



Sota Newsletter

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DECEMBER 2023 EDITION

FINALS SURVIVAL TIPS

- Make a study plan/schedule in advance for each class
- Start far enough in advance so you are not overwhelmed and trying to cram right before
- Allow time each day to do something for yourself- exercise, spend time outside, spend time with friends/family, relax, etc.
- Separate chapters into 3 categories to prioritize what sections to study:
 - only need to skim
 - could use a little review
 - I don't understand
- YOU GOT THIS!



Take a brain
break



IMPORTANT DATES

- Next SOTA meeting: December 6th @ 3:30 PM
 - We are having a gingerbread house contest!
- Finals week: December 11-15th
- Winter break: December 15th-January 7th

REMINDERS

- Please remember to complete your course evals.
This helps our professors improve the courses and future courses we take based on what we need as students.
- Keep your Exxact profile up-to-date over break.
- Sign-Up for AOTA Conference. Contact Lauren Mullins for additional information.



Come dressed in your favorite holiday sweater for classes on Wednesday!!

AN INTERESTING READ

Hill, J., Mensforth, S., Waldby, L., Fleming, J., Quinlan, T., & Driscoll, C. (2023). Canine-assisted occupational therapy for children within a student-led university clinic: The influence on child engagement from the perspectives of student and parent participants. *Physical & Occupational Therapy In Pediatrics*, 1-16.
<https://doi.org/10.1080/01942638.2023.2273281>



Student Spotlight:

REBECCA CRUZ



- I am from Brandon, FL
- I am a 2nd year in the OT program
- I'm interested in working with the older adult population and possibly low-vision clients
- My favorite class so far would have to be Physical Disabilities I
- I maintain occupational balance by creating a schedule and journaling
- My favorite occupations would be cooking and sleeping
- A fun fact about me is that I saw snow for the first time this year!



2nd-year OTD students worked on adapting toys in their Peds I course with the help of Dr. Dishman and Dr. Decker! These toys will be donated to children with disabilities!



1st and 2nd year OTD students at Southshore's Silent Santa event! Children got to enjoy some Christmas festivities in a sensory-friendly environment!