PREOCCUPATIONAL THERAPY INFORMATION SUMMARY

PreProfessional Advising Information

Email: ppa@advising.utah.edu (For Quick Questions)

Office Location: Building 44 (Second Floor)

Website: ppa.utah.edu

Make an appt!

OT School Basics

OT School

- Years 1 & 2: Didactic Years (Class Instruction)
- Year 3: Clinicals & Fieldwork

Degree(s) Conferred:
MOT (Master of Occupational Therapy)
-OR-
OTD (Doctor of Occupational Therapy)
Degree earned depends on specific program

Get involved in activities (in- and outside the classroom) to help you answer the question "why OT?" and prepare you for success in your OT program and career:

Demonstrate your knowledge, skills, and preparation

Demonstration of OT Traits

Maturity & Professionalism

OTs work with clients from a variety of backgrounds. It's important to demonstrate that you can work with all clients with professionalism, and good interpersonal & communication skills. Demonstration of strong work ethic through various activities will show your professionalism as a future healthcare provider.

Creativity & Flexible Thinking

One of the OT's roles is to come up with a solution for clients who lost the ability to do things they used to do. It's important to have flexible thinking and come up with creative solutions. Try new activities and challenge yourself to demonstrate this ability!

Academic Preparation

Ensure you're academically prepared for the rigor of OT school.

- Complete a bachelor's degree and prerequisites
- Competitive applicants have high GPAs, so build and strengthen your time management skills
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

Extracurricular Activities

Many OT programs encourage students to engage in **service to their community,** and have **leadership** experiences prior to their application to OT programs. Visit the **Bennion Center** (**https://bennioncenter.utah.edu**) and **Campus Connect** (https://campusconnect.utah.edu) to find out what's available at the U!

Shadowing and Clinical Experience with Occupational Therapists

This should be one of your first experiences as a reOT student. Observing licensed occupational therapists working in different environments will help you understand the profession, as well as help you get to know OTs. This is important, as many OT programs require at least one letter of recommendation from an OT. Interacting well with sick or injured people is one of the key indicators of a successful healthcare provider.

Many students find shadowing opportunities through volunteer experiences at medical/private facilities and wellness clinics. **UUOT suggests students shadow a minimum of 50 hours in at least two different settings.**

For UUOT, students taking **OC TH 3000 (Intro to OT)** at the U with a grade of B or higher will be able to **waive 25 of the 50 hours of observation and** will only be required to have contact with one setting outside of class.

APPLICATION PROCESS AND INFORMATION

Start Saving NOW!

Applying to OT school can be expensive. The application fee for OTCAS is approx. $160, which includes applying to one school; each additional school is $69. These fees will increase each year. Some programs may have additional supplemental fees. OTCAS offers a limited number of fee waivers for qualified applicants on a first-come, first served basis.

APPLICATION DETAILS

Most OT programs admit students once a year, most commonly for fall matriculation. Plan on taking the GRE and submitting your application at least 12 months in advance of the year for which you are applying.

Do your research!

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When selecting OT programs, we recommend that you look at schools that align with your interests: location, size, student/faculty ratio, representation, etc. You can search for OT schools on the American Occupational Therapy Association (AOTA) website, aota.org/education/find-a-school.

OTCAS (Occupational Therapy Centralized Application Service)

Most US OT programs utilize OTCAS.

- Application requirements include transcripts, extracurricular experiences, personal statement, and fees
- Many schools use a rolling admissions process (meaning they begin reviewing applications and admitting before the deadlines). It will benefit you greatly to *submit your application early,* regardless of when you take the GRE. OTCAS and UUOT recommend students submit their application a month before the deadline, *at the latest.*
- The application will take most students several weeks to complete. Ensure you have plenty of time to fill out the application.

GRE

Some programs require the Graduate Record Exam (GRE). **UUOT does not require the GRE.** The GRE is offered throughout the year, and taking the exam by the spring of the year before you wish to enter OT school will enable you to apply earlier. The exam may be repeated, but it's always best to prepare thoroughly and take the GRE once. It has three sections: Verbal Reasoning, Quantitative Reasoning, and Analytical Writing. Additional information, including registration, can be found at ets.org/gre.

COST and PREP: The exam costs over $200. There are a variety of ways to prep for taking the GRE. You can purchase a test prep book, utilize free resources online, or purchase a study course (for example, through the University of Utah Continuing Education).

Helpful Resources

- **American Occupational Therapy Association (AOTA):** aota.org
  PreOT Resources, including an OPT Program Directory
- University of Utah OT Program
- **UUOT Instagram:** @uofu.ot

APPLICATION TIMELINE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
Register & Study					**Take the GRE**											
Request and Gather LORs																
Prep: Personal Statement & Program Research																
						Submit OTCAS	UUOT's deadline is late November									
						Supplemental Requirements										
										Interviews						
	Ideal										**Acceptances**					
	Possible															

POLICIES and CONSIDERATIONS

AP/IB CREDIT	Depends on program. *UUOT does not accept AP/IB credit to fulfill prerequisites.*
REPEATS	All grades will be counted in your OTCAS calculated GPA. How repeated courses are viewed will vary by the specific OT program. For example, UUOT will take the highest grade achieved **only in prerequisite courses.** However, many programs will consider your performance in each class and the frequency of repeats.
WITHDRAWALS	Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor.
GPA	Most OT programs require minimum overall and prerequisite GPA of 3.0. Competitive applicants for most programs have 3.3 or higher in both overall and prereq GPA. *UUOT requires a minimum of 3.0 for* **both** *overall and prerequisite GPAs.* However, competitive applicants usually have a 3.5 or higher.
MINIMUM GRADE	Most programs set a minimum grade requirement for prereqs of a C or better.
GRADE EXPIRATION	Many programs require certain prereqs to be completed within 5 to 7 years of entering a OT program. Check each program's requirements for more information. *UUOT requires anatomy to be taken within five years.*
INTERNATIONAL STUDENTS	Depends on program. UUOT accepts international students. Most schools which accept international students usually require the TOEFL in addition to the GRE.

Letters of Recommendation

Students are required to submit **Letters of Recommendation** through OTCAS. OTCAS limits applicants to 5 letters, but most programs require just 3. The number and types of LORs vary depending on each OT program, but generally, you will need one letter from each of the following people:

- **OT you shadowed**
- **Professor** (usually science)
- **Supervisor** (usually employment, volunteer, etc.)

PreOT Prerequisite Course Guide

Requirements vary by program. It is your responsibility to do your own research on each OT program you wish to apply to. AP coursework may or not be accepted. If accepted, coursework beyond AP is often required.

Shaded boxes indicate the classes most commonly required by OT programs. **Bolded** classes may be taken at a community college; however, not all programs accept prerequisites from 2-year schools.

MATH	
MATH 1050 (4) **College Algebra** and/or **MATH 1060 (3)** **Trigonometry**	**MATH 1070 (3)** **Statistics** **Required by UUOT* May be substituted by other statistics

Please note: Consult both your advisor to determine appropriate placement and course selection.

BIOLOGY		
BIOL 1610 (4) **Fundamentals of Biology I** *PreReq: MATH 1010*	**BIOL 2325 (4)** **Human Anatomy** *Required by UUOT* *PreReq: BIOL 1610*	**BIOL 2420 (4)** **Human Physiology** *Required by UUOT* *PreReq: BIOL 1610 and CHEM 1210*

Please note: It is commonly expected for anatomy and physiology to be completed prior to applying.

PHYSICS/KINESIOLOGY/BIOMECHANICS					
One of the following courses (with lab, if available) is required by most OT programs, including UUOT:	**PHYS 2010 (4)** **PHYS 2015 (1)** **General Physics I and Lab** *PreReq: MATH 1060*	**OR**	**KINES 3092 (3)** **Kinesiology** *PreReq: BIOL 2325*	**OR**	KINES 3093 (3) Biomechanics *PreReq: MATH 1050 & BIOL 2325*

NON-SCIENCE REQUIREMENTS COURSES					
Human Development Any of the following: FCS 1500, NURS 2100, KINES 3551, PSY 3215, 2220, 3230 **Required by UUOT*	**Cultural Anthropology** Any of the following: ANTH 1010 or other cultural ANTH that may fulfill DV/IR, NUTR 3620, FCS 3370, or PRT 3310 **Required by UUOT*	**PSY 2300 (3)** **Adult Clinical Psychology** **Required by UUOT*	**Sociology, Health Education, Special Education, or Gerontology** Any of the following: SOC/H EDU 3XXX, SPED 3010, GERON/ ETHNC (DV), GNDR 1100, FCS 3450, PSY 3460 **Required by UUOT*	**Studio Art** Any hands-on art/craft course. **Art history, music, theater, dance, photography, or survey class will NOT count** **Required by UUOT*	PSY 3260 (3) Social Development

Please note: what's required for non-science varies by program. Do your research.

OPTIONAL SUGGESTED COURSE
OC TH 3000 (3): Intro to Occupational Therapy

UUOT: Please note that UUOT requires the following courses to be completed and graded by Dec 31 of the application year: human anatomy, human physiology, kinesiology or biomechanics or physics

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