and other WVU OT students?

What I think will be great about the conference is that no matter who is there, whether it is someone who has been practicing for a while or a first year like me, is that our main goal is to advocate for OT. I hope that I represent and benefit the students of WVU by advocating for our profession at, and after, the conference.