



THE MONDAY MEMO

March 26, 2012

DP7 Class of 2014

Embrace the Journey

Would you face a challenge despite having only a marginal chance to succeed? Or better yet, should the odds even matter? Take a look at men's Division I basketball. There are 345 teams in the country. Only one team wins the national championship. In some way, shape or form, there are 344 teams finishing the season feeling the exact same way- disappointed. In another example, Dr. Kelley Fitzgerald presented the results of his 3-yr research on perturbation training for patients with moderate knee osteoarthritis at the 2012 SWD PPTA Mini-CSM. To his disappointment, no revolutionizing conclusions surfaced. Despite meticulous calculation and planning, this shouldn't come as a surprise for even, as Robert Burns said, "The best laid plans of mice and men often go astray."

Therefore, success is not determined by the final outcome. Putting forth an honest effort, in and of itself, is valuable. Regardless of the results, all 345 teams and researchers like Dr. Fitzgerald are presented with new learning opportunities stemming solely from their attempts. With each successful and failed attempt, they can reflect on their approach, refine their methods and critically evaluate their performance to emerge better prepared for subsequent challenges.

To quote Pablo Picasso, "I am always doing that which I cannot do, in order that I may learn how to do it." While we continue through our physical therapy program, remember that we have a fantastic opportunity to face new challenges. Let's invest in more than a simple letter grade. Let's invest in ourselves by electively stepping beyond our comfort zones. Ask questions, volunteer, be involved and embrace your profession to the fullest. With every endeavor, we have a unique possibility of self-development and improvement. Let's also be mindful of creating an atmosphere that fosters such development. With regards to our professors and classmates, respect the sanctity of the classroom as a learning environment. Offer encouragement rather than criticism. We should never let the chance of success determine whether or not we make an attempt. True success lies in the ability to embrace the journey and learn from it.

Mark Your Calendars!

- **Saturday, March 31st** – **First-Year Formal** – Gateway Clipper Fleet Cruise (7-11pm)
- **Monday, April 9th** – **Evidence Based Practice** – Research Project Due
- **Tuesday, April 10th** – **Survey of Human Disease** – Osteoporosis Quiz due on CourseWeb
- **Saturday, April 14th** – **SHRS Open House** – Please volunteer to help!
- **Sunday, April 15th** – **Survey of Human Disease** – Arthritis Quiz due on CourseWeb
- **By May 11th** – **Register for Summer Classes**

Class Reminders

- **Monday: Cardiopulmonary** – Optional Lab Sessions at 7:15am and 12:00pm
- **Monday: Evidence-Based Practice** – Critically read articles
- **Wednesday: Neuromuscular Lab** – Lab quiz (covers Labs 9 and 10)
- **Friday: Patient Management** – Trip to Healthsouth at Harmarville Rehab Hospital
- **Friday: PT Rounds** – Group A

Extras!

- Please contact your 'Little' and welcome them to Pitt Physical Therapy! We'll be planning on getting something formal together for their first weekend in town, but details have not been arranged just yet.
- We need to submit our APTA membership list by 4/30/12 in order to be eligible in the Reach 100 initiative conducted by the Student Assembly Board of Directors!