



Work-Based Learning

By: Wendell Mullins



Hello

I am Wendell Mullins

I am a senior at Corbett High School, and I have been working with Mount Hood Aquatics as a Lifeguard as part of the work-based learning program.

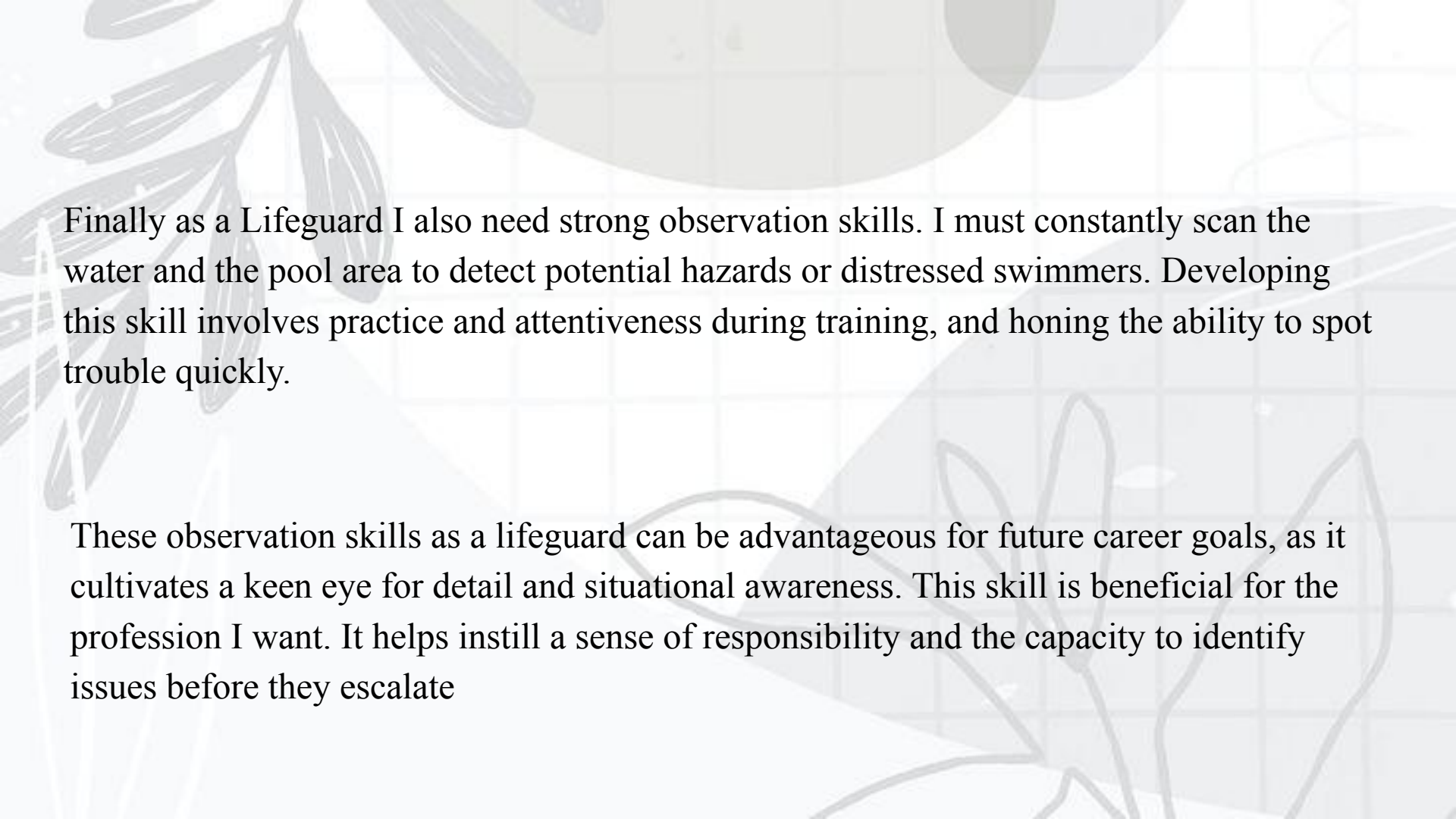
Skills learned at work

One crucial skill as a lifeguard is water rescue techniques. One of the ways that I developed that skill was by undergoing extensive training in CPR, first aid, and various rescue methods, including tube rescues, spinal injury management, and more.

I think that these skills can be helpful for my future goals, as it demonstrates responsibility, teamwork, and quick decision-making.

Another important skill that I've learned as a lifeguard is effective communication. We need to communicate clearly with swimmers, coworkers, and supervisors. Developing this skill involves learning how to give clear instructions, calmly handle stressful situations, and convey information in a concise and reassuring manner.

Communication abilities as a lifeguard can be valuable for my future career goals, especially in jobs where clear and effective communication is essential. It's a transferable skill that can help in the career I want, this skill also helps with the importance of teamwork and crisis management.



Finally as a Lifeguard I also need strong observation skills. I must constantly scan the water and the pool area to detect potential hazards or distressed swimmers. Developing this skill involves practice and attentiveness during training, and honing the ability to spot trouble quickly.

These observation skills as a lifeguard can be advantageous for future career goals, as it cultivates a keen eye for detail and situational awareness. This skill is beneficial for the profession I want. It helps instill a sense of responsibility and the capacity to identify issues before they escalate