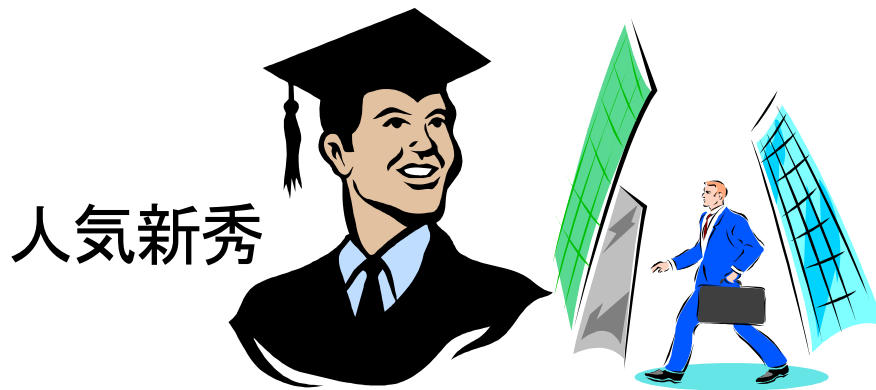


Becoming a Preferred Graduate in Physiotherapy



人気新秀

Are you the one?

Preferred Graduate Checklist + Reflective Note
= Your Story of Becoming a Preferred Graduate

Your Story of Becoming a Preferred Graduate

Monitoring your development and reflecting on your experience help you become better. The checklists and templates in this document are specially designed to help you monitor and reflect on your status as a preferred graduate.

How?

1. Use the *preferred graduate checklist* to check your status as a preferred graduate at regular intervals (e.g. every year / semester)
2. *Reflect* – the guidelines in the reflection templates will help you – and write down your reflections, thoughts, ideas, plans...

Write your story,

Live your story!

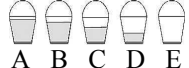


Preferred Graduate Checklist



What is a Preferred Graduate in Physiotherapy? See table below.

Why are the qualities of a Preferred Graduate important? Read the first column carefully.

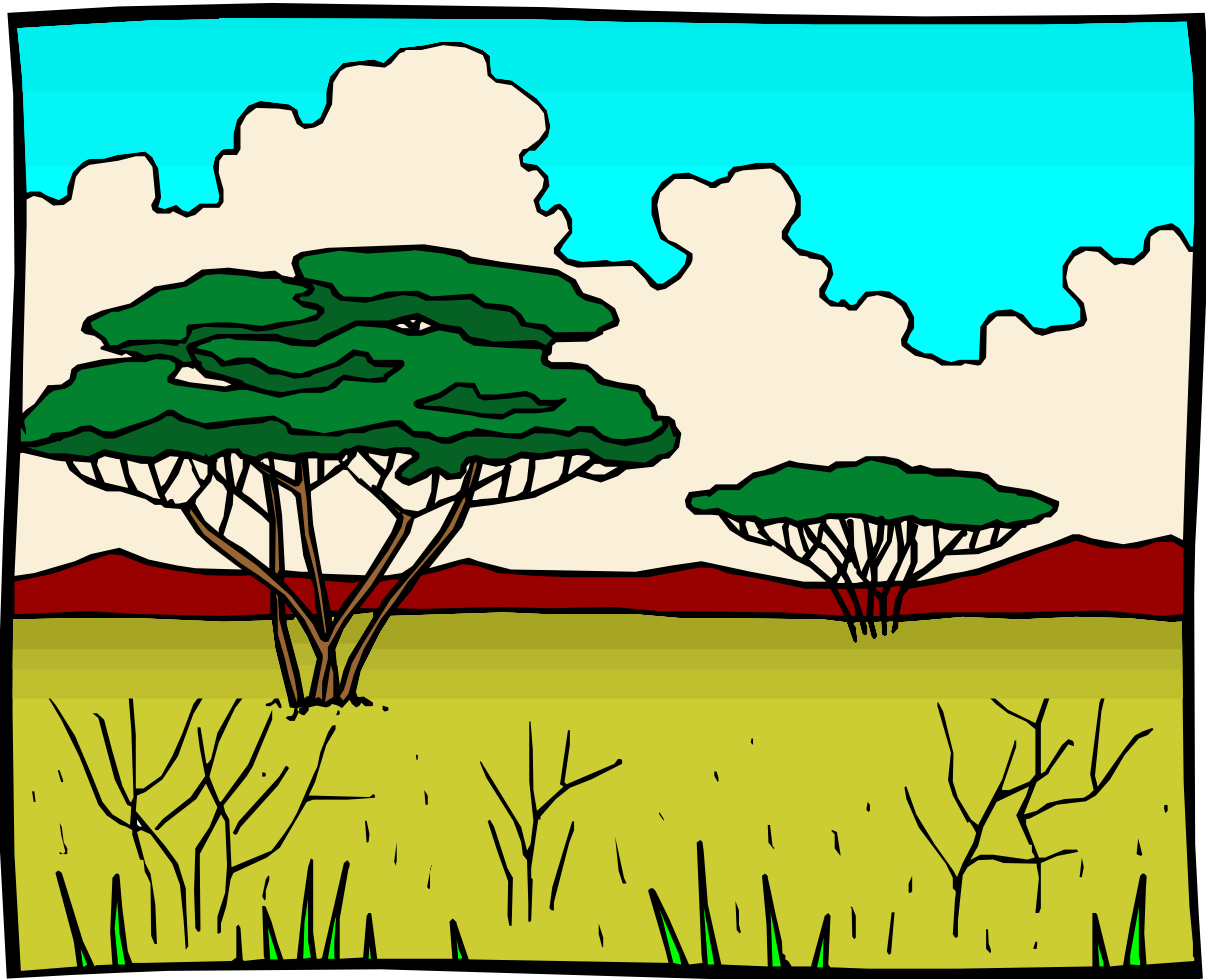
Nature of the Physiotherapy discipline	Qualities of the Preferred Graduates in Physiotherapy	How far am I from being a Preferred Graduate?
<p><i>'How much water would there be in your bucket?'</i></p>  <p>A B C D E Circle one.</p>		
<p>Physiotherapy</p> <ul style="list-style-type: none"> The art & science of rehabilitation, preventing injuries & disabilities, restoring independence & function to individuals with physical & psychological disorders, promoting a maximal level of function to individuals with well-health. <p>Physiotherapists</p> <ul style="list-style-type: none"> Use multiple physical means to provide client care, eg. cryotherapy, electrotherapy, hydrotherapy, heat, exercise, manual therapy & traction, assistive devices & artificial limbs. Contribute to the health team through patient evaluation, treatment planning & delivery, health education, research & consultation. Practice in hospitals, clinics, rehabilitation centers, private practices, industries and the community. 	<p>General understanding of the work and role of a physiotherapist</p>	<p>A B C D E</p> <p style="text-align: right;">1</p>
	<p>Competency in practice, for example, know how to apply the learned skills and technology in actual physiotherapy practice</p>	<p>A B C D E</p> <p style="text-align: right;">2</p>
<p>Because there are so many areas of work in this profession, it may be necessary for you to choose some areas of specialization & become an expert in those areas.</p>	<p>Specialized knowledge in the chosen areas of physiotherapy</p>	<p>A B C D E</p> <p style="text-align: right;">3</p>
<p>Physiotherapists should adopt a holistic & empathetic approach to care for their clients.</p>	<p>Caring attitude and cultural sensitivity to all of a patient's needs.</p>	<p>A B C D E</p> <p style="text-align: right;">4</p>

Continued on the next page...



Nature of the Physiotherapy discipline	Qualities of the Preferred Graduates in Physiotherapy	<i>How far am I from being a Preferred Graduate?</i>	
Physiotherapists will be working in collaboration with their clients & the health team. You must communicate well with <ul style="list-style-type: none"> • doctors, nurses, allied health professionals • clients & their family members. 	Strong communication & interpersonal skills	A B C D E	4
	Ability to work with colleagues that serve client's best interest	A B C D E	5
	Have an understanding of the roles & contributions of other health team members	A B C D E	6
Physiotherapists may lead a team in performing a service. You must function effectively in the team and take up leadership responsibilities when needed. .	Ability to manage clinical procedures and supervise subordinates in the workplace	A B C D E	7
	Ability to be a role model for physiotherapy colleagues	A B C D E	8
Physiotherapists must constantly update their knowledge about the discipline and adopt the culture of life-long learning.	Independent and life-long learning skills	A B C D E	9
	Ability to reflect on experiences to improve clinical practice	A B C D E	10
When facing a problem, physiotherapists must thoroughly consider all available solutions before deciding on the best one. They must not only focus on a few solutions but also new and innovative ones.	Open-mindedness	A B C D E	11
	Creativity	A B C D E	12
	Critical thinking & analytical skills	A B C D E	13
	Problem solving skills	A B C D E	14
	Evidence-based practice	A B C D E	15
Physiotherapists must observe & maintain the ethical standards of the profession.	Responsibility & accountability for their actions	A B C D E	16
	Ability to reflect upon rights and wrongs of clinical practice	A B C D E	17

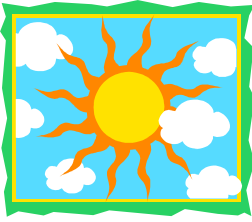
Turn to the next page...



Your first time... with the preferred graduate checklist

Now that you have completed the preferred graduate checklist for the first time, what have you learnt about your discipline? What have you learnt about *yourself* as a future professional in that discipline? How prepared are you? What do you need to work on? How...

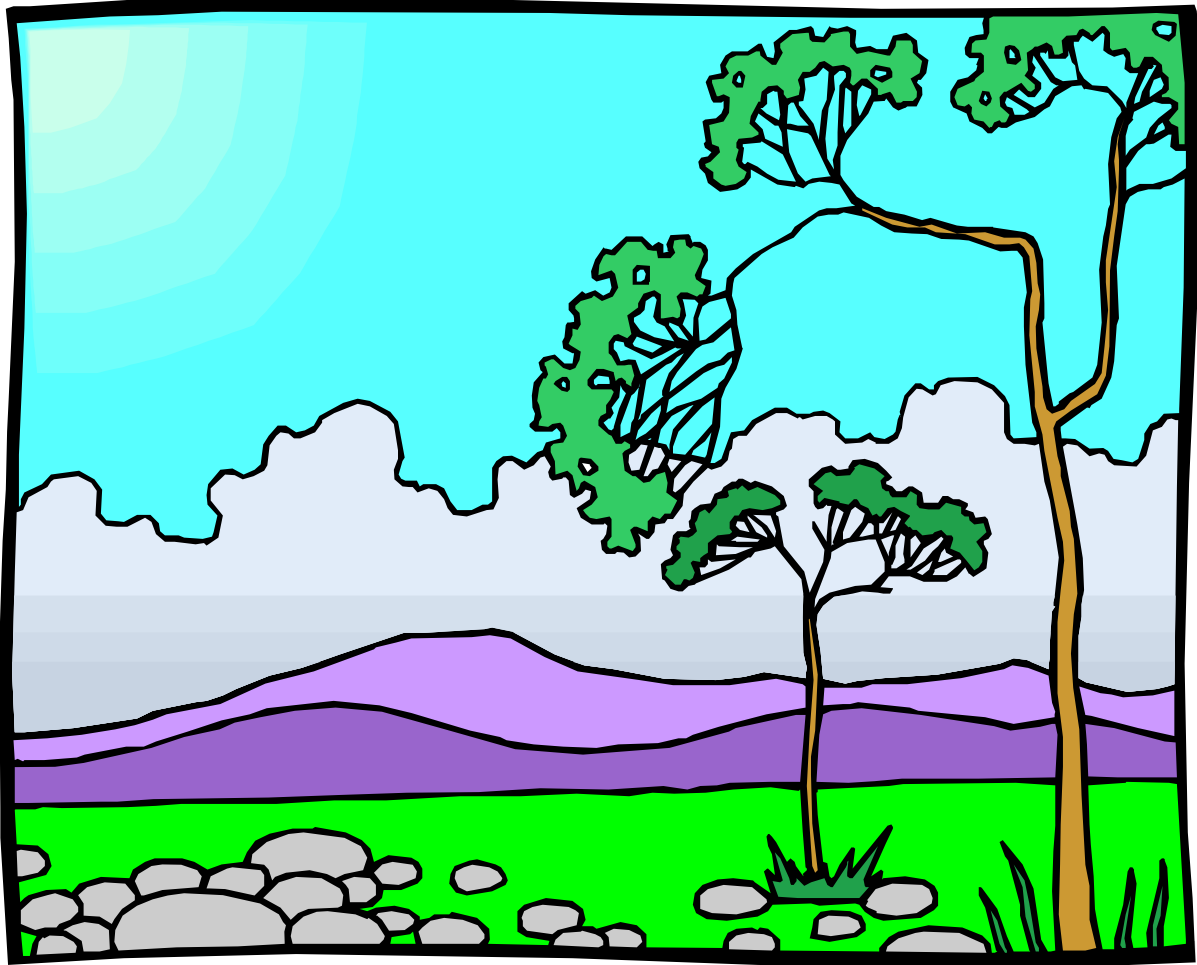
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- 2) Write on next page your reflections and plans regarding your development as a preferred graduate.



My Reflections...

Today is _____

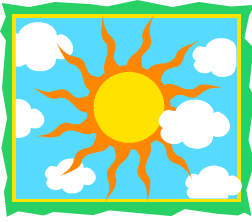
- ☉ Is being a professional in your field like what you have expected?
- ☉ What qualities do you need? What qualities do you have?
- ☉ How do you plan to develop the qualities you need?



One year has gone... How far have you gone?

It has been some times since you last completed a preferred graduate checklist, how far have you progressed since then? What qualities have you developed or need to develop? What new goals will you set for the coming year?

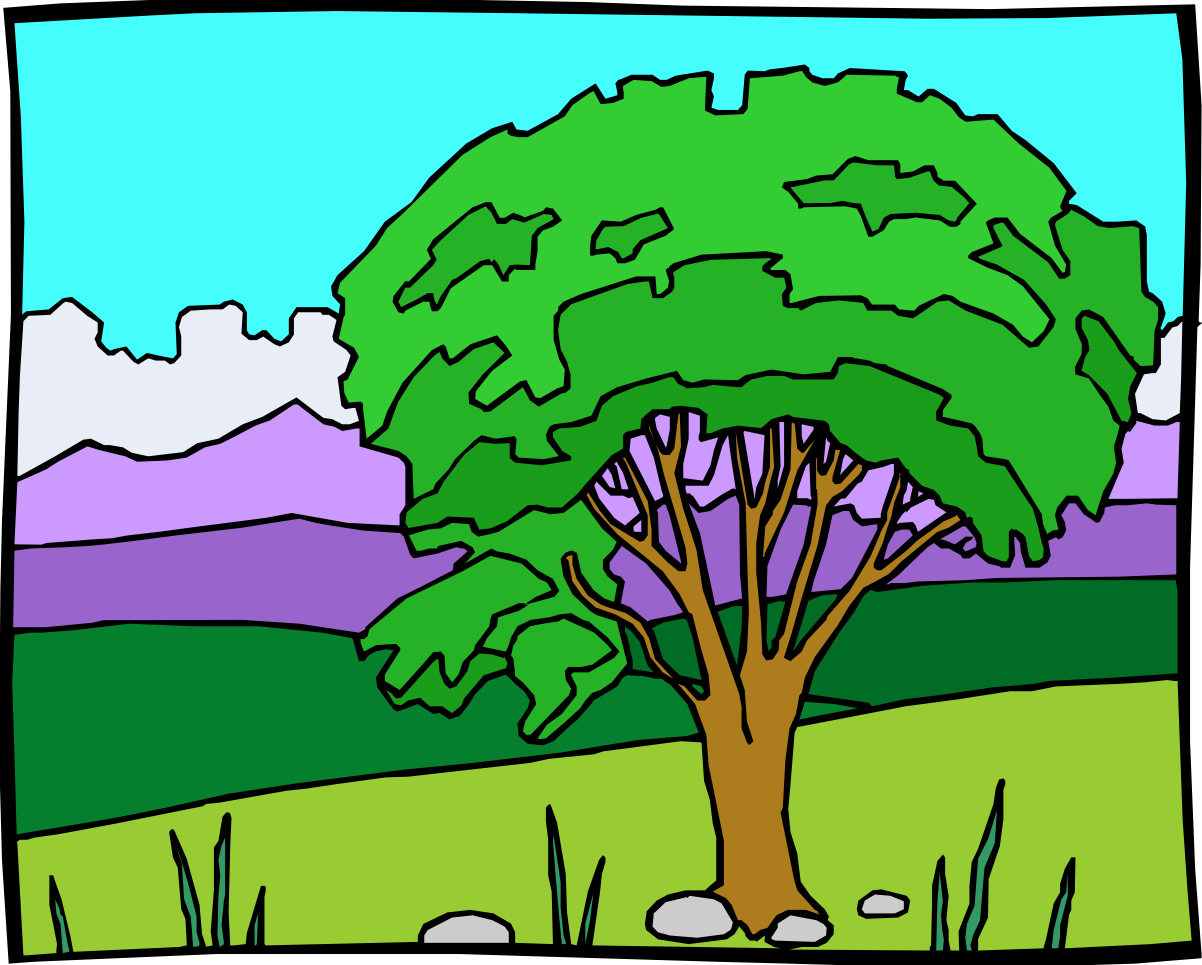
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My Reflections...

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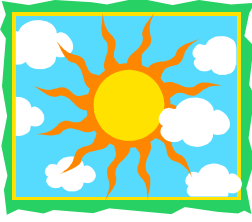
- ☑ Have you achieved the goals that you set last time?
- ☑ Are the strategies that you have used to develop relevant qualities effective?
- ☑ What do you need to work further on?



The time is coming closer... Let's give it the finishing touch

You are now only one year from your becoming a professional, how far left do you have to go? What steps do you need to take to get there (in terms of competence rather than qualification)? What would be your focuses this year?

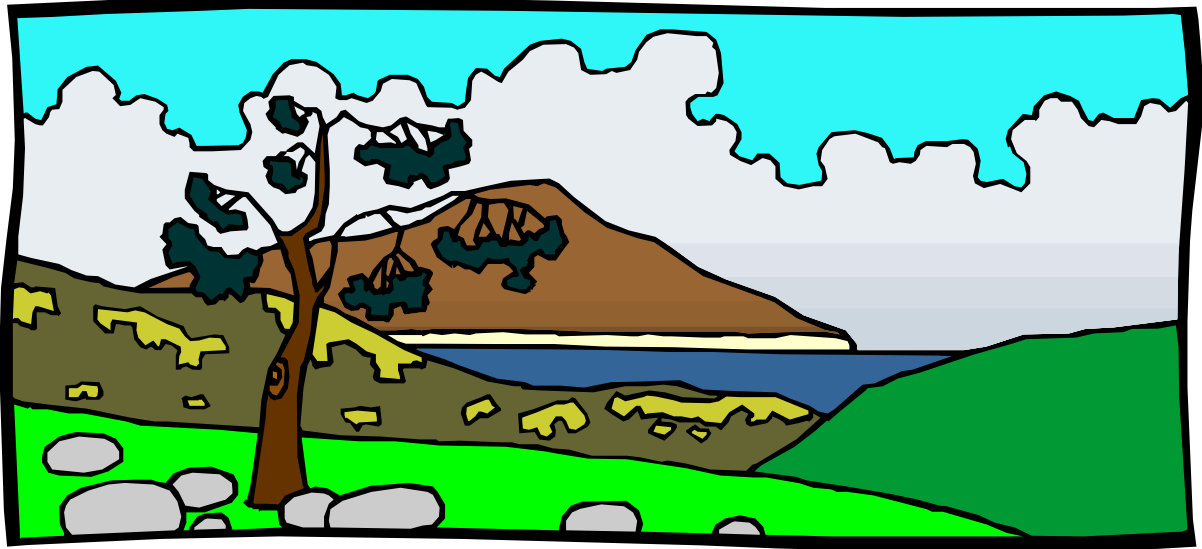
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My Reflections...

Today is _____

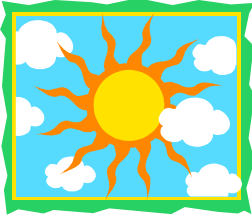
- ④ What qualities remained to be developed?
- ④ What learning difficulties have you encountered? How could they be overcome?
- ④ How would you plan this year in relation to your career development?



Finale... Are you ready?

At last, you are here, up on a hill looking at the prospect that lies in front of you, seeing all the challenges and opportunities. After all these years, what have you learnt about yourself? Are you ready?

- 1) Assess your status as a preferred graduate by completing the preferred graduate checklist.
- 2) Write on next page your reflections and plans regarding your development as a preferred graduate.



My Reflections...

Today is _____

- ④ What do you know about your strengths and weaknesses?
- ④ How well do you know yourself as a learner, a professional, and a person?
- ④ What will you bring with you from your university life into your working life?