

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:** drives me to understand and support others, particularly athletes who may be facing injuries.
- **Continuous learning**

Values Sought in a Future Employer:

Teamwork, community involvement, and innovation. I want to work in an environment that values collaboration among colleagues and encourages outreach to the community. Additionally, I hope to join an organization that embraces new practices and technologies in athletic training, allowing me to grow and contribute effectively.

Strengths, Interests, and Skill Sets:

- **Communication Skills:** I can clearly convey information, which is essential for educating athletes and working with various team members.
- **Empathy:** My ability to connect with others helps build trust with athletes, making it easier for them to share their concerns.
- **Critical Thinking:** I can assess injuries and make quick decisions, important for effective treatment and care.
- **Physical Fitness:** Staying active allows me to demonstrate exercises and support athletes during rehabilitation.
- **Adaptability:** I can adjust to new challenges and environments, which is vital in the dynamic field of athletic training.

Interests in Athletic Training :

- **Injury Prevention:** Learning effective strategies to help athletes avoid injuries.
- **Rehabilitation:** Creating tailored recovery programs for athletes.
- **Nutrition and Wellness:** Understanding the role of nutrition in athletic performance and recovery.



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.



Key Responsibilities:



- Prepare and implement prevention, treatment, and rehabilitation plans for patients under the supervision of a physician.
- Provide on-field immediate care for injuries and recommend follow-up care as needed.
- Maintain accurate injury logs and document patient information according to policy and procedure.
- Assist in the day-to-day operations of the Sports Medicine Institute.
- Adapt behavior to meet the specific needs of each patient population.

Requirements:

- Bachelor's degree in Athletic Training.
- Current Athletic Trainer license in the state of practice.
- Basic Life Support (BLS) certification from the American Heart Association.
- Preferred: Master's degree in Athletic Training and Athletic Training Board Certification of the Board of Certification (BOC).

Physical and Environmental Demands:

- The physical demands of this role include frequently exerting 10 to 20 pounds of force to move objects and occasionally exerting up to 100 pounds of force. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of the job.

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
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EDUCATION

University of Louisiana at Lafayette August 2024- Present
Freshman, Kinesiology Exercise Science: Pre-Athletic Training
GPA: 3.2/4.0

Zachary High School August 2020- May 2024
High School Diploma

EXPERIENCE

Student Athletic Trainer March 2022 - May 2024
Sports Medicine Team, Zachary High School | Zachary, LA

- Provided care to student athletes
- Maintained knowledge of athletic training/ Sports Medicine
- Experienced in working in an overstimulated environment
- Knowledge of basic medical skills

Crew Member February 2022 – March 2023
McDonalds/ Taco Bell | Zachary, LA

- Helped in opening and closing duties
- Setting up and breaking down tables
- Cashier; cash and card handling
- Taking and delivering orders

U.S. Army March 2022 – May 2023
U.S. National Guard 68W (Combat Medic Specialist)

- Maintain and uphold army values
- Basic army training and knowledge
- Organization and time management skills

Floater May 2024- June 2024
Village Kids | Baton Rouge, LA

- Look after and care for kids from infant to toddlers
- Change diapers, feeding, and prepping & preparing meals
- Work on playing and learning skills
- Clean up/ keeping a clean environment

ACTIVITIES

Sports Medicine | Member March 2022 - May 2024
Student Mentor | Mentor/ Member August 2022 – May 2024
KPA Kinesiology Professional Association | Member September 2024 - Present
Women in Kinesiology | Member September 2024- Present
SMA Sport Management Association | Secretary September 2024 – Present

SKILLS

Microsoft Word, PowerPoint, Adobe, Digital Media, Design, Mathematics, Creativity, Problem- solving, Critical thinking, Flexibility, Data Analysis, Multitasking

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 grow and make a meaningful contribution to your team.

Throughout my studies, I have developed a strong foundational understanding of human anatomy, injury prevention, and rehabilitation techniques. I have always been passionate about sports and fitness, and my coursework has allowed me to deepen my appreciation for the role that athletic trainers play in keeping athletes healthy and performing their best. I am particularly interested in how Ochsner Health integrates advanced healthcare practices with community engagement, and I would love the chance to learn from your team and contribute to your mission.

In addition to my academic background, I have volunteered as a student athletic trainer for my high school's sports teams, where I gained practical experience working directly with athletes. I assisted in setting up equipment, conducting warm-ups, and providing support during practices and games. This role helped me develop strong communication and interpersonal skills as I interacted with coaches, athletes, and parents. I learned the importance of teamwork and support in an athletic environment, and I understand how crucial it is to build trust and rapport with athletes.

I am excited about the possibility of joining Ochsner Health and being part of a team that prioritizes both athletic performance and overall wellness. I am eager to learn from experienced professionals and to contribute my enthusiasm, dedication, and willingness to work hard. I believe that my background, coupled with my passion for sports and healthcare, would make me a valuable addition to your staff.

Thank you for considering my application. I am looking forward to the opportunity to discuss how my skills and experiences align with the needs of your team. I can be reached at (225)993-**** or hebertkirstend@gmail.com. I hope to speak with you soon.

Sincerely,

Kirsten Hebert

Work

Ochsner Health's mission underscores its commitment to not only providing exceptional medical care but also fostering a culture of innovation, community service, and education. The core values of Ochsner include:

Integrity: Acting honestly and ethically in all interactions.




Innovation: Continuously seeking new ideas and strategies to enhance healthcare delivery.



Service: Committing to the well-being of the community and its members.



Teamwork: Collaborating across disciplines to achieve the best patient outcomes.



Compassion: Prioritizing empathy and kindness in patient care and community outreach.

Regulations, Policies, and Procedures

- 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.



Retrospection

- Reflecting on this project has been an enlightening experience that has deepened my understanding of my career aspirations as an athletic trainer. One of the key lessons I've learned is the significance of thorough research in making informed decisions about potential career paths. By investigating Ochsner Health, I gained valuable insight into the organization's mission, values, and job expectations, reinforcing my interest in joining a team that prioritizes holistic health and community service. However, this process was not without its challenges. Navigating through a wealth of information and distilling it into concise and relevant findings required careful organization and critical thinking. I realized the importance of balancing detail with clarity in conveying my thoughts.
- As I reflect on areas for improvement, I recognize that enhancing my interviewing skills and gaining hands-on experience in athletic training will be crucial as I move forward. While I am excited about the knowledge I've acquired, I understand that practical application will be key to my growth in this field. Overall, this project has solidified my commitment to pursuing a career in athletic training, and I look forward to continuing my journey, building on this foundation of research and self-discovery as I prepare for a future in which I can make a positive impact on athletes' lives.



Integrity,
Compassion, &
Continuous Learning