During my time as an intern at Peoria High School I had learned a lot from my mentor and colleagues. I spent over 160 hours at my internship with about 8-12 hours per week. I usually was there 2 days a week for varying times.

I really learned a lot during my time as an intern. My mentor was constantly teaching me new things to give me a better understanding of what was going on and how to approach a career in that profession.

While I was there I helped my mentor with prevention, evaluating, treating, and rehabbing injuries. Part of the prevention process is taping ankles, wrists, knees, and elbows. As for evaluating there were multiple injuries during games that need to be assessed so I assisted him in that. Treating involved icing, and getting the whirlpool ready. The rehab part was mainly setting up the e-stem machine and helping the athletes with their physical therapy.

I really enjoyed my time with my mentor at my internship. I learned a lot of valuable life lessons. He really was an influence on me and helped me learn a lot for his profession and different pathways that you could take to achieve a job. The more time I spent then the more I learned and it will benefit me in the long run.