

# 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:

# 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.





# 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  
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 do so. I am currently a student at the University of Louisiana at Monroe, where I am studying for my Bachelor's degree in Kinesiology. My coursework includes Anatomy, Physiology, and Exercise Science, which have provided me with a strong foundation in the human body and its response to physical activity. I am particularly interested in the field of athletic training and am looking for an opportunity to gain hands-on experience in a professional setting. I am confident that my academic background and my passion for the field make me a strong candidate for this position. I am excited about the possibility of contributing to the Ochsner Health team and am looking forward to the opportunity to discuss my qualifications further. Thank you for your time and consideration.

Sincerely,  
Kirsten Hebert



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







Integrity,  
Compassion, &  
Continuous Learning