

My TR student Internship Experience

-Becky Przystawski, TR Intern, Wellspan Surgery and Rehabilitation Hospital

Nervous, excited, eager, hopeful; some of the words used to describe my thoughts the day I began my internship. All 3.5 years led up to where I am now. This was it. I walked in wide-eyed and ready to learn. I began my journey with an orientation to the hospital, and was introduced to the department. After that, I met up with Haley Smith, my clinical instructor. I am the first therapeutic recreation intern at Wellspan, and I wanted to leave a mark and set a standard for future interns to come. I started off shadowing Haley, and began to pick up a caseload. My first evaluation I was so nervous! I knew these patients were regular people, but becoming confident in my training and myself would be my biggest challenge yet. Documentation was the hardest for me to adjust to. We learned about it in school, but once you're in that position where you have to apply what you have learned, I felt like I froze up. With continuous opportunities to document and Haley always pushing me to think outside the box, I have come a long way. Fast-forward 13 weeks later; I am starting to see myself as a budding Recreation Therapist. I am running the entire caseload almost every day: evaluations, treatment sessions, groups... and documentation. I cannot be anymore grateful to Haley for giving me the tools and skills I need to succeed as a future practicing Recreation Therapist. I am ready to see what the future brings! NCTRC here I come!