

LIFE BEYOND COLLEGE

By Kirsten Hebert



Self Assessment

Personal Values and Career Goals

- Integrity: I believe in being honest and ethical in all interactions.
- Compassion:

Research

Company : Ochsner Health

Position Job: Athletic Trainer

Job description:

As an Athletic Trainer, you will play a vital role in the prevention, treatment, and rehabilitation of injuries for our patients. You will work closely with our physicians and other healthcare professionals to develop and implement treatment plans that meet the unique needs of each patient.



Preparation:

How do you plan on keeping up with current trends and advancements in athletic training?

Describe a challenging situation you faced in a team environment and how you resolved it.
Can you tell us about your coursework in athletic training or kinesiology?



Kirsten Hebert
November 25, 2024

Ochsner Health

Dear Hiring Manager,

I am eager to apply the knowledge I have gained in the classroom to a practical environment and believe that Ochsner Health would provide an excellent opportunity for me to contribute to your team.

I have completed my coursework in athletic training and kinesiology, where I focused on understanding the human body, injury prevention, and rehabilitation techniques. My studies have provided me with a strong foundation in anatomy, physiology, and the principles of exercise science. I am particularly interested in the latest advancements in sports medicine and how they can be applied to improve patient outcomes.

During my academic journey, I faced several challenging situations in my team environments. One notable example was a group project where we had conflicting ideas on how to approach a research paper. Through open communication and active listening, we were able to identify common ground and collaborate effectively to produce a high-quality final product. This experience taught me the importance of teamwork, communication, and conflict resolution in a professional setting.

I am confident that my academic background and practical experience make me a strong candidate for this position. I am excited about the opportunity to join Ochsner Health and contribute to your mission of providing exceptional patient care. Thank you for considering my application.

Sincerely,
Kirsten Hebert

1. State Licensure and Certification: Ensuring compliance with state regulations regarding athletic training practice and maintaining certification from the BOC.

2. Health Insurance Portability and Accountability Act (HIPAA): Protecting patient confidentiality and privacy when handling medical records and treatment information.

3. Safety Protocols: Adhering to safety guidelines and protocols for managing injuries during practices and competitions, including conducting pre-participation physical exams.

4. Continued Education: Committing to ongoing education and training to stay current with advancements in athletic training, rehabilitation techniques, and injury management.

5. Collaboration with Medical Staff: Working within a multidisciplinary team, ensuring open communication with physicians, physical therapists, and other healthcare professionals to create comprehensive care plans.







Integrity,
Compassion, &
Continuous Learning