

## Reflection Paper

In the spring of 2015, I was a student in an international perspectives occupational therapy graduate course. Although I was not aware of the differences between my culture and the culture in the United Kingdom, I was excited to be part of the discussions and have the ability to talk with other occupational therapy students in the UK.

Each week our class would gather together in the video conference room. With the help of our professor, Robin McCannon, our class was able to video chat with students from Brighton University in Aberdeen, Scotland and Robert Gordon University in England. The students that we talked with were also occupational therapy students. Therefore, it was easier to connect with them because we were able to discuss a topic that we all were very passionate about: occupational therapy and the healthcare systems that impact them.

This experience not only allowed me a sense of appreciation of the cultures in Scotland and England, but it also made me appreciate my own culture as well. Discussions consisted of the process of becoming an occupational therapist in Scotland, England and the U.S., how the services were provided to clients in these areas, and the similarities and differences between the cultures. I was able to become more educated on what the impact that each healthcare system made on the delivery of occupational therapy services. Because Scotland and England have an international healthcare system, it was interesting to learn how many clients were able to access services more often and more easily.

This experience increased my knowledge of healthcare systems. It was great to make friends from across the world and to talk about a topic that brought us all closer together. I have come out of this cultural experience with a better ability to explain the similarities and differences between the healthcare systems in the UK and the U.S., and I am forever grateful for the opportunity.