1. During a baseball game, Mr. Clear was hit in the face with a baseball bat when it flew out of his classmate’s hand. At the nurse’s office, Mr. Clear was asked questions to orient him back to reality, time, and place. Mr. Clear was unable to answer them correctly. After being asked multiple questions, Mr. Clear lost consciousness due to the rapid swelling in his brain. While in the hospital, Mr. Clear had multiple post-traumatic seizures and was put into a medically induced coma and placed on a ventilator. After being released from the hospital, Mr. Clear felt as though his life was on pause as he waited for his surgery. Mr. Clear was determined not to let his injury get him down but there were a few moments where he felt depressed and overwhelmed. All Mr. Clear wanted to do was to play baseball again and be on the field with his teammates while chasing his vision of playing baseball professionally. Overall, Mr. Clear strived to create personal habits that would help him achieve his goals. In the end, Mr. Clear created life-long habits that helped him achieve his goals.

As a future recreation therapist, I have been given a new outlook on client’s capabilities and capacity for improvement despite their disability. I believe that a person’s injury does not stop them from being able to achieve their dreams all together. I believe they might have to work extra hard and they might have to adapt their overall goal but they can still achieve their goals in the end. However, as a future recreation therapist, it is my job to give my client a new outlook and help them achieve their dreams and aspirations regardless of their acquired injury. Especially in the case of Mr. Clear, he had high hopes and had high internal motivation when it came to playing baseball again. Lastly, it is my responsibility as a future recreation therapist to give my clients the resources they might need that will help them achieve their goals while also helping them to adapt to their new life style while still achieving their desired goals such as playing baseball. Even though it might take a lot more work than the average baseball player, I will do everything in my power as a recreation therapist to help my client get back on the field.

2. Personally, I believe that Mr. Clear is explaining that sometimes individuals can create great goals for themselves to achieve without planning out how they are going to achieve those goals. Without stepping stones or “systems” as Mr. Clear stated, it can be almost impossible to achieve those goals. Goals help you know which direction you want to go in life but the systems are the stepping stones that allow you to reach your goal successfully. As I strive to develop the systems necessary to reach my goal of being a successful recreation therapist, there are multiple systems that I would like to improve. However, the main system that I want to improve is my confidence. Regardless if it is in my ability to lead groups or to do the paperwork and documentation aspect of recreation therapy, it is crucial for me to believe in myself and know that I was taught how to be a great recreation therapist at Longwood and that I have the tools to be successful. Lastly, it is important for me to take every opportunity that I have to come out of my comfort zone and lead a group by myself to practice and show myself that I can achieve my goal of being confident within my field.