

## So you want to be a Occupational Therapist... Helpful tips to guide you as you progress through school

### High School Preparation

- ❖ GPA (3.0+)
  - Take AP courses if available
  - Strong focus on math and sciences
- ❖ Shadowing Hours
  - Observe multiple health care careers (nursing, PT, OT, athletic training, etc.)
- ❖ Community Service Hours
  - 2 to 3 Long Term Commitments
- ❖ Research Colleges/Universities with Your Program of Interest for Undergraduate Studies
  - Suggested majors:
    - Human Biology
    - Kinesiology
    - Sociology
    - Chemistry
    - Rehabilitative Science
    - Pre-OT program
    - Physics
    - Abnormal Psychology
  - Direct Admission Undergraduate/ Graduate Programs for Occupational Therapy
    - Concordia University
    - Mount Mary University
- ❖ Arrange and Complete Campus Visits
  - Goal: Get Them to Know Your Name
  - People to Meet:
    - Admissions Counselor
    - Dean of College of Health Science
    - OT Program representative
    - Current Students

### Undergraduate Studies

- ❖ GPA (3.5+) – emphasis on math and science courses
- ❖ Strong GRE Scores
- ❖ Shadowing Hours
  - Specific to Occupational Therapy
  - Multiple Clinic Specialties
- ❖ Community Service
  - 2 to 3 Long Term Commitments
- ❖ Campus Involvement
  - Pre-Occupational Therapy Club
- ❖ Participate in Undergraduate Research
- ❖ Pursue Internship Opportunities if possible
- ❖ Identify a Mentor
- ❖ Consider a Part-Time Job in the Medical Field to Increase Patient Contact Hours
  - CNA (Certified Nurse Assistant)
  - Rehabilitation Aide
- ❖ Research Types of Graduate Programs
  - 3 Year, Post-Graduate Program
  - 2 Year, Accelerated Program
  - Online/Hybrid Programs
- ❖ Make a List of Schools for Application
  - Recommend Applying to 4-8 Programs
  - Recommend applying to at least 1 program with “rolling” admission
- ❖ Identify Prerequisite Courses for Each Program
- ❖ Identify Individuals for Letters of Recommendation
  - College Alumni
  - Mentor
  - College Professors

### Undergraduate Studies (cont.)

- ❖ Complete a Mock Graduate School Interview
- ❖ Arrange and Complete Program Visits
  - Goal: Get Them to Know Your Name
- ❖ Personal Statement/Essay
  - Personal & Unique
  - Answers the Question Promptly

### Graduate Studies

- ❖ GPA (3.5 +)
- ❖ Continue to Utilize Your Mentor
- ❖ Identify Clinical Choices:
  - Hand Therapy
  - Acute Care
  - Skilled Nursing Facility
  - Pediatrics
  - Home Health
  - Neurology
  - School-Based
  - Occupational Health
- ❖ Participate in Graduate Research - Publish if you can!
- ❖ Consider Doctoral Level programs
  - No programs currently in Wisconsin
  - Marquette is pursuing accreditation
  - Closest schools:
    - Indiana
    - Ohio
    - Missouri