Occupational Therapy (OT)
Preparation at the University of Oregon

Did you know?

- Through the therapeutic use of everyday activities, occupational therapists (OTs) help patients develop, recover, and improve the skills needed for daily living and working.
- OTs work with diverse populations, ranging in age, mental health, and physical ability, and in a variety of settings, such as homes, schools, workplaces, and hospitals.
- OT education has two degree levels: master’s degree (MOT, MS, or MA) and doctoral degree (OTD).
  - OT certification is in the process of changing the minimum degree requirement from a master’s to doctorate degree by 2027. For more information about this transition, visit https://www.aota.org/Education-Careers/Accreditation/acote-doctoral-mandate-2027.aspx
- The cost of OT school varies depending on program length, location, size of the school, and public/private status. At Pacific University in Oregon (private institution), tuition for three years totals roughly $120,000.

Occupational Therapy Application Preparation

- Completing the prerequisite courses is just one aspect of the process. Applicants must also have a well-rounded application consisting of experience (shadowing, volunteer work, undergraduate research, life experience, etc.), letters of recommendation, GRE scores (may not be required), and a strong admissions essay.
- Observing an occupational therapist not only provides useful insight into the profession but is commonly an admission requirement.
- Applying to OT school can be a year-long process. Students applying in their final year at UO will have a gap year before starting OT school. Students can work, take courses, travel, etc. during the year.
- Be sure to research individual programs about any COVID-19 related changes (pre-requisites and GRE exceptions, Pass/Fail Policy, etc).

Online Resources
Health Professions Program Website
Healthprofessions.uoregon.edu
The American Occupational Therapy Association, Inc.
aota.org
Occupational Therapy Common Application Service
otcas.liaisoncas.com
Exploring Health Careers
explorehealthcareers.org

Campus Resources

☐ Student Clubs & Organizations (Pre PT/OT club)
☐ Center for Undergraduate Research and Engagement
☐ Tykeson College and Career Advising
☐ Duck Nest
☐ Global Education Oregon
☐ Tutoring & Academic Engagement Center
☐ Holden Center
☐ GRE preparation
☐ HPP Workshops
☐ University Career Center

Advising
Schedule an appointment with an HPP advisor online or call 541-346-9200
Or visit us in Tykeson Hall, 2nd floor, health@uoregon.edu
### Sample 4-Year Plan

The chart below illustrates one way occupational therapy school prerequisites can fit into a 4-year plan. Keep in mind that a good graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your own decisions, and health professions advisors are here to help along the way!

<table>
<thead>
<tr>
<th>First Year</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
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</table>
| Classes    | CH 221  
MATH 112   | CH 222 \(\text{ii} \)  
MATH 251 \(\text{ii} \) | CH 223 \(\text{ii} \)  
PSY 202 |        |
| Experience |      |        |        |        |

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<tr>
<th>Second Year</th>
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| Classes    | BI 211 \(\text{ii} \)  
HPHY 211 | BI 212 \(\text{ii} \)  
HPHY 212 \(\text{ii} \) | PSY 239 (Abnormal) @LCC \(\text{iii} \)  
MATH 243 | |
| Experience | | | |

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<th>Third Year</th>
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| Classes    | HPHY 321  
HPHY 322 | HPHY 323  
HPHY 324 | HPHY 325  
SOC 204 or ANTH 161 | |
| Experience | | | |

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<tr>
<th>Fourth Year</th>
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<tbody>
<tr>
<td>Classes</td>
<td>PSY 308</td>
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<tr>
<td>Experience</td>
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\(\text{i} \) Prerequisites vary widely by school. Research specific schools that interest you to be sure you meet any additional requirements.

\(\text{ii} \) This course is a prerequisite for UO’s anatomy & physiology sequence. It may not be required by OT programs.

\(\text{iii} \) UO doesn’t offer a class titled “Abnormal Psychology.” Confer with the PSY department about similar classes, and confirm with graduate programs that it will satisfy the admission requirement (varies by school).