

"Think! Think and wonder. Wonder and think"

(Dr Suess, 1976, n. d.)

Occupation is a complex concept – as noun, verb or adjective the layers of meaning range from the aggressive occupation of another's territory to the delicate nuances of being pre-occupied with abstract threads of thought. It is about growing throughout life, the process and participation in the journey, as well as the characteristics of where you arrive. Engaging with occupation can be explored across multiple levels from the occupational workload of a muscle, to individual learning, professional identity and construction of societal norms. Every occupational level will be influenced by multiple internal and external environmental factors (Wilcock, 2007). There is nothing static about occupational knowledge, it has questions to be posed and influences to be discovered, all within a changing environmental context.

The very human question of who we are is answered very differently depending on where we are in life, and the differing weight of the multiple influences that lean on us. For the last three decades I have been employed as an educator; yet my unescapable occupation is recognised by family and community as a nurse – the neighbour with the extensive first aid kit, who can translate this letter from the specialist or give ideas of where you can access support! Funnily enough, I see myself as a mum, a partner; a daughter; a sister; a reader; a dreamer and a part-time-would-be poet. I have an occupation destination in mind – a blanket in the garden, books at hand with enough space for visitors and all the people I love.

Tertiary education exists to develop thinking, push new boundaries and explore meanings that shape our future world. This third issue of *SCOPE Health & Wellbeing* collects together articles, research reports and explorations about the notion of "occupation", pulling from a wide range of professional expertise. It celebrates the breadth of wonder; and the curiosity of sport, coaching and exercise professionals, occupational therapists, nurse students and nurse academics, health professionals, engineers, designers and artists.

Sport and wellness based quantitative research explores changing baseball tactics, fatigue in rugby league, coaching in martial arts and muscle contraction with stretching. Body image is researched in relationship to female socialisation and students' food knowledge relationship with their body mass index is explored. Qualitative research is also represented with commentaries on the occupation of sewing, and a study of occupational therapy students' experiential learning opportunities. The Inaugural Oceania Performance Analysis Conference is introduced, resulting in a conference report and six conference proceedings abstracts between pages 136 – 143.

How humans' shape concepts such as dementia and the socialised role of men are explored by authors analysing the content of narratives on living with dementia as a learning resource, and researching historical documents on toilet training. There are case studies on the occupational identity of internationally qualified nurses, mental health and addictions employment for occupational therapists and four separate reports from groups of nursing students researching factors and solutions that influence community health, describing their roles as community developers in rural Otago and South Canterbury.

The dynamic nature of occupation as both a process and outcome is captured in the cover painting by artist Hannah Joynt. Both gentle movement with the wind and the angled trees shaped and formed by their environment portray change. The meadow invites you in, it feels full of light and opportunity – a place to be and explore, while colours are budding with potential new growth. Perhaps I could place my reading rug there?

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REFERENCES

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