Wellness Student of the Week

JORDAN STRITZINGER

1. How are you going to use your First Aid/CPR skills in your life and profession?
   I will use First Aid/CPR in my life by being ready and prepared in case an emergency was to occur. I am going into the Veterinary field as a profession and I feel like learning the basic emergency skills for humans is the first step to my career path and will contribute to my future learning.

2. How have you transferred your First Aid/CPR skills already in your life?
   For my CLS (College Learning Success) class I was assigned to teach something to the class for four to five minutes. I was having a hard time thinking of something good enough and something that would take long enough. I was practicing for our First Aid test the night before I had to do the demonstration when it occurred to me that I could teach CPR. I used an old doll I had from when I was little and brought it to school and taught the class how to perform CPR on an infant. I taught all the steps one at a time and then demonstrated it as if it was a real scene. I explained all the other types of CPR for different age groups but focused mainly on the infant. I believe I was the only person in my class that went for longer than three minutes and everyone seemed to enjoy my demonstration. I am glad I got to use something I was learning as a learning experience for other people.