USC Biokinesiology & Physical Therapy Service Learning Experience Student Reflection

Date of service_____

Service site_____

Name_____

Name of Agency/Project: <u>Activities</u>, <u>Recreation & Care (ARC)</u> Address: <u>6456 Whitsett Avenue</u>, <u>North Hollywood</u>, <u>CA 91606</u> Phone/email: <u>(818)</u> 762-4365; info@arcandadults.org

Your Primary Service Responsibilities and Duties:

- 1) Lead exercise classes on Saturday mornings for individuals with developmental disabilities.
- 2) Provide participant-centered exercises including stretching, balance, power, and aerobic practice.
- 3) Perform exercises with appropriate parameters and rest breaks in order to prevent overheating.

Your Primary Learning Objectives:

- 1) Care for individuals with developmental disabilities.
- 2) Develop confidence in working with individuals with developmental disabilities.
- 3) Improve communication skills for working with individuals with developmental disabilities.
- 4) 1 additional student identified personal learning objective
- 1. What did you learn about the population you served during your SLE and the challenges they faced?

2. How did the SLE influence your professional and personal growth? For example, do you feel you have acquired new skills or enhanced existing skills as a result of your SLE? If so, what skills and how?

3. What were the personal challenges associated with your SLE and how were these addressed?

4. Do you think you have gained unique knowledge from this SLE which differs from the knowledge you gained in your didactic courses?

5. How has the SLE influenced your view of community service and its role in PT education?