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.
- **Certified Occupational Therapy Programs in Oregon:** Pacific University and George Fox University.

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

UO Pre-Health Advising Website: [healthprofessions.uoregon.edu](http://healthprofessions.uoregon.edu)

The American Occupational Therapy Association, Inc.: [aota.org](http://aota.org)

Occupational Therapy Common Application Service: [otcas.liaisoncas.com](http://otcas.liaisoncas.com)

Exploring Health Careers: [explorehealthcareers.org](http://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
- UO Pre-Health Advising Workshops
- University Career Center

Advising

Schedule an appointment with a Pre-Health Advisor by following one of the options listed here: [https://healthprofessions.uoregon.edu/contact/](https://healthprofessions.uoregon.edu/contact/)
# Sample 4-Year Plan

The chart below illustrates one way Occupational Therapy prerequisites can fit into a 4-year plan. Keep in mind a graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your graduation plan and timeline. Pre-Health Advisors are here to help you create a graduation plan that works best for you!

<table>
<thead>
<tr>
<th>First Year</th>
<th>Second Year</th>
<th>Third Year</th>
<th>Fourth Year</th>
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<tbody>
<tr>
<td><strong>Classes</strong></td>
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<tr>
<td>CH 221</td>
<td>BI 211 ii</td>
<td>HPHY 321</td>
<td>PSY 308</td>
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<td>MATH 112Z</td>
<td>HPHY 211</td>
<td>HPHY 322</td>
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<td>CH 222 ii</td>
<td>BI 212 ii</td>
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<td>STAT 243Z</td>
<td>HPHY 212 ii</td>
<td>HPHY 324</td>
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<tr>
<td>CH 223 ii</td>
<td>PSY 239 (Abnormal) @LCC iii</td>
<td>HPHY 325</td>
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<td>PSY 202 (&lt;2)</td>
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<td>SOC 204 (&lt;2, &lt;US) or ANTH 161 (&lt;2, GP)</td>
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**Note:** This advising handout lists all the common prerequisites for programs. Please research programs to identify additional courses you may need to include and work with your pre-health advisors for any alternate course options.

**Questions?** Email pre-health advisors at health@uoregon.edu.

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1. **Prerequisites vary widely by school.** Research specific schools that interest you to be sure you meet any additional requirements.
2. This course is a prerequisite for UO’s anatomy & physiology sequence. It may not be required by OT programs.
3. 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).