

So You Want to be a Physical Therapist... Helpful Tips to Consider at Each Stage of Education

High School Preparation

- ❖ GPA (3.0+) – higher = better!
- ❖ ACT scores (24+) – higher = better!
- ❖ Shadowing Hours
 - Multiple health care settings:
Outpatient, hospital, nursing home
- ❖ Community Service Hours (100+)
 - 2 to 3 Long Term Commitments
 - NOT multiple 1-hour long activities
- ❖ Establish a relationship with a mentor at Bellin to walk you through the process
- ❖ Research Universities with Your Program of Interest
 - Suggested majors:
 - Human Biology
 - Kinesiology
 - Exercise Science
 - Pre-med
 - Pre-PT
 - Wisconsin Direct Admission Undergraduate/ Graduate Programs for Physical Therapy
 - Carroll College
 - Marquette University
 - Concordia
- ❖ Arrange and Complete Campus Visits
 - Goals: Get Them to Know Your Name; Speak to their Mission and Vision; Ask lots of questions about their program
 - People to Meet:
 - Admissions Counselor
 - Dean of College of Health Science
 - Representative from the Physical Therapy Program
 - Current Students

Undergraduate Studies

- ❖ Balance your academic and social life
- ❖ GPA (3.5+) – higher = better!
- ❖ Strong GRE Scores
 - Average Program Requires 70th Percentile for Each Category
- ❖ Shadowing Hours (150+)
 - Specific to Physical Therapy
 - Multiple Clinic Specialties
- ❖ Community Service
 - 2 to 3 Long Term Commitments
 - Choose experiences that are meaningful to future career path
- ❖ Campus Involvement
 - Pre-Physical Therapy Club
- ❖ Participate in Undergraduate Research
- ❖ Pursue Internship Opportunities
 - Bellin Sports Medicine Movement Performance and Injury Prevention Internship
- ❖ Communicate routinely with your Mentor
- ❖ Consider a Part-Time Job in the Medical Field to Increase Patient Contact Hours
 - CNA
 - Rehabilitation Aide – apply for Bellin Summer Aide position in November
- ❖ 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 8 Programs
 - Match programs to those where your GPA and GRE scores are competitive
- ❖ Identify Prerequisite Courses for Each Program to Ensure You Meet Requirements

Undergraduate Studies (cont.)

- ❖ Identify Individuals for Letters of Recommendation and Ask if they will write them
 - Clinical Reference
 - Academic Reference
- ❖ Complete Mock Graduate School Interviews with your Mentor
- ❖ Arrange and Complete Program Visits
 - Goals: Get Them to Know Your Name, Speak to your Mission and Vision
- ❖ Personal Statement/Essay
 - Personal & Unique
 - Answers the Question Promptly and Thoughtfully
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Graduate Studies

- ❖ GPA (3.5 +)
- ❖ Continue to Utilize Your Mentor
- ❖ Identify Clinical Choices:
 - Orthopedics
 - Sports Medicine
 - Acute Care
 - Skilled Nursing Facility
 - Pediatrics
 - Home Health
 - Neurology
 - School-Based
 - Occupational Health
 - Wound Care
- ❖ Participate in Graduate Research - Publish if you can!
- ❖ Research Residency Options
 - Contact Bellin Health to Discuss Orthopedics and/or Sports Medicine Residency Options