\*\*SOAP Note for R.T.\*\*  
  
\*\*Subjective (S):\*\*  
The participant, R.T., attended a virtual session focusing on utilizing technology for entertainment purposes. R.T. expressed interest in using her virtual assistant, Speaker 15, to receive movie recommendations, listen to music, and explore old folk and melodic rock genres, citing Fleetwood Mac and Red Hot Chili Peppers as favorites. R.T. also engages in watching YouTube playlists, specifically enjoying past shows like Wipeout and expressed interest in movies about tornado chasers, despite her lack of expertise in meteorology. R.T. uses her laptop and cell phone for entertainment activities, like listening to Spotify and watching YouTube, often using these as calming methods while doing challenging tasks on her computer. Speaker 2 mentioned the troublesome New Jersey weather experienced recently and R.T. reminisced about her time flying between Newark and Syracuse.  
  
\*\*Objective (O):\*\*  
The session included practicing commands with Speaker 15 to enhance R.T.’s experience with entertainment-related tasks. R.T. successfully set an alarm for 10 minutes prior to her scheduled sessions and was able to command Speaker 15 to adjust the volume on videos and play trailers for specific movies or series such as Twisters, as well as various YouTube content. The group engaged in role-playing exercises to enhance their command of Speaker 15’s functionalities, involving trivia, music playing, and media controls, aimed at assessing possible improvements in daily life enrichment. R.T. reported enjoying calming music to soothe herself during mentally demanding tasks, highlighting its potential therapeutic impact.  
  
\*\*Assessment (A):\*\*  
R.T. is adept at using her virtual assistant for accessing entertainment, reflecting a high engagement level. The participant is using Speaker 15 efficiently for setting reminders and sharing entertainment activities. The ability to personalize her experience with curated playlists and command over the device enhances her leisure activities, thus supporting her mental well-being, especially when tackling complicated tasks. The group therapy session proved beneficial in identifying areas for further growth in technological skills with Speaker 15, fostering a learning environment conducive for knowledge exchange among peers.  
  
\*\*Plan (P):\*\*  
1. Continue practicing personalized commands with Speaker 15 to enhance entertainment and relaxation activities.  
2. Integrate a session with a broader focus on expanding Speaker 15 usage, covering areas such as setting reminders for non-entertainment daily tasks.  
3. Recommend exploration of additional features on Speaker 15, enhancing integration with Spotify and YouTube for a more seamless experience.  
4. Develop a playlist on Spotify with R.T. for her favorite folk and rock songs to be played during demanding tasks on her computer to aid in creating a calming work environment.  
5. Schedule a follow-up session to discuss the experience with using Speaker 15, identify any challenges, and offer solutions for better utilization.  
6. Encourage R.T. to explore other media streaming features on Speaker 15, for instance, documentary series that align with her academic interests or explore new ones like tornado chasers documentaries, facilitating diversified engagement in leisure activities.