

## Pre-Occupational Therapy

Programs in occupational therapy prepare students to work with children and adults who have physical, cognitive, or emotional disabilities that interfere with their ability to function independently and engage in daily activities. Occupational therapists serve as critical members of a comprehensive treatment team, frequently consulting with physicians, physical and speech therapists, nurses, social workers, psychologists, vocational counselors, teachers, other allied health specialists, and family members. They blend a scientific knowledge of the human body and mind with an understanding of the numerous individual, social, and environmental challenges associated with disability. Occupational therapy education programs are presently at the master's level; thus, completion of a bachelor's degree will be required for admission. Pre-occupational therapy is a program of study, not an academic major. No specific academic major is required in the pre-occupational therapy program. However, most students will choose one of the following majors:

- Kinesiology major with emphasis in Human Performance
- Psychology major with pre-professional health minor Chemistry Comprehensive Major

### Admission Requirements:

- Bachelor's degree with any major from an accredited institution
- Completion of all prerequisite courses
- Competitive overall and science GPAs (3.4 overall average for those accepted)
- Competitive Graduate Record Exam (GRE) score (required for some programs)
- Observational or work experience in occupational therapy
- Letters of recommendation
- Completed application with Occupational Therapy Centralized Application Service (OTCAS) (for some programs)
- Face-to-face interview required by many programs

**Required Pre-OT Courses:** (Admission requirements and prerequisites may differ from school to school so it is important to check with schools for specific requirements.)

Courses	Required Credits	Suggested UWEC Courses
Human Anatomy and Physiology	2 semesters	BIOL 214 and 314 (8cr)
Mathematics	Statistics	MATH 246 (4cr) or PSYC 265 (3cr)
Med Terminology	1 semester	NRSG 220 (1cr)
Psychology	2-3 semesters	PSYC 100, 230 and 251 (9cr)
Sociology	1 semester	SOC 101 (3cr) or ANTH 161 (3cr)

**Non-Academic Considerations:** All occupational therapy programs require observational or actual work experience in occupational therapy prior to admission. Check each occupational therapy school's admissions requirements to determine the minimum number of observational hours.

**Graduate Record Exam (GRE):** This standardized exam is required for admission to most occupational therapy programs. The exam consists of 3 sections, Verbal Reasoning, Quantitative Reasoning and Analytical Writing. It is often taken in the spring semester or summer following the junior year. Go to: <http://www.ets.org/gre> for more information on the GRE.

**Suggested Pre-OT Curriculum:** The following program is suggested for a student in any major. It is important that students work with a pre-OT advisor each semester. This is one example of how the pre-OT courses can be arranged. They do not necessarily need to be taken in this exact order, and certain majors will require taking them in a different order. Work closely with your major and pre-OT advisor to determine the best order for you and your major.

<b>Freshman year – Fall</b> Math* Chem 103 Soc 101 Writ 116 GE and major courses	<b>Freshman year – Spring</b> Math Psyc 100 NRSB 220 Kins 294 GE and major courses
<b>Sophomore year – Fall</b> Biol 214 Phys 211 GE course or additional math	<b>Sophomore year – Spring</b> Biol 314 or Kins 304 Math 246 or Psyc 265 Psyc 230 Additional science
<b>Junior year – Fall</b> Psyc 351 Additional science GE and major courses	<b>Junior year – Spring</b> GE and major courses (Take GRE)
<b>Senior year – Fall</b> Complete Major/Minor/GE Additional recommended courses Apply to OT programs (October 1 <sup>st</sup> is the last opportunity to take GRE)	<b>Senior year – Spring</b> Complete Major/Minor/GE Additional recommended courses

\*Beginning course in mathematics depends on UWEC Mathematics Placement Exam score

## UWEC Pre-Occupational Therapy Advisors:

Ms. Michelle Mattes (mattesm@uwec.edu)

Dr. Jeff Janot (janotjm@uwec.edu)

## More Information:

- University of Minnesota [www.ot.umn.edu](http://www.ot.umn.edu)
- Concordia University of Wisconsin [www.cuw.edu/OccupationalTherapy](http://www.cuw.edu/OccupationalTherapy)
- College of St. Scholastica (Duluth) [www.css.edu](http://www.css.edu)
- University of Wisconsin – LaCrosse [www.uwlax.edu/ot/](http://www.uwlax.edu/ot/)
- St. Catherine University [www.stkate.edu/academic/maot](http://www.stkate.edu/academic/maot)
- For a list of occupational therapy programs [www.wfot.org.au](http://www.wfot.org.au)
- Learn more about occupational therapy [www.aota.org](http://www.aota.org)

Visit the *Health Careers Center* in Schofield Hall 30 or at [www.uwec.edu/health-careers-center/index.htm](http://www.uwec.edu/health-careers-center/index.htm) and join the *Pre-PT/OT Club* to learn more about healthcare, professional school applications, and pre-OT opportunities.