

Mentor Visit Assessment #1

Mentor: Dr. Kayla Covert

Profession: Vestibular Physical Therapist

Location: At Home (Virtual)

Date: January 28, 2022

Time: 12:00 P.M.

Assessment:

Going into my mentor visit with Dr. Covert, I hoped to get her feedback and opinions on my final product proposal. As she is the person who is going to guide me in the remainder of my ISM journey, her opinion is extremely valuable to me and therefore I wanted to make sure she was just as satisfied with my project idea as I am. I also wanted her to help solidify my ideas into a feasible product, as I was not quite sure how I wanted to fully go about it yet.

Dr. Covert told me that to start off my project on mirror neurons in autistic kids, I should ask my mother, a developmental pediatrician who specializes in disorders like autism, what questions parents of autistic kids are constantly asking, and base my research off of that. Prior to our meeting, I had planned on just diving right into researching online, so hearing her idea of doing this was very eye opening to me. She also mentioned to me that when building my outline for the parents of these autistics kids, she could give me a list of websites that will tell me the health literacy of my project. Prior to this, I had no idea what health literacy was, but Dr. Covert explained it to me as a way healthcare professionals tailor their education methods to meet the needs of people with various educational backgrounds. She expressed to me that when I am taking health literacy into account I am making sure that my written and verbal words are appropriate to at least fit the needs of fifth to sixth graders. This is something I am so grateful she

expressed to me, as my project will only be beneficial to the general population if they are able to easily understand the content I am going to be creating. She also told me that she will help translate the evidence I am finding into a coherent body of work that everyone can understand, which is something I really struggled with during my original work project.

Having a mentor now for my final product is something I am so happy about, and looking forward to utilizing. I finally have someone who can guide me in my research and advise me through the entirety of this process. Before when working on my original work project, I found myself often stuck on where to turn to next, but now having a mentor I have someone who can be a person to turn to when things seem a bit foggy. Through our meeting, Dr. Covert really was able to solidify my ambitions for this project and instill confidence in me. Dr. Covert assured me of the ability of this project to positively impact the lives of many, which has always been the goal of everything I do in ISM. I hope that through my final product I can help parents understand their autistic children on a cognitive level, in order to foster a better relationship with them and understand why they behave the way that they do.