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I spent the summer working for the A.T Still Research Institute. I have worked with a number of research projects throughout my undergraduate education; however I personally found this to be one of my most fulfilling experiences so far in my young career. I feel this experience has helped lay a solid foundation and a greater appreciation for osteopathic research. This foundation I believe will be very important as I advance my studies, because I hope to keep the option of doing further research open. I felt the environment of the institute to be very friendly and importantly supportive. The experience has also helped further my medical education by furthering my anatomy and also learning new palpation techniques.

I think this experience has helped cultivated my growing knowledge about research assessment. It is interesting that towards the end of my experience that I had the best understanding of research assessment as I saw the pieces come together. In terms of technique I believe the use of some of the equipment was broad and thus allowed a lot of room for alteration to try to get the best measurements. One part I particularly enjoyed was trying to find new methods for measurement as it required creativity. This experience has only furthered both my comfort and familiarity with research design. Working everyday on the same project and with different tools helped reinforce my understanding of the project. The analysis is something I particularly enjoyed as well; because the project encompassed a wide range of evaluation palpation it required multiple ways to analyze it. This again required a degree of creativity and it was very interesting to see all the different parts come together. To build a complete understanding you often need multiple viewpoints, so to see these different views come into fruition was very rewarding.

On the personal level I am very satisfied with the body of work I did as I feel I helped contribute to the project. I also felt like a valuable member of the research team was crucial, as unfortunately working on other research projects I did not. I feel this experience can only help develop my future career. As far as challenging, I found the work to be as challenging as you want to make it. It was very much the case that you get out what you put in. Palpation research is a huge challenge in its self so to be part of it was exciting and challenging. This higher level of challenge also brings a higher level of reward and feeling of accomplishment as you begin to plug away at it as ways of measuring its challenging components. As I enter my last week on this project I cannot help but to reflect positive memories and high levels of personal satisfaction and achievement which has been accomplished this summer.

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