

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 PHARMACY 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 REPREREQUISITE CLASSES

*Remember, this list is a sample and may not be adequate for every school. Consult with your selected schools for actual requirements and better accuracy. Pay close attention to lab requirements and specific credit hours required.

PSYCHOLOGY

PSYCH 220: Human Development: Life Span	3.0 hrs
PSYCH 342: Abnormal Psychology	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 CELL 362 if required by major)	4.0 hrs
CELL363: Adv Physiology Lab (If needed)	1.0 hrs

MEDICAL TERMINOLOGY

NURS 102: Nursing and Medical Terminology	2.0 hrs
OR	
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
- Occupational Therapist Centralized Application Service (OTCAS) – <https://portal.otcas.org>