

OT-U Collaborative

References and Resource List

Please refer to the following recommended references and resources for further information about OT's role in higher education.

Key resources

(OT-Specific) [OT-U Collaborative](#) – a networking space for OTPs worldwide working with students in higher education spaces

(Higher Ed)[Association for Higher Education and Disability](#) (AHEAD)

(Higher Ed) [American College Health Association](#)

Seeking submissions – We are introducing a brand new journal!!

The [Journal of Academic Life: Health, Function, and Participation](#) advances scholarly inquiry into how individuals engage in meaningful daily activities within post-secondary environments. We highlight evidence-based practices, interdisciplinary partnerships, and innovative models that promote access, participation, and holistic well-being across campus communities. By exploring the biological, social, cultural, and environmental contexts that shape academic life, we deepen understanding of how everyday engagement supports learning, inclusion, and success. The journal welcomes contributions from a wide range of campus roles, including counseling, psychology, occupational therapy, student affairs, faculty, administration, and related fields.

Key Assessments in Higher Education OT

[Canadian Occupational Performance Measure](#) (COPM)

[Assessment of Time Management Skills](#) (ATMS)

[Weekly Calendar Planning Activity](#) (WCPA)

[Occupations in Higher Education Transitions Inventory](#) (OHETI) (contact Karen Keptner for use and details – kkeptner@gmail.com)

Key references in OT

General practice in university settings

Eichler, J. & Keptner, K.M. (2023). Defining Occupational Therapy practice with higher education populations: A census of practitioners in an emerging space. *British Journal of Occupational Therapy* <https://doi.org/10.1177/03080226231168008>

Hunt E. Showcasing a Tiered Public Health to Supporting Student Participation, Health, Wellbeing, and Success in Higher Education. National Forum for the Enhancement of Teaching and Learning in Higher Education, University College Cork; 2021.

<https://hub.teachingandlearning.ie/resource/showcasing-a-tiered-public-health-occupational-therapy-approach-to-supporting-student-participation-health-wellbeing-and-success-in-higher-education/>

Systematic and Scoping Reviews

Keptner, K.M., Avendano, K., Eusebio, B.J., Kern, Z., Pekala, M. & Vincent, E. (accepted July 2025).

A novel approach – Occupational therapy on campus: A systematic review. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2025.2533913>

Keptner, K.M., & McCarthy, K. (2020). Mapping occupational therapy with post-secondary students: A scoping review. *Open Journal of Occupational Therapy*, 8(1), 1-17.

<https://doi.org/10.15453/2168-6408.1617>

Intervention studies

Egan, M. Y., Toal-Sullivan, D., Kessler, D., Kristjansson, E., & Del Bel, M. J. (2023). Student-led occupational performance coaching in a university setting. *The British journal of occupational therapy*, 86(6), 413–422.

<https://doi.org/10.1177/03080226231161270>

Hunt, E., & Coombes, L. (2024). A feasibility study on a novel well-being intervention for university students. *Irish Journal of Psychological Medicine*, 41(2), 233–237.

<https://doi.org/10.1017/ipm.2021.74>

Keptner, Karen & Harris, Anthony & Mellyn, James & Neff, Nichole & Rassie, Nisanne & Thompson, Karen. (2016). Occupational Therapy Services to Promote Occupational Performance, Performance Satisfaction, and Quality of Life in University Freshmen: A Pilot Study. *Occupational Therapy in Mental Health*. 32. 185-202.

<https://doi.org/10.1080/0164212X.2015.1135094>

Keptner, Karen. (2017). Long-Term Follow-Up of an Occupation-Based Group Addressing Occupational Performance and Satisfaction in University Freshmen. *Occupational Therapy in Mental Health*. 33. 1-18.

<https://doi.org/10.1080/0164212X.2017.1331150>

Morin, A. M., & Lape, J. E. (2023). Feasibility of a Stress Reduction Program Among Foster Youth in College. *The Open Journal of Occupational Therapy*, 11(3), 1-11.

<https://doi.org/10.15453/2168-6408.2050>

Nesbitt, A. E., Collins, K. J., Nalder, E., & Sabiston, C. M. (2021). Occupational Outcomes of a Physical Activity Intervention for Post-Secondary Student Mental Health. *Canadian journal of occupational therapy. Revue canadienne d'ergotherapie*, 88(3), 254–265. <https://doi.org/10.1177/00084174211021708>

Pekçetin, S., & Günal, A. (2021). Effect of Web-Based Time-Use Intervention on Occupational Balance During the Covid-19 Pandemic. *Canadian journal of occupational therapy. Revue canadienne d'ergotherapie*, 88(1), 83–90. <https://doi.org/10.1177/0008417421994967>

Quinn, Sarah & Gleeson, Claire & Nolan, Clodagh. (2014). An Occupational Therapy Support Service for University Students With Asperger's Syndrome (AS). *Occupational Therapy in Mental Health*. 30. 109-125. <https://doi.org/10.1080/0164212X.2014.910155>

Sousa IF de, Magalhães FLM, Simões SHSC, Oliveira IB da S, Dias ARN, Paranhos ACM. (2022) Ballroom dancing as a strategy for occupational balance and stress reduction in university students in the health área. *Rev Fam Ciclos Vida Saúde Contexto Soc*, 10(2), 230-241.

Schindler V. P. (2010). A client-centred, occupation-based occupational therapy programme for adults with psychiatric diagnoses. *Occupational therapy international*, 17(3), 105–112. <https://doi.org/10.1002/oti.291>

Schindler V. An Occupational Therapy-based Supported Education Program for University Students with Various DSM-5 Diagnoses: Program Description and Academic Outcomes. *Open J Occup Ther OJOT*. 2019;7(2):1-14. <https://doi.org/10.15453/2168-6408.154917>

Torpil, Berkan & Pekçetin, Serkan. (2021). The Effectiveness of Two Different Occupational Therapy Interventions on Time Management and on Perceived Occupational Performance and Satisfaction in University Students with Severe Nomophobia: A Single-Blind, Randomized Controlled Trial. *Occupational Therapy in Mental Health*, 38, 1-17. <https://doi.org/10.1080/0164212X.2021.1977758>