

Honors Thesis Reflection

Throughout this thesis, I have learned so much about sensory processing, and I am proud to have worked with such amazing people. Upon first meeting with Mary and Dr. Suarez, it was quickly made clear that we wanted to do something to help the children in the Kalamazoo community, especially ones struggling with emotional regulation. So, we started reading. Once we educated ourselves on different sensory processing disorders and emotional regulation, the three of us were able to start the tool creation process. From this point forward, Mary and I were able to complete the research and project tasks together and receive input with Dr. Suarez along the way. With collaboration from Rebecca Hernandez and Dr. Ben Atchison, we were able to create a tool to assess how equipped preschools in the area to support different disorders and regulation needs.

Before starting this project, I had a few different experiences that helped me and gave me background knowledge. Firstly, since my second major was in behavioral science, I had some background knowledge on child psychology, and have taken a handful of classes relating to this topic. I have also worked with children with various challenges in the past, and had 2 internships in schools, so I was able to easily relate this topic to everyday experiences at the schools.

In the future, Mary and I hope to see our tool taken further, by students in the field. We would like to see it tested again in a preschool classroom, especially one that needs extra supports to regulate children and help them succeed. This tool could also be used to prepare preschools for children with regulation challenges. I will use all the knowledge I gained through

the creation of this tool, hopefully, as a future occupational therapist. I am so grateful for this experience, and I know this tool has the ability to do so much.