

## Goals for the future

### Professional, Academic, and Personal

Throughout my academic career, I have gained numerous professional, academic, and personal goals that I not only obtained but will carry throughout my career. Starting with the professional aspect of my goals for the future, I am still standing by obtaining a child life internship. This has been my dream throughout my undergraduate degree and obtaining my master's. Although it has not happened yet, I am making sure I do all the steps of volunteering at my local children's hospital, asking questions any chance I can get, and continuing my education in a child development career. The second goal I have achieved throughout my 2 years is completing a practicum and having an in-person observation at a local children's hospital in Chicago. This was an important goal for me to achieve because I met with the staff and head supervisor of the department. This solidified my dream of becoming an aspiring child life specialist. My third and last goal that I have achieved is getting my foot in the door at my local children's hospital as a developmental therapist on their early intervention team.

Academically, there have been a few instances where I excelled in my academic goals. My first academic goal was to never get below a B- in any of my courses. Coming to the end of my degree, I graduated with a 3.5. The second academic goal that I achieved was learning the correct way to use APA. Throughout my undergraduate degree, they were not too strict on APA. However, I can now see and understand where to get my resources. The third goal was never to turn in a research paper late and to utilize the writing center when needed. I have always been stubborn throughout my bachelor's degree, but I quickly understood that it is okay to ask for help.

The personal goals that I have achieved throughout my master's program degree are time management. This has been a struggle for me regarding procrastinating, but I have learned how to time block times for studying and breaks. Another personal goal was work-life balance. I work full-time and complete full-time school but decided to create a boundary with school and family. The last personal goal was self-care. This is important not only for child life specialists but also for all individuals struggling with getting overwhelmed.

Overall, my journey throughout this degree was a life-changing experience, and I would not change it for the world. I will strive to use the knowledge from my courses and integrate it into my future career as a developmental therapist.