

# SYMPLUR

## #OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, December 1st 2020, 7:40PM – Wed, December 2nd 2020, 2:40PM  
(Europe/London).

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**Jonathan Singer** [@socworkpodcast](#)

a month ago

The latest The Social Work Podcast Daily! <https://t.co/Wcvze34L2A> Thanks to [@armandalegshow](#) [@\\_allisulli](#) [#otalk](#)



**Sarah Vaughan** [@saravaug2](#)

a month ago

Opps [#OTalk](#)

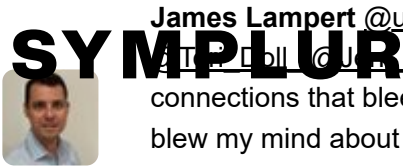


**Tori OT** [@Tori\\_Doll](#)

a month ago

[@Jeni\\_woods\\_OT](#) 1) Time management, impact on occ balance, forfeiting annual leave to complete academic work load, financial implications if self funding, balancing employment work load with academic work load & other roles/responsibilities. [#OTalk](#)





**James Lampert** [@uk\\_james](#)

a month ago

[@Tori\\_Doll](#) [@Jeni\\_woods\\_OT](#) Twitter is awesome for connections and then connections of connections that bleed into real world conversations and happenings. I had a meet up today that blew my mind about realms of possibility. And now I want it to be a lead into a research project [#otalk](#)



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

For A5, I find talking it out with my potential partners (in person or now via video conferencing programs) is very helpful. Being on the same page quickly saves a lot of time down the road. [#otalk](#)



**Prof Diane Cox** [@dianecox61](#)

a month ago

RT [@uk\\_james](#): [@Tori\\_Doll](#) [@Jeni\\_woods\\_OT](#) Twitter is awesome for connections and then connections of connections that bleed into real world...



**Jen Scott** [@Jen0Scott](#)

a month ago

[@SLawsonOT](#) [@preston\\_jenny](#) [@Jeni\\_woods\\_OT](#) It feels useful to link in with other research OTs early on on the research pathway I feel though. Nice to have some support from within the profession even if you are not working with them directly as a part of your research interest. [#OTalk](#)



**Kaley Tong** [@kaleytong\\_OT](#)

a month ago

[@Jeni\\_woods\\_OT](#) My MSc dissertation will be a systematic review on OT interventions in managing chronic and mental health conditions in primary care! Which is one of the RCOT research priorities. But I'm also really interested in acquired brain injuries 😊 [#OTalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

[@preston\\_jenny](#) I completely agree. My MSc was hard work but I have grown immensely & it opened up more opportunities along the way [#OTalk](#)



**#OTalk** [@OTalk](#)

a month ago

A comprehensive list of challenges [#OTalk](#)



**Hello my name is Jim** [@OT\\_Jim](#)

a month ago

[@Jeni\\_woods\\_OT](#) <-Dyslexic OT so the 7P's are essential, plan plan and plan again, set SMARTER goals for yourself, I treat myself and my education like it is a client intervention, so structure is a must. [#OTalk](#) [#OTyourself](#)



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

And since I am doing autism research, my lived experiences at times bring a unique dimension because the team doesn't have to look far to find out how relevant the direction of the research can be in relation to the target populations. [#otalk](#)





**Jo Collier** [@MassDecoration](#)

a month ago

[@kaleytong\\_OT](#) [@Jeni\\_woods\\_OT](#) What aspect of brain injury are you interested in? [#otalk](#)



**Dr Anita Atwal** [@anita\\_atwal](#)

a month ago

Think it's really important that you are comfortable with supervisors and they have right skills to supervise you. Most PhDs fail often to this process breaking down [#ottalk](#)



**Tori OT** [@Tori\\_Doll](#)

a month ago

[@Jeni\\_woods\\_OT](#) 2) Advancing knowledge & understanding, advanced research/clinical skills, developing strategies to maintain occ balance, opportunity to contribute original knowledge, opportunity to develop profession, acquisition of qualification! Positives outweigh negatives immensely! [#OTalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

[@MassDecoration](#) [@kaleytong\\_OT](#) Hi [@MassDecoration](#) 😊 [#OTalk](#)



**Harriet** [@Harriet1806](#)

a month ago

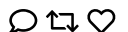
[@Jeni\\_woods\\_OT](#) As a year 1 student at UEA I would say a challenge is time management for me at the moment trying to balance understand OT and having a personal life too [#OTalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

[@Tori\\_Doll](#) That is good to know that the positives outweigh the challenges [#OTalk](#)



**Hello my name is Jim** [@OT\\_Jim](#)

a month ago

RT [@Tori\\_Doll](#): [@Jeni\\_woods\\_OT](#) 2) Advancing knowledge & understanding, advanced research/clinical skills, developing strategies to maintain...



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

Of course, I also got to be careful about overusing my personal perspectives with any autism research I am involved in. [#otalk](#)



**Jo Collier** [@MassDecoration](#)

a month ago

[@OT\\_Jim](#) [@Jeni\\_woods\\_OT](#) Seems so obvious but I have never considered setting myself some SMART goals [#otalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

[@MassDecoration](#) [@OT\\_Jim](#) Me neither! [#OTalk](#)



**#OTalk** [@OTalk](#)

a month ago

And nicely balanced with the positives! Thank you [@Tori\\_Doll](#) [#OTalk](#)





**Kaley Tong** [@kaleytong\\_OT](#)

a month ago

[@MassDecorations](#) [@Jeni\\_woods\\_OT](#) Using Robotics & Virtual Reality for acquired brain injury rehab! I did my BSc dissertation on the user experiences of therapists and patients using robotics for their ABI rehab 😊 [#OTalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

Q4 What activities helped strengthen your CV as an early researcher [#OTalk](#)



**Jen Scott** [@Jen0Scott](#)

a month ago

[@Tori\\_Doll](#) [@Jeni\\_woods\\_OT](#) Sounds exhausting! 😊 [#OTalk](#)



**Student Platform OT** [@SPOTeurope](#)

a month ago

What a motivational sharing. Nothing is easy, but at the end, most of the time, the rewards overcome all challenges. [#OTalk](#)



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

In terms of A6, I actually think it is a good idea to get the info BEFORE day 1 you step into your OT school journey. That's when you have a clear mind rather than a bogged down mind from school work during the OT school experience. [#otalk](#)



**Jo Collier** [@MassDecoration](#)

a month ago

[@Jeni\\_woods\\_OT](#) [@kaleytong\\_OT](#) Hi, been lurking as I'm still recovering from my Msc!! [#otalk](#)



**#OTalk** [@OTalk](#)

a month ago

Q.4 Interested to hear your thoughts on how you strengthened your CV, maybe for a funding application? [#Otalk](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

a month ago

[@SPOTeurope](#) And besides we all enjoy a wee challenge along the way, helps make us feel that we deserve the success more [#OTalk](#)



**Hello my name is Jim** [@OT\\_Jim](#)

a month ago

[@Jeni\\_woods\\_OT](#) Hosting an [#OTalk](#) presenting at CPD events locally, building to national or specialist events. Guest speaking at universities about your work/research [#OTalk](#)



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

Also, networking is pretty important. It always helps to learn from people who already experienced the journey before. [#otalk](#)



**Jeni Woods** [@Jeni\\_woods\\_OT](#)

a month ago

[@OT\\_Jim](#) Have you published any work? [#OTalk](#)





**Sophie Selby OT student** [@SophieESelby1](#)

a month ago

...spending rewards for pursuing a research career in OT x



**Jo Collier** [@MassDecoration](#)

a month ago

[@kaleytong\\_OT](#) [@Jeni\\_woods\\_OT](#) Wow, that sounds really fascinating and would love to hear more about this at some point [#otalk](#)



**#Hellomynameis Sarah.** [@SLawsonOT](#)

a month ago

[@Jeni\\_woods\\_OT](#) Good question. Establish a profile, use Twitter, linkedin, Researchgate etc & in the words of [@dianecox61](#) publish publish publish. Not just in journals, also OTNews, Specialist Section newsletters, employers intranet, blogs, anywhere your research has relevance etc [#otalk](#)



**Student Platform OT** [@SPOTeurope](#)

a month ago

[@Tori\\_Doll](#) [@Jeni\\_woods\\_OT](#) Sounds really difficult to manage everything, but I think once we do it, the rewards make it all up. [#OTalk](#)



**Hello my name is Jim** [@OT\\_Jim](#)

a month ago

[@Jeni\\_woods\\_OT](#) [@MassDecoration](#) SMART or GAS goals are huge for me, breaking down that unmanageable target of an assignment or project. I'd be lost or more to the point I was lost until I learnt about them. [#OTalk](#)



**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

Also, be fluid about your goals. Sometimes better opportunities can come up. Sometimes things don't go according to your plan. [#otalk](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

a month ago

[@Jeni\\_woods\\_OT](#) Think also about your clinical skills that are transferable: report writing, communication skills, organisation skills, time management. Just shared this list last week with my nephew who has been offered a PhD. Says he never thought of including these skills [#OTalk](#)



**James Lampert** [@uk\\_james](#)

a month ago

[@OT\\_Jim](#) [@Jeni\\_woods\\_OT](#) I'd agree. It's been a while since I hosted an [#otalk](#) but only a couple of weeks since last guest speaking as part of OT uni module. Writing for publications good too. Forces you to research and make sure you're evidence based in what you share (unless it's an opinion piece)



**James Lampert** [@uk\\_james](#)

a month ago

RT [@Jeni\\_woods\\_OT](#): Q4 What activities helped strengthen your CV as an early researcher [#OTalk](#)



# SYMPPLUR

Student Platform OT @SPOTeurope

a month ago



**Jeni Woods** @Jeni\_woods\_OT

a month ago

Q5. What did you find helpful when preparing a research proposal? #OTalk



**Sam Pywell** @smileyfacehalo

a month ago

Apologies ... Super late tonight #otalk ..... hello everyone !! <https://t.co/ZQF2fn4XCE>



**Dr Sarah Mercer** @pd2ot

a month ago

@anita\_atwal Yes! My supervisors were amazing. I briefly had an OT supervisor (who was fab), but she left and I had solely nurses. Their skills were spot on. And it made me 'better' at the occupational science side of things, as I had to fully justify the approach/theory used #OTalk



**Jo Collier** @MassDecoration

a month ago

@OT\_Jim @Jeni\_woods\_OT We have just started to use GAS goals at work - I'm a reluctant convert! #otalk



**James Lampert** @uk\_james

a month ago

@MassDecoration @kaleytong\_OT @Jeni\_woods\_OT I was going to say the same. Your VR research sounds like the good basis of another #otalk sometime.



**#OTalk** @OTalk

a month ago

We are zooming through the 60 minutes tonight. Here's question 5 #OTalk



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