



CAREER & INTERNSHIP CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

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Pre-Occupational Therapy (OT) Exploration & Preparation

Exploration

- Enroll in GEN ST 297 *Pre-Health 101* Seminar in the Fall
- Visit UW’s Pre-Health portal: prehealth.uw.edu
- Review UW Health Sciences “A Pathway for Every Passion” brochure and explorehealthcareers.org
- Schedule an appointment with your general advisor (UAA/Departmental/OMA&D) to discuss course planning
- Attend Pre-Health Course and Major Planning Workshop/Participate in workshops and Small Group Coaching Sessions
- Schedule an appointment with a Pre-Health Career Coach

Preparation

Clinical Experience

In addition to courses, students should actively gain clinical exposure. Students are encouraged to get both **professional-facing (shadowing)** and **patient-facing time**. Both are instrumental in demonstrating that students are a good fit for the profession with capabilities to be a good occupational therapist as well as being able to work and empathize with patients. Most importantly, we encourage students to start documenting and journaling during their clinical experiences so they can reflect on them later in the application process and highlight what they have learned. Some schools require that a licensed OT verify your clinical experience hours. One way to get clinical experience in an occupational therapy setting is to become an Occupational Therapy Aide. OT Aide programs are available at several community colleges.

Leadership

Leadership can be demonstrated in many ways. Students are encourage to reflect on what leadership looks like in medicine and how their involvement in clubs, volunteering, employment, research, sports, and Greek Life may help them demonstrate that they have the leadership skills they will need.

Research

While research experience is not a requirement for occupational therapy school, many students use research experience to explore the intersection of science and medicine. Staff in the Undergraduate Research Program (171 Mary Gates Hall) provide workshops and seminars on get started, identify, and explore different research opportunities at the UW.

Establishing Relationships

Letter of Recommendations are a vital part of a student’s medical school application. Professional schools vary in terms of how many letters they require and from whom. Establishing relationships with faculty, professors, TAs, mentors, principal investigators, and supervisors early on can help with creating strong letter of recommendations.

Required & Recommended Coursework

Every occupational therapy school has different expectations in terms of coursework that is required or recommended. We encourage students to start researching occupational therapy school requirements to better inform themselves of what specific classes they need to take. Students may need to exceed the requirements of some schools to meet the requirements of other schools. The following courses listed below are courses required by most occupational therapy schools (as listed by the American Occupational Therapy Association (AOTA)). *Please note that the UW Occupational therapy program does NOT require labs.

CHEM 120 (Principles of Chemistry I) CHEM 220 (Principles of Chemistry II) CHEM 221 (Principles of Chemistry III)	1 Statistics Course	Additional required/recommended classes <u>may</u> include: <ul style="list-style-type: none"> • Additional Behavioral Science • English Composition • Medical Terminology • Math
1 Development Psychology course 1 Abnormal Psychology course 1 Sociology or Anthropology course		
Biology 241 + Biology 242 (Anatomy + Physiology + lab at a WA Community College) OR	Biology 118 (Human Physiology) Biology 310 (Human Anatomy) at University of Washington OR	Biology 375 + 376 (Human Physiology) Biology 310 (Human Anatomy) at University of Washington

How to use this Pre-PT Planning Worksheet:

- The template below includes five years of coursework and preparation, and may require two “gap years”.
- Many students take multiple years after graduation to travel/work/mature before they are ready to apply.
- Most pre-requisite courses are available at community colleges, and can be taken during summers or post-graduation.
- Research your target schools to learn more about what courses they require or recommend (e.g. Calculus, English).
- Use summers to spread course requirements over the entire year, or get more research/clinical/leadership experience.

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
OT School Pre-requisites:	CHEM 120	CHEM 220	CHEM 221	
Co-Curricular Activities:	GEN ST 297: Pre-Health 101	RSO exploration	Establish relationships with faculty	Leadership development

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
OT School Pre-requisites:	Psychology 101 (Intro)	Psychology 202 (Bio Psych)	Psychology 209 (Research Methods)	
Co-Curricular Activities:	Identify future letter writers	RSO exploration	Clinical exposure	Leadership development

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
OT School Pre-requisites:	Statistics	Psych 305 (Abnormal)	Psych 306 (Developmental)	
Co-Curricular Activities:	Clinical exposure	Clinical exposure	Leadership development	Research PT Schools

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
PT School Pre-requisites:	Anatomy/Physiology I	Anatomy/Physiology II	Sociology or Anthropology	
Co-Curricular Activities:	Request letter of recommendations	GEN ST 297 Health App Seminar/Study for GRE	Take GRE	Apply for OT School

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
PT School Pre-requisites:				
Co-Curricular Activities:	Continue Clinical exposure	Apply for Financial Aid	Continue Clinical exposure	