

OCCUPATIONAL THERAPY

OCCUPATIONAL THERAPY SCHOOL

[Occupational Therapy](#) is a healthcare profession that focuses on helping individuals develop, regain, or maintain the skills necessary for daily living and meaningful participation in activities. Occupational therapists (OTs) work with people of all ages who may have physical, cognitive, emotional, or developmental challenges that affect their ability to engage in activities or occupations.

The goal of occupational therapy is to enable individuals to participate in meaningful activities that promote health, well-being, and independence. OTs use a holistic approach, considering the physical, emotional, social, and environmental factors that influence a person's engagement in activities.

ACADEMIC PREPARATION

Academic requirements can vary by program and whether you are pursuing a MOT (master of science in occupational therapy) or a OTD (doctorate of occupational therapy).

Some programs are even phasing out of their MOT programs for new students.

[MOT vs. OTD: Which Degree Should You Pursue?](#)

For a list of accredited OT programs, please use this [directory](#). A list of CA programs can be found [here](#).

COMMON COURSE PREREQUISITES

1 Semester Human Anatomy Lecture/Lab	BIOL 113/114	3/1
1 Semester Human Physiology Lecture/Lab	BIOL 115/116	3/1
1 Semester of General Psychology	PSYCH 101	4
1 Semester of Statistics	MATH 101	4
1 Semester Intro Sociology or Cultural Anthropology	SOC 150; N/A	4
Medical Terminology	Not offered at USF	
Lifespan/Developmental Psychology	Not offered at USF	

Notes: It is important to look at the schools you are interested in for their specific requirements. Here are links to requirements for OT programs highly desired by USF applicants:

- [San Jose State University](#)
- [Dominican University of California](#)
- [University of the Pacific](#)

EXPERIENCES

It is essential to get experience and exposure with OT's and within an OT setting. The USC Chan Occupational Therapy program provides [a list of potential opportunities](#) throughout the country. It is also common to reach out to local OT centers and programs.

→ Bearfoot
Occupational Therapy

→ California Pacific Medical
Center (OT department)

→ Occupational Therapy
Training Program

APPLICATION COMPONENTS

Most programs use [OTCAS](#), a centralized common application service. The application opens each July and individual program deadlines can vary.

Make sure to include the following in your application:

→ Personal
Statement

→ Letters of
Evaluation (3)

→ GRE score (if
required)

→ Observation
Hours

STANDARDIZED TEST

Some OT applications may require a [GRE](#) score for program admissions. Make sure to do your research on every school's application requirements prior to submitting your applications.