

# Occupational Therapy Information

## CAREER DESCRIPTION

Occupational therapists assess clients with physical and mental challenges in order to develop activities of daily living (ADL) that work best for those clients. For a client with a physical disability, the first focus is on performing critical daily routines (e.g. grooming, eating, etc.). Once these skills are mastered, a program is then built around the skills needed to perform tasks such as participating in education, caring for a home and family, or seeking and maintaining employment. Services typically include customized treatment programs to improve ability to perform daily activities; comprehensive home and job site evaluations with adaptation recommendations; adaptive equipment recommendations and usage training; and guidance to family members and caregivers.

## ACADEMIC FACTORS FOR OCCUPATIONAL THERAPY SCHOOL ADMISSION

- **Major:** A bachelor's degree is required for all OT programs, although many schools offer transfer and accelerated BS/MS programs in occupational therapy. We recommend that you choose a major you like, and then incorporate the prerequisite courses into your schedule.
- **GPA:** Your cumulative GPA and science GPA are important factors in your OT school application.
- **Test:** Your GRE score is another important factor in your OT school application.

## SAMPLE PREREQUISITE CLASSES

\*Remember, this list is a sample and may not be adequate for every school. Plan to attend both the Pre-health 101 and Pre-health 201 workshops to learn more about the coursework and other requirements necessary for admission to the program.

### PSYCHOLOGY

PSYCH 220: Human Development: Life Span	3.0 hrs
PSYCH 342: psychopathology	3.0 hrs

### STATISTICS

STAT 121: Principles of Statistics	3.0 hrs
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### ANTHROPOLOGY

ANTHR 101: Social/Cultural Anthropology	4.0 hrs
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### STUDIO ART (Examples - check with OT schools for recommended options)

ART 104: Introduction to Sculpture	3.0 hrs
ART 105: Introduction to Ceramics	3.0 hrs

### ANATOMY & PHYSIOLOGY

CELL 220: Human Anatomy and Lab	4.0 hrs
CELL 305: Human Physiology (or PDBIO 362 if required by major)	4.0 hrs
CELL 363: Adv Physiology Lab (If needed)	1.0 hrs

### MEDICAL TERMINOLOGY

NURS 102: Nursing and Medical Terminology OR	2.0 hrs
LATIN 123: Premedical Latin and Greek	2.0 hrs

### PHYSICS

PHSCS 105 & 107: General Physics I & Lab (Or PHSCS 121 calculus-based)	3.0, 1.0 hrs
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## NON-ACADEMIC FACTORS FOR OCCUPATIONAL THERAPY SCHOOL ADMISSION

Occupational therapy schools are looking for well-rounded candidates who have achieved excellence not only in the classroom, but also in other areas. Leadership ability, a disposition to serve others, patience and compassion are a few of the qualities that impress most admissions committees.

- **Rolling Admissions:** The centralized application service for OT schools opens in July. It is very important to submit your OT school application as close to the opening date as possible.
- **Clinical Experience:** Clinical experience with an OT is vital when applying to an OT program. You should become acquainted with and shadow a few OT's to gain some firsthand insight into what OTs do on a daily basis.
- **Community Service:** Emphasis on service varies, but it is recommended to have a history of service, approximately 50+ hours per year. Service activities should demonstrate consistent and long term commitment to helping others, but do not need to be occupational therapy related. Community service completed on a mission can be a starting point, but engagement in your own community can be seen as more valuable and should demonstrate a current pattern of service.
- **Leadership:** Experiences that exhibit leadership qualities can be accrued in conjunction with work experience, service, shadowing, and other extracurricular activities.

## OTHER RESOURCES

- The American Occupational Therapy Association – [www.aota.org](http://www.aota.org)
- Occupational Therapist Centralized Application Service (OTCAS) – <https://portal.otcas.org>