PRE-Occupational Therapy GUIDE

UT Austin
PAI 5.03
512-471-3172
Visit our Website
Preface

The information presented in this document provides important resources for UT Austin Graduate and Undergraduate Students planning on applying to Occupational Therapy School. Remember it is important to research Occupational Therapy programs and evaluate their fit before you apply.

Additional Pre-Health Professions resources including pre-requisites, timelines and application information for the following Health Professions: Medical, Dental, Pharmacy, Occupational Therapy, Physician Assistant, Optometry or Veterinary can be found at: http://cns.utexas.edu/health-professions/health-profession-pathways
What is Occupational Therapy (OT)?

The primary, overarching purpose of occupational therapy is to improve a person’s ability to participate in daily occupations. An occupation is any meaningful or purposeful activities that occupies one’s time. Through the use of therapeutic interventions, occupational therapists and occupational therapy assistants help people of all ages participate in all of the activities (occupations) they want and/or need to be able to do on a daily basis.

Common occupational therapy interventions include helping children with disabilities participate fully in school and social situations, helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes. Occupational therapists work very closely with patients to develop a customized, individualized intervention plan in order to help the patient reach their goals. Services may include comprehensive evaluations of the patient’s home and other environments (i.e. workplace, school), recommendations for adaptive equipment in its use, and guidance and education for family members and caregivers.

Occupational Therapists (OTs) can work in a wide variety of practice settings with a wide variety of populations. OTs can work in hospitals, rehab facilities, skilled nursing facilities, outpatient clinics, schools, home, and community settings. The different practice areas of OT include children and youth, mental health, disability and rehabilitation, healthy living, aging, and work-related.

Find out more at:
The Most Important Things You Need to Know about Becoming an Occupational Therapy Practitioner
http://www.aota.org/about-occupational-therapy.aspx

Difference between Master’s in Occupational Therapy (MOT, MA, MS) and Doctorate in Occupational Therapy (OTD, PhD)

Both degrees are routes of entry into the profession. Currently a master’s degree is the entry-level degree needed to enter the profession, however in the future, that may change.

The professional content will be similar for both programs, but the entry-level doctorate program will place a greater emphasis on management, theory, research and critical thinking. Doctoral students must also complete an experiential component (16 weeks) and a culminating project. A master’s program will usually take 2-3 years to complete, depending on the program, and a doctoral program (OTD) will take 2-4 years. Both Master’s and OTD programs have a clinical or practice focus and will prepare you to work with individuals as an occupational therapist.

A PhD in Occupational Therapy will research oriented. PhD programs are designed for people who want to work in academia as a professor or researcher.

Selecting a Major

So what should you major in at UT? Most Pre-Occupational Therapy students choose to major in a science discipline within the College of Natural Sciences or Kinesiology in the College of Education. Other popular undergraduate majors for those interested in occupational therapy are psychology, sociology, anthropology, human development and family sciences, and education. We recommend ultimately, that you choose a major that matches your interests that you can be passionate about. Keep in mind that certain degrees may cover
the Pre-Occupational Therapy prerequisites; however, Pre-Occupational Therapy programs also accept students who show broad interests in their academic coursework through a non-science major.

**Explore Majors/Health Professions further at one or more of the following resources:**
- Way finder [http://www.utexas.edu/ugs/wayfinder/explore/path/index](http://www.utexas.edu/ugs/wayfinder/explore/path/index)

**Explore an Occupational Therapist Career further:**
- AOTA’s “Considering an OT Career” is a great resource for those on the path to a career as an Occupational Therapist: [OT Careers](http://www.aota.org/)
- AOTA’s “Resources for Students” section.

**Pre-Occupational Therapy Self-Assessment**

*The assessment below is designed to assess Occupational Therapy School application strengths, if you are a new Pre-Occupational Therapy student please use this assessment as a planning guide for your Pre-OT Pathway. (Please check out the New-Pre Health Longhorn Information page at the Health Professions website: [http://cns.utexas.edu/health-professions](http://cns.utexas.edu/health-professions).*

**Are you working towards submitting a well-rounded application?**

**Start by Developing Your Personal Qualities**

Individuals who are successful in their pursuit of a career as an occupational therapist possess a set of qualities that they develop as young adults. These include qualities such as: Good Judgment, Self-Discipline, Maturity, Compassion/Empathy, Integrity, Intellectual Curiosity, Strong Work Ethic, Leadership/Accountability, Reliability, Motivation/Persistence, Honesty, and Cultural Competency. Develop these qualities through the experiences and activities you choose to get involved with.

I want to develop my following qualities:

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How are you going to develop these qualities? (Be specific)

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**Get Involved & Gain Experience**

There are several ways you can get involved. Get involved in what you are interested in, this is key! There are many things you can do to build your application these can include but are not limited to: Volunteering, Shadowing, Studying Abroad, and/or participating in a summer program. Get Involved on campus, Tutor, Mentor, Teach, participate in Rec Sports, the list goes on and on. If you
are considering adding studying abroad to your list, check out the study abroad section in this guide. Always remember to be yourself and do what you enjoy.

**Volunteering**
Any experience giving back to the community will be looked upon favorably by professional school admissions committees. A community service activity in which you are directly helping people face-to-face is of the most value, and making an ongoing commitment to that community service gives you time to grow and gain real value from the experience.

**Track your Volunteer Hours**
Track your volunteer hours, as most professional school applications will ask for details of the time you spent volunteering. UT Austin’s [“Give Pulse”](#) is a great way to find volunteer opportunities, track hours, and become a part of a great community service community. If you are tracking your volunteer and health care experience personally, it’s important to keep a record of your volunteer supervisor(s), including name(s) and title(s). *Using programs like Microsoft word or excel to make and keep track of tables can be helpful.*

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**Quick Tips:**
*When deciding where/how to volunteer and get observation hours, you should investigate how each school you are interested in defines volunteer and observation experience. Also take note of what each individual school’s hour requirements are, and if your experience will fulfill these requirements.*

**Example:**
*University of Texas Medical Branch* requires: At least 20 hours of observation, volunteer, or paid experience in one or more occupational settings prior to time of application.

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**Community Service**
Volunteer work done outside of the health care field; for example, working for Habitat for Humanity, tutoring children, participating in or working for a fundraiser walk or blood drive, etc.

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<tr>
<th>Community Service</th>
<th>Dates (can list time period or individual dates)</th>
<th>Hours</th>
<th>Responsibilities</th>
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What have I learned about myself through these volunteer experiences?

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Have I involved myself in a diverse set of experiences? What skills have I enhanced/gained through these experiences? (For example: I have become a better communicator through my volunteering experiences at the local hospital – explain how you have done this)

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I want to explore the following volunteer activities:

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Observation
Time spent officially following and observing Occupational Therapy professionals at work.

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<th>OT Name or Name of Experience</th>
<th>Specialty</th>
<th>Hours</th>
<th>Type of Experience: Shadow/Volunteer/Paid</th>
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What have I learned from these experiences?

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I want to reach out to the following Occupational Therapists to see about shadowing:

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Get Hands On Experience!
It can be good to gain some hands on experience in occupational therapy and health care settings to add to your application. You can do so in many different ways. You can get certified as an occupational therapy assistant or work as an occupational therapy aid. You can also get a phlebotomy certification, go through an EMT Basic course, become a Certified Nursing Assistant, work as an assistant activity director of a nursing home, nanny or babysit a child with disabilities, work as an instructional aide at school, or become a scribe amongst other things.
Find one that you are interested in by doing informational interviews. Speak to a Pre-Health Professions coach about these different ways to gain experience.

**Direct Patient Care Experience**

Experiences in which you are directly responsible for a patient’s care; for example: performing procedures, directing a course of treatment, working on patients as an active EMT, etc.

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<tr>
<th>Name of Experience</th>
<th>Specialty</th>
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<th>Type of Experience: Shadow/Volunteer/Paid</th>
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What have I learned from these experiences?

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What skills have I enhanced/gained through these experiences? What do I like and dislike about my experiences in this setting?

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**Awards, Honors, Professional Membership & Leadership**

Relevant awards or honors earned as a college student or post-college. **High school honors should not be included.** Professional Memberships and Leadership refers to your membership in a professional organization, such as the American Occupational Therapy Association (AOTA), or leadership roles you performed in a professional position or organization.

<table>
<thead>
<tr>
<th>Name of Organization</th>
<th>Position/Title (ex: Communication Director, President, Member, etc.)</th>
<th>Total participation time (ex. 2 years, 3 semesters, etc.)</th>
<th>Duties/Activities participated in with this organization/group</th>
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</table>
What relevant awards and honors have I earned as a college student or post-college?
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What is the most important thing I have learned about myself from these experiences?
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Brainstorm some specific ways you can develop your leadership skills:
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Other Healthcare or work experience
You are working in the health or a health-related field but are not directly responsible for a patient’s care; for example, filling prescriptions, performing clerical work, delivering patient food, cleaning patient rooms, working as a “Candy Striper” or hospital volunteer, etc. Any paid work done outside of the health care field; for example: a retail or restaurant job.

I have the following non-direct health care experience:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

I have the following paid experience outside of the healthcare field:
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Research
Research projects done in addition to classroom work; research should NOT appear as credit on a school transcript.

I want to explore the following research topics and activities:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
How are you going to explore these topic and activities? (Be specific):
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

ACADEMICS
Academics include your GPA and GRE Scores. How well are you doing? Are you taking between 14-17 credit hours per semester? Are you keeping your grades up? Use the GPA calculator in your UT Direct account to figure out your GPA.

Quick Tip:
When entering coursework and grades into the OTCAS application, it is important to review the Academic History section and follow the instructions for entering coursework to properly calculate your course’s numerical value.

Overall GPA ________
*This includes all course taken at UT and other institutions

Science GPA ___________

Last 60 Credit Hour GPA ____________

Quick Tip:
To be competitive for professional school, you will need a GPA in the range of 3.4 to 3.8 and above. This means you need to be making A’s and B’s with more A’s than B’s. If you feel that you are behind in your classes, please don’t wait until you get your first poor test score to ask for help. There are numerous resources on campus to help you with tutoring! Start with visiting your faculty members & teaching assistants during office hours.

Get in the habit of personal reflection
Your insights about who you are as a person and how your experiences have shaped you will be of tremendous benefit when it is time to write your personal statement (a required part of your professional school application). Keep a journal handy so you can jot down your thoughts and observations!

***Once you have completed this assessment, if you have not made an appointment with a Pre-Health Professions Coach, we recommend that you do so to discuss these topics as well as your application strengths as a whole.
Track Your Progress

Why do I want to be an Occupational Therapist?
________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________

What characteristics do you have that you feel will help you be an excellent Occupational Therapist?
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Have you had experience working with people from backgrounds different from your own? What impact has it had on you?
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Why Do I want to be an Occupational Therapist?

Can you go beyond loving science and wanting to help? Remember there are many helping professions out there? Why this one? (http://www.youtube.com/watch?v=go1C7G6zlyU)
**Get to know your faculty**

This can be challenging at UT Austin—the campus is huge and most of the classes in your first year have large numbers of participants. Even though the professors can sometimes seem tough or intimidating, most of them are very approachable one-on-one. Visit your professors during office hours, even if you are doing well in their class. It will make your request for a future letter of evaluation much easier! Get to know your faculty, check out this quick video for some tips: [http://www.youtube.com/watch?v=O7cPw8BUdpk](http://www.youtube.com/watch?v=O7cPw8BUdpk)

**Who are your evaluators?**

**Quick Tip: OTCAS Evaluations**

**As of 2015, UTMB (Galveston), UT Rio Grande Valley (UTPA), UT El Paso, and UTHSCS (San Antonio) are the only Texas schools that participate in OTCAS.**

**Electronic References:**
- Before entering your evaluator’s email, it is advised that you contact the evaluator and inform and confirm that they will write your letter of reference.
- Enter the e-mail address for evaluator.
- OTCAS will automatically e-mail the evaluator once the reference request is saved.
- Alert the evaluator to watch for an e-mail from references@otcas.org
- If the e-mail is not received, instruct the evaluator to check their spam and junk folders, or provide an alternate e-mail address as some servers filter out messages from OTCAS.

**Paper References**

Paper references are no longer accepted by OTCAS. If an evaluator previously completed a paper reference on your behalf, you are encouraged to ask the evaluator to complete an electronic reference for you through OTCAS. Follow the instructions above.

**Reference Deadlines**

Arrange for OTCAS to receive all of your references by the application deadline date selected by the program. Programs may not consider applicants who submit late materials. OTCAS does not enforce reference deadlines and will forward the references to your designated OT programs even if they arrive late.

**OTCAS Processing of References**

OTCAS will begin to release the references to your OT programs once your application is received.

- OTCAS will not determine if you have met the reference requirements for a particular OT program.
- OTCAS will not hold your application for missing references.
- If your reference arrives after your application is processed, OTCAS will still release it to your OT programs.
- References cannot be changed or edited in any way once received by OTCAS.

Occupational Therapy Prerequisites Time Line

A Note from Your HP Coaches:

This timeline is an example of how UT Austin interested in applying to Texas Occupational Therapy (MOT) professional programs may complete the pre-occupational therapy course requirements. Application for admission is usually made during the late summer and early fall of the year prior to planned enrollment in the OT program. Early applications are strongly encouraged. Deadlines and school start dates vary.

Schools vary on the date for completion of prerequisite courses, and many schools have minimum GPA requirements. Check individual school web sites for details. Ultimately, it is the student’s responsibility to ensure proper courses are being taken and to stay informed of current admission policies.

See the prerequisite courses page for details on these courses.

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<th>FIRST YEAR</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<td>SDS 302</td>
<td>BIO 311D [Note below]</td>
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<td>BIO 311C [Note below]</td>
<td>PSY 301</td>
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<td>CH 301 [Note below]</td>
<td>CC 306M</td>
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<td>PSY 333D</td>
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<td>BIO 165U</td>
<td>SOC 302</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PSY 352</td>
<td>[GRE: Graduate Record Exam]</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOURTH YEAR</th>
<th>Fall</th>
<th>Spring</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Continue in coursework and activities that will prepare you for professional school and increase your competitiveness should you need to reapply.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note:
Bio 311C, BIO 311D, BIO 325, and CH 301 are not required by the Texas OT schools but are prerequisites for some upper-division biology courses. Some of these courses may be required by out-of-state schools.

UT Austin courses prerequisites can change, so check the Course Schedule each semester and talk to your academic advisor if you are not sure about UT Austin course requirements.
### Occupational Therapy Prerequisite Courses

Prerequisite courses must be completed with a letter grade of C or higher. C- is not accepted. [Note:]

UT Austin courses may have prerequisites not required by the professional schools. Check the Course Schedule.

<table>
<thead>
<tr>
<th>Prerequisite</th>
<th>TTUHSC Lubbock</th>
<th>TWU Denton/Dallas/Houston</th>
<th>UTEP El Paso</th>
<th>UTHSC San Antonio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gen Biology (BIO)</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
</tr>
<tr>
<td>Anatomy w/ lab (BIO)</td>
<td>446L</td>
<td>446L</td>
<td>446L</td>
<td>446L</td>
</tr>
<tr>
<td>Physiology w/ lab (BIO)</td>
<td>365S &amp; 165U</td>
<td>365S &amp; 165U</td>
<td>365S &amp; 165U</td>
<td>365S &amp; 165U</td>
</tr>
<tr>
<td>Gen Chemistry (CH)</td>
<td>Not Required</td>
<td>Not Required</td>
<td>Not Required</td>
<td>Not Required</td>
</tr>
</tbody>
</table>
| Physics (PHY) AND/OR Kinesiology (KIN) [Note:]

PHY 302K or KIN 320 or KIN 326K

Not Required

Not Required

PHY 302K AND KIN 320 or KIN 326K

Physics (PHY)

Statistics [Note:]

SDS 302 or...

SDS 302 or...

SDS 302 or...

SDS 302 or...

Other Science

Not Required

Not Required

Not Required

Not Required

Medical Terminology (cc)

Not Required

CC 306M

CC 306M

CC 306M

Social and Behavioral Sciences [Note:]

PSY 333D or EDP 363M-6; AND PSY 352

PSY 333D or EDP 363M-6; AND PSY 352

PSY 301; AND PSY 333D or EDP 363M-6; AND PSY 352 AND 3 hrs in SOC or ANT

PSY 333D AND PSY 352 AND 3 hrs in SOC or ANT

Other Non-Science

Not Required

Not Required

Technical Writing [Note:]

Not Required

AP/IB/CLEP (must be on transcript)

Not for science; yes, but not preferred for non-science prerequisites

yes

yes

yes

Volunteer/Work/Shadow [Note:]

Min. 40 hrs with licensed OT

20 hrs supervised observation with licensed OT

40 hrs with licensed OT

Min. 40 hrs under general supervision of licensed OT

Bachelor's Degree

yes

yes

yes

yes

GRE

no

yes

Yes

No

IMPORTANT NOTES: a through h ON PAGE 16

MORE SCHOOLS ON NEXT PAGE
<table>
<thead>
<tr>
<th>Prerequisite courses must be completed with a letter grade of C or higher. C- is not accepted.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Most Schools Require a C or better in all required courses.</strong> [Notes] UT Austin courses may have prerequisites not required by the professional schools. Check the Course Schedule</td>
<td></td>
</tr>
<tr>
<td><strong>UTMB Galveston</strong></td>
<td><strong>UTPA (UTRGV) Edinburg</strong></td>
</tr>
<tr>
<td>Gen Biology w/ lab (BIO)</td>
<td>Not Required</td>
</tr>
<tr>
<td>Anatomy w/lab (BIO)</td>
<td>446L</td>
</tr>
<tr>
<td>Physiology w/lab (BIO)</td>
<td>365S &amp; 165U</td>
</tr>
<tr>
<td>Gen Chemistry w/lab (CH)</td>
<td>Not Required</td>
</tr>
<tr>
<td>Physics (PHY) AND/OR Kinesiology (KIN) [Note h]</td>
<td>PHY 302K or KIN 320 or KIN 324K or Kin 326K</td>
</tr>
<tr>
<td>Statistics [Note c]</td>
<td>SDS 302 or...</td>
</tr>
<tr>
<td>Other Science</td>
<td>PSY 308 or NEU 330 [Note i]</td>
</tr>
<tr>
<td>Medical Terminology (CC)</td>
<td>Not Required</td>
</tr>
<tr>
<td>Social and Behavioral Sciences [Note d]</td>
<td>ANT 301 or 302 or PSY 301 or SOC 302; AND PSY 333D or EDP 363-M; AND PSY 352</td>
</tr>
<tr>
<td>Other Non-Science</td>
<td>Not Required</td>
</tr>
<tr>
<td>AP/IB/CLEP (must be on transcript)</td>
<td>No</td>
</tr>
<tr>
<td>Volunteer/Work/Shadow [Note g]</td>
<td>20 hrs in one or more OT settings</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>Yes</td>
</tr>
<tr>
<td>GRE</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**IMPORTANT NOTES** * through h ON PAGE 16
Important Notes for OCCUPATIONAL THERAPY PREREQUISITE COURSES

FOOTNOTES

a Although technically you can satisfy a prerequisite course requirement with a grade of C, it is not a competitive grade. Most Schools require minimum overall and prerequisite GPAs of at least 3.0 or higher. See individual school web sites for details.

b Each of the following will satisfy this requirement. Note that not all programs require the one-hour lab. If your degree requires physics, take the one appropriate for your major.

- PHY 302K & PHY 102M
- PHY 303K & PHY 103M
- PHY 317K & PHY 117M
- PHY 301 & PHY 101L

UTPA (UTRGV) prefers either KIN 320 or KIN 326K although they accept KIN 324K.
UTHSCA also accepts KIN 315 or KIN 321M or KIN 338 for this requirement. HPO has sent the course syllabus for KIN 324K to the school and will add this course to the list if we receive approval from them. Meanwhile, please contact the UTHSCSA School of Health Professions Admissions Office to request approval of courses not listed here.

c SDS 302 satisfies the statistics requirement and also is a prerequisite for BIO 446L and BIO 365S, UT Austin BIO courses listed in the table above.

The statistics courses listed below are accepted by most of the Texas OT schools. Individual school’s exceptions, preferences, and additional requirements follow the list.

- SDS 302, SDS 304, SDS 306, SDS 325H, SDS 328M, EDP 371, M 316, PSY 418, SOC 317L, STA 309, STA 309H, SW 318

TTUHSC accepts all courses listed here.
TWU accepts all courses listed here.
UTMB accepts all courses listed here.
UTPA (UTRGV) accepts all courses listed here.
UTEH accepts all courses listed here.
UTHSCSA had approved SDS 302, M 316, and Psy 418. HPO has sent syllabi for other statistics courses for the school and will list additional courses if and when they are approved.
ACU: HPO will post details when received from the school.

NOTE: SDS courses used the prefix SSC prior to Fall 2014.
To request approval of a statistics course that is not listed here, contact the admissions office of the individual program.

d EDP 363M-6: Introduction to Life Span Development was numbered EDP 363M in the Spring 2015 semester.

UTHSCSA: As of the publication of this document, UTHSCSA had not notified us yet if they will accept EDP 363M-6.

e Technical Writing is not offered at UT Austin. The schools will accept ENGL 2311 from Austin Community College.

f UTMB requires “Neurological Basis for Human Behavior – 3 hours (i.e. physiological psychology, behavioral neurosciences, biopsychology, brain & behavior, neuroanatomy, neurobiology, neurophysiology, neuroscience)”

ACU: HPO will post ACU prerequisite courses equivalents when the approved list of courses is received from the school.

Abilene Christian University and University of St. Augustine University OT programs are candidates for accreditation and hope to be awarded full accreditation shortly before graduating their first classes.

See the ACOTE web site for current information on the accreditation status of occupational therapy schools. http://www.aota.org/Education-Careers/Find-School.aspx Also, check school web sites for information about their accreditation status.

h USA does not require labs for the science prerequisites; however, they strongly recommend them.
Completing your coursework at UT (your home institution) is considered best preparation for health professions schools. For students who find it necessary to take courses away from UT, we offer the following recommendations.

**KEY:**
- **UT:** Take classes at UT Austin
- **4YR:** If necessary, okay to take class at other 4 year institution
- **CC:** If necessary, okay to take class at community college

<table>
<thead>
<tr>
<th></th>
<th>Pre-Medical</th>
<th>Pre-Dental</th>
<th>Pre-Veterinary</th>
<th>Pre-Optometry</th>
<th>Pre-Pharmacy</th>
<th>Pre-Physician Asst</th>
<th>Pre-Physical Therapy</th>
<th>Pre-Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology &amp; Chemistry</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
<td>UT</td>
</tr>
<tr>
<td>Physics</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR or CC</td>
<td>Not Required</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
</tr>
<tr>
<td>Statistics, Calculus</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
</tr>
<tr>
<td>English &amp; Rhetoric</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
<td>4YR or CC</td>
</tr>
<tr>
<td>Other Pre-requisites</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Generally, it seems to be okay to take other preqs away from UT Austin, if needed; however, students should contact individual professional schools’ admission offices for questions about specific courses.

**General Recommendations:**
1. Taking courses away from UT can give the impression that the student is avoiding UT Austin’s rigorous courses; therefore, it is important to earn excellent grades at both community colleges and other four-year institutions.
2. It generally appears to be okay with professional schools to take government and history requirements at other four-year institutions or community colleges.
3. For other general requirements, students can check with professional schools’ admission offices.

**Studying Abroad?**

Most health professions schools require that prerequisites be taken at U.S. accredited schools, and some will accept credits from Canadian accredited schools.

Although exchange program courses and some affiliated program courses are counted as in-residence credit by UT Austin, according to Texas state law, foreign course work cannot be counted in the GPAs for application to graduate and post-baccalaureate professional schools. The rules and policies can vary among the professional schools. Students who plan to study abroad should research this carefully for the schools and application services they plan to apply to. Look in the education requirements, transcripts, and FAQ sections of their web sites for information about foreign course work and study abroad.

UT Austin faculty-led courses are “in-residence” courses as well as U.S. credits, and so courses like Organic Chemistry II (CH 320N) taught in Spain by UT Austin faculty can be used to satisfy a prerequisite; however, for many students taking these rigorous courses in only 5 weeks may not be recommended. It is important that pre-health professions students master these courses and retain this knowledge for success in entrance exams and in advanced studies.

The UT Austin Health Professions Office very strongly recommends that our students satisfy their health professions prerequisites at UT Austin. Use the study abroad opportunity to study the culture and language of that country and to satisfy general education requirements if approved by your academic advisor. Science courses that are not considered direct preparation for the health professions can be considered as well. (Examples: research, ecology, environmental science; but NOT cell, molecular, microbiology, anatomy, physiology which figure heavily into your preparation and readiness for professional school and the admissions committee’s assessment of your application.)
FAQ - Foreign Applicants, Coursework from Foreign Schools and Study Abroad

**Do Schools accept foreign coursework?**

No! State law requires that academic work taken at foreign colleges, universities or preparatory schools shall be excluded from the calculation of the grade point average for students seeking admission to graduate or post-baccalaureate professional school.

**Foreign coursework will not count towards satisfying any of the required coursework.**

Undergraduate foreign coursework that appears as transfer credit on the transcript of a regionally accredited US college will count towards the 90 hour requirement. Each individual transfer course credit granted by the US school must be listed on the transcript. Lump sum credit with no specific course and hour identification will not be accepted.

**What about Claiming AP/IB Credit for Prerequisites?**

While we generally recommend that as a Pre-Health Professions student you not “claim” AP/IB credit for prerequisite courses such as Biology, Chemistry, English, Physics, and Mathematics, these are important decisions that you must make and that require your careful consideration.

It may seem like a convenient way to eliminate hours from your degree plan and accelerate your path to professional school, but claiming credit can actually be detrimental to your preparation for success on entrance exams and in professional studies. Advanced Placement and International Baccalaureate courses vary in rigor, and they are generally not equivalent to the rigor of UT Austin courses. However, your AP/IB courses can be very good preparation for taking these courses at UT Austin, providing the opportunity to master that material, become better prepared, enhance your GPA, and demonstrate your academic ability and readiness for advanced study in health professions schools.

Unless you are academically very well prepared, it is best to start with the introductory courses. Please consult with your academic advisor for help in determining your readiness for higher level science courses. Most schools that accept AP/IB credit will expect you to take additional upper-division course work in that area of study.

**Here are some specific recommendations:**

**Science Courses**

**Biology and Chemistry**

If you claim credit in courses like BIO 311D and BIO 311C you may not be adequately prepared for the rigorous next course here at UT Austin, BIO 325 (Genetics). If you claim credit for CH 301 and CH 302, your first college level chemistry course at UT Austin will be CH 310M (Organic Chemistry I).

Honors students in Biology and Chemistry may claim test credit, register in the honors sequence for Biology or Chemistry, and will take additional upper-division credits in those areas, making up for the lack of first-year hours in those disciplines.

Your UT Austin faculty will expect you to be prepared to learn and understand the material conceptually and theoretically in order to understand test questions well enough to earn A’s on your exams. They will teach
material beyond the textbook that was not presented in your high school courses. You will be in second year courses with many students who took General Biology and General Chemistry here and are well prepared to handle the exams in the more advanced courses. They will set the standard for the grade scale or curve in your classes.

Physics

Physics is required to prepare for some health professions schools. In some cases, you will be tested on Physics in your professional school entrance exam. We strongly recommend taking physics at the college level if you are preparing for a professional school that requires physics.

Calculus and Statistics

For the Texas medical schools, if you take statistics in the classroom here at UT Austin, you can use statistics to satisfy the math prerequisite. Then if your degree plan or any of your science courses require calculus, you can decide with your academic advisor whether to use credit-by-exam or take the course(s) in the classroom.

For all health professions schools, both in Texas and out-of-state, it is important to check their admissions web sites for any restrictions and preferences on credit-by-exam.

Non-Science Courses

It is usually acceptable to claim credit-by-exam for general education or core curriculum requirements such as history and government. Claiming this type of credit may give you time to take the courses that will prepare you for professional school and school entrance exams. On the other hand, critical thinking skills and an understanding of ethics, society, community, cultures, history, and human behavior are important for your success now and throughout your professional and personal life. Taking college level courses is a good way to develop these areas of knowledge.

English Literature, Rhetoric, Writing

If you claim credit for freshman writing and literature courses, we recommend taking additional courses in the classroom at the college level. Even if your high school verbal skills were strong, this type of academic skill weakens over time if you do not use it.

Verbal skills are extremely important to your success in your undergraduate course work, your entrance exams, in professional school, and as a health care professional. You must be able to read efficiently, at a good rate, with high comprehension and critical thinking skills. You must develop and maintain a good vocabulary, not just for the sciences but also for social and behavioral sciences, ethics, policies and regulations, and procedural information. Many admissions deans recommend reading well-written novels in addition to your textbook material.

ADDITIONAL COMMENTS

OT Schools vary in their policies and perspectives on credit-by-exam. Review the information on our prerequisite courses lists, located on page 12. Also check individual school admissions web sites or contact their admissions offices to be sure about each school’s expectations. Taking courses in the college classroom will help you to compete for admission and to succeed in professional school. We strongly recommend that you use these courses as building blocks that will be the foundation for your future career.
To Q or Not to Q (or to switch to pass/fail)

No admissions committee for any health professional school likes to see “Q drops” on a transcript. This is an indication that something became too much for you to handle and that you chose to drop the course rather than see it through. There are times when the Q-drop is the best course of action, however, keep reading to see how your choice may affect your competitiveness for professional school.

More of a problem if:

1. **Q-dropping is a pattern on your transcript.** Two Q-drops can signal a possible pattern; three Q-drops create a definite pattern.

2. **It occurs in a context of inconsistent grades.** To be competitive for professional school, you should be making A’s and B’s with more A’s than B’s. If you have semesters which include B’s and C’s – even one or two C’s, your grades are inconsistent by a professional school’s standard.

3. **It’s one of your prerequisite courses for professional school.** In this case, you might consider sticking with the class on a pass/fail basis. Then you only need to earn a D to earn credit. **Check with your academic advisor** about whether you can use the pass/fail option.

4. **It's any science-based course**, since the bulk of professional school curriculum will be science based.

Less of a problem if:

1. **It’s the only Q-drop on your transcript at time of application to professional school.** You will want to choose wisely however, depending on the course. If you are taking a lower division or introductory course, keep in mind that upper division courses will be more challenging. You may want to hold on to that “one and only Q-drop” for later.

2. **It’s a non-science course.** While professional schools want you to do well in all classes, they are likely to be less concerned if you dropped a sociology or business class.

What if there are non-academic reasons for needing to Q-drop?

Sometimes personal or family emergencies and other special circumstances make it difficult to find time for and focus on your studies. Sometimes for new students it is difficult to make the transition to UT. If you are dealing with something that is getting in the way of your school work, it is very important that you get help.

1. Talk to your academic advisor and/or an advisor in your college student division office
2. Check out the support services at the Counseling and Mental Health Center

When is switching to pass/fail a better option?

This should really only be undertaken when you are reasonably certain that you can pass the class, in other words, earn at least a D. An F from a pass/fail course is just the same as an F from a letter grade course. If you are taking a pre-requisite course that you must repeat (and you meet the above criteria of being reasonably sure you can pass), you should consider the pass/fail option. This will allow you to continue your
exposure to the material for the entire semester. This will create a much stronger foundation when you repeat the course.

**What if I keep the class and then I make a C or lower?**

No one wants to explain a poor grade in a class, but there is actually much to be learned about being responsible for your grades (see exercise below) Talking about how you might change your strategy going forward can be not only a sign of maturity and integrity, it can also demonstrate your resilience. All of these qualities are important to future health professionals.

**What did you learn from this experience?**

While it can be tempting to blame others for the need to Q drop a class, you must understand that the responsibility is 100% yours. To help you identify your responsibility, ask yourself these questions.

1. Could I have met with the professor to see what I could do to improve my understanding?
2. (If my professor was difficult to understand or hard for me to follow) Did I look for other sections of the courses to sit in on so that I could learn the material in a different way?
3. Could I have identified that I needed assistance earlier in the semester? (In time to have possibly salvaged my grade)
4. Could I have managed my time better so that I had appropriate time to devote to the class?
5. Could I have checked out resources for tutoring through the Sanger Learning Center?
6. Could I have adjusted my priorities (lowering especially those which are non-academic) to allow focus on my studies?

**Preparing for the possible professional school interview question**

You will want to spend some time reflecting on what you could have done differently so that you did not have to drop the class (see above). If you are asked about the Q-drop, you should be able to explain where things went wrong, what you learned from the experience, and how you might choose differently in the future. Remember the Health Professions Office does mock interviews and can help you practice your response.

**Academic Assistance**

**Academic Support**

Sanger Learning Center’s resources can help you achieve your academic goals. You can get help with course content. You can make an appointment to meet one-on-one with a tutor for an hour-long session. Together, you and your tutor will tackle difficult homework problems and review course concepts. You can also receive coaching on how to understand and work those science exam questions that you need to earn an A. Visit JES A315A for drop-in tutoring for mathematics, physics, and chemistry courses. It’s a great way to study alone or in groups and is especially good for completing homework assignments. Attend free classes for calculus refreshers and exam reviews.

**Utilize Faculty Office Hours**

Your grades in a given course will ultimately be determined by the professor who is teaching it. If you are struggling in a course, your first request for help should go to the professor. Not only are they experts in the content being taught, but they also have established the method by which you will be evaluated. Be prepared to explain to the professor what you have been doing to grasp/retain the content and where you believe you are falling short. This not only communicates your commitment to learning, it also gives the professor a starting point for your discussion.
Visit With Your Teaching Assistants (TAs)

These students are hired to help expand the reach of the professor, providing another source of assistance. While they don’t have the expertise of a professor, they have mastered the course previously, often with the same professor. TAs are great for quick questions and – depending on their skill level and availability – can be great “tutors”, explaining concepts in a way that may be easier for you to grasp.

Improve Your Study Skills

Visit us in JES A332 to speak with a learning specialist about your study-related questions and concerns. Meet weekly with a peer academic coach to develop and implement study strategies to help you succeed at UT Austin. Attend monthly workshops on study strategies and time management.

Attend Course-specific Study Groups

The Sanger Learning Center is housed in undergraduate studies and is main resource for academic support. Supplemental Instruction offers optional weekly discussion sections for students enrolled in some historically difficult, large-format courses, including calculus. The PLUS program provides peer-led study groups for a number of difficult, upper-division courses. Visit the Sanger Learning Center website for additional Academic Support Resources: http://www.utexas.edu/ugs/slc/support

The Vick Center for Strategic Advising and Career Counseling is housed in undergraduate studies and serves students across campus who are exploring majors and careers, as well as undeclared students enrolled in the School of Undergraduate Studies. If you need help finding a major connect, with the Vick Center: http://www.utexas.edu/ugs/csacc

GRE Information

Some OT schools require that applicants take the Graduate Record Examinations (GRE). The GRE is offered as a computer-delivered test year round at most locations around the world, and as a paper-delivered test up to three times a year in areas where computer-delivered testing is not available. The test is usually taken by spring semester of junior year, if the school requires it. The test consist of 3 areas: 1) Verbal Reasoning; 2) Quantitative Reasoning; 3) Analytical Reasoning. Students can prepare for the GRE in a variety of ways, including taking a test preparatory course or by purchasing study materials individually. Students can be successful using either strategy, so you should weigh your personal needs when deciding on an approach.

Scheduling Your Exam & Preparation

To learn how to register for the GRE along with prep tips, fees, score reporting and more, please be sure to check out the GRE page on the ETS website: http://www.ets.org/gre/revised_general/register Most OT schools accept GRE scores that are no more than 5 years old. If you plan to use a GRE score from a test taken prior to the August 1, 2011 test revision you may need use a conversion chart to see what percentile your score fall under. GRE Score Conversion Chart

Your GRE Score

<table>
<thead>
<tr>
<th>GRE Section</th>
<th>My Score</th>
<th>Avg. Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal Reasoning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Analytical Writing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Quick Tip

On the current GRE Revised General Test the score ranges form 130-170 with 1 point increments on the verbal and quantitative reasoning sections, and 0-6 with half point increments on the analytical writing section.
Need a GPA Booster?

A post-baccalaureate program is for students who have already completed an undergraduate degree, and are interested in a health professions career. They need either to finish pre-requisite courses and/or need to improve their academic standing for a more competitive professional school application. A few options of the types of post bacc programs for occupational therapy students are given below.

What Different Post-Bacc Programs are Available?

There are a few different types of post bacc programs for students hoping to attend PT school, these programs usually come in the form of pre-med post bacc programs that accept OT students, science focused certificate programs, and graduate programs:

Basic Sciences: This type of program is for students who have not completed the basic requirements for OT school. Generally this is for “career changers” who have decided to pursue a career in healthcare as a occupational therapist. The coursework can be done in a formal post-bacc program or individually at a local university.

Advanced Sciences/GPA Boosters: This type of program is designed for students who were science majors or have completed the basic science requirements. These are for students who:

- Want to stay academically engaged during a gap year while applying to OT schools.
- Need to raise their GPA to become a more competitive OT school applicant.

Graduate Degree: This type of program is applicable to various students. Some students may choose to purse a graduate degree to boost their GPA, provide basic science requirements, or offer knowledge in areas that will complement their future Occupational Therapy education. Examples of these programs would be an MPH in Public Health, or MS in Medical/Biological Sciences.

How Do I Get In?

Selection criteria vary around the country. Most programs require at least a 3.0 GPA. Applications for the fall semester are usually due by March of that year. Check with individual programs so as not to miss deadlines. Also try and google post bacc OT Programs as other out of state schools do have programs that are not part of a centralized list.

Examples of Post Baccalaureate Programs

- The University of North Texas: Master of Science Degree in Medical Sciences
- Texas Tech University: Graduate Medical Sciences - MS in Biomedical Sciences
- The University of Texas School of Public Health: Master of Public Health

Quick Tips: Most Post Baccalaureate programs, including those in Texas are geared toward serving Pre-Medical students, but do accommodate students pursuing other health professions, including those who are Pre-OT. Be aware that if you pick a program geared toward Pre-Meds, you may be responsible for finding opportunities for GRE prep and OT school applications.
Thinking about what type of Occupational Therapy school you are looking for? Not sure what you want in a school? Check out the following possible criteria for evaluating a PA school’s fit for you!

**What type of OT school am I looking for?**

1. Size of your cohort
2. Prestige of the institution
3. Training facilities
4. Opportunity to do research
5. Support programs – tutoring, counseling, student health services, childcare
6. Community building – student organizations
7. Options for financial aid/scholarship
8. Outreach/Service to Community
9. Family/Friends (Support in close proximity)
10. Lifestyle - outdoorsy, athletic, cultural arts, etc.
11. Centers/ Institutes /Programs that align with your PA School Goals

**Texas Occupational Therapy Schools (Public)**

- [Texas Tech University Health Sciences Center, Master of Occupational Therapy](Lubbock)
- [Texas Woman’s University, School of Occupational Therapy](Denton, Dallas, and Houston)
- [The University of Texas Health Science Center at San Antonio, Department of Occupational Therapy](San Antonio)
- [University of Texas at El Paso, Master of Occupational Therapy Program](El Paso)
- [University of Texas Medical Branch, Masters of Occupational Therapy Program](Galveston)
- [University of Texas Rio Grande Valley, Department of Occupational Therapy](Edinburg)

**Texas Occupational Therapy Programs (Private)**

- [Abilene Christian University, Master of Science in Occupational Therapy](Abilene)
- [University of St. Augustine for Health Sciences, Masters of Occupational Therapy Program](Austin)

  This program has a “blended” educational model, with online and live classrooms.

**My Top Ten Schools Are:**

1) ____________________________________________________________
2) ____________________________________________________________
3) ____________________________________________________________
4) ____________________________________________________________
5) ____________________________________________________________
6) ____________________________________________________________
7) ____________________________________________________________
8) ____________________________________________________________
9) ____________________________________________________________
10) ____________________________________________________________

**REMEMBER**

It is important to make sure to do your research on the OT Schools you plan to apply to before doing so. Check out OTCAS's participating OT programs, and visit the websites and (FAQ) sections of the schools you plan to apply to, that aren’t participating in the OTCAS application service.
### Follow the Time Line for Applying to OT School

<table>
<thead>
<tr>
<th>Fall Semester before Application Cycle</th>
<th>July/August</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Begin compiling list of experiences; include details such as dates, hours, tasks and responsibilities</td>
<td>OTCAS Application Link: Most applications opens in July. Open OTCAS application link, and begin application process</td>
</tr>
<tr>
<td>• Attend personal statement workshop presented by a Pre-Health Professions Coach</td>
<td>• Print and read application service instructions; Make a plan or “to do” checklist</td>
</tr>
<tr>
<td>• Begin drafting personal statement and optional essays</td>
<td>• Be sure to read instructions about score reporting; these vary year-to-year and by schools</td>
</tr>
<tr>
<td>• Attend peer mentor panel discussions about application process</td>
<td>• Notice all (most Texas) schools don’t use the OTCAS application system. Use the application system provided on the website of the school that don’t use OTCAS</td>
</tr>
<tr>
<td>• Ask evaluators for letters of reference</td>
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</tr>
<tr>
<td>• Research schools to determine where to apply</td>
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</tr>
</tbody>
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<table>
<thead>
<tr>
<th>January</th>
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<tbody>
<tr>
<td>• We recommend students take the GRE by the spring semester of their junior year, no later than April, if the school requires it.</td>
</tr>
<tr>
<td>• Continue to work on personal statement</td>
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<table>
<thead>
<tr>
<th>Spring Semester before Application Cycle May</th>
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</thead>
<tbody>
<tr>
<td>• Attend application and personal statement Q&amp;A sessions presented by a Pre-Health Professions Coach; several Q&amp;A sessions are offered throughout the Spring semester</td>
</tr>
<tr>
<td>• Attend Health Professions Fair, usually held in February or March to visit with professional schools.</td>
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<tr>
<td>• Obtain official transcripts from all institutions attended. Review for accuracy of information and use as reference for completing application</td>
</tr>
<tr>
<td>• Request transcripts from all institutions attended to be sent to application services</td>
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<tr>
<td>• Schedule a personal statement review</td>
</tr>
<tr>
<td>• Finish personal statement</td>
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</table>

<table>
<thead>
<tr>
<th>Fall/Spring Semester during Application Cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Follow up to make sure application is verified</td>
</tr>
<tr>
<td>• If applying to out of state school, speak with health professions coach</td>
</tr>
<tr>
<td>• Schedule mock interview with Health Professions Office</td>
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<tr>
<td>• Interviews are done throughout the fall semester, and have the possibility of going into the spring semester.</td>
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<tr>
<td>• If you have (multiple admissions offers) Talk with a health professions coach</td>
</tr>
<tr>
<td>• Deadline to submit OTCAS application is about June 1 (Earlier is better - we encourage submitting by beginning of fall (September))</td>
</tr>
</tbody>
</table>

### Quick Tips:

- **READ** and understand all application instructions for OTCAS and individual programs you are applying to.
- Try to send any time sensitive application materials based on the earliest deadline for each school you are applying to. **Example: If the deadline to submit any application materials is October 15th, try to finish all materials by that time, to prevent missing any deadlines.**
- Pay attention to the interview cycle of every school you are applying to, times will vary based on when the application deadlines are.
Overview of Occupational Therapy School Application Services and Resources

Most Occupational Therapy programs in the United States use the OTCAS system. As of 2015 only UTEP (El Paso), UTMB (Galveston), UTRGV (Edinburg), & UTHSC (San Antonio) use OTCAS, no other Texas OT schools use OTCAS.

OT Schools Requiring Secondary Applications
Some health professions schools require secondary applications to be completed in addition to the primary application. Applications are not considered complete until the secondary application is submitted. Most secondary applications require an additional fee and the majority of secondary application fees are non-refundable.

Letters of Reference

Letters are key pieces to your professional school application. The number and type of letters vary from school to school. For additional details and guidelines check with PTCAS or the application service you are using. Check out these tips from the “getting to know your faculty” video
http://www.youtube.com/watch?v=O7cPw8BUdpk&feature=youtu.be
- OTCAS’s Letters of Reference instructions and FAQ’s to help applicants
- Review resources on HPO’s Application Resources webpage:
  http://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources

Writing Your Personal Statement

OTCAS ESSAY PROMPT:
Use your own words to create a personal essay that responds to the question below.
Your personal essay should address why you selected OT as a career and how an Occupational Therapy degree relates to your immediate and long term professional goals. Describe how your personal, educational, and professional background will help you achieve your goals.

Your personal statement will be sent to all OCAS programs to which you apply and should not be personalized to any specific program. You cannot make any edits to your personal statement after you have e-submitted your completed application to OTCAS. OTCAS does not review your essay response for grammar or content.

Technical Requirements
You are limited to approximately 1 page (4500 characters, including spaces). Some formatting characters used in programs, such as Word (angled quotes, accents, special characters, bold, underline or italics), will not display properly. You cannot make any edits to your personal statement after you have e-submitted your completed application to OTCAS. OTCAS does not review your essay response for grammar or content.

Please watch the Personal Statement Video and then you are welcome to come speak to a Pre-Health Professions Coach to discuss your ideas before starting your personal statement. We will help you brainstorm ideas and help you stay on track. http://www.youtube.com/watch?v=go1C7G6zlyU

Essay Prompts: The personal essay provides an opportunity for you to explain why you desire to pursue occupational therapy education. The Admissions Committee members who read your essay are looking for individuals who are motivated, academically prepared, articulate, socially conscious, and knowledgeable about the profession. Write about your experiences and any qualities that will make you stand out. Be sure to use the different prompts provided by programs that use their own application service. Please do not use the
same essay for different application prompts. Write according to the specific prompt of each application service.

**Action Verbs:** [http://cns.utexas.edu/images/CNS/Health_Professions/PDFs/Action_Verbs.pdf](http://cns.utexas.edu/images/CNS/Health_Professions/PDFs/Action_Verbs.pdf)

**Identify your Strengths Skills with this Word List**

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**Interview Tips and Preparation**

**Dress Professionally:**

**Practice Improving Your Interview Skills:**
- Schedule a 1 hour PT School Mock Interview/Feedback session with a Pre-Health Professions Coach by using the online scheduling system or calling our front desk 512-471-3172
- You may find it helpful to reflect on how your interview went. Check out the [Post Interview Self Evaluation Form](#).

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**Prepare & Practice**

Be prepared to discuss your strengths and weaknesses, obstacles and inspirations, current events and personal attributes. The following sample questions are meant to provide you with a better understanding of why the interviewer might be asking the questions that they do. By asking you certain questions, interviewers are attempting to gain a better understanding of your personality.

- Tell me about yourself?
- What kind of community/volunteer work have you done?
- What is the most rewarding experience of your life?
- Who is your favorite author?
- Have you worked while you have been in school?
- Have you had the opportunity to travel abroad?
- What accomplishment are you most proud of?
- Tell me about the most difficult period of your life. How did you deal with this?
- What are your strengths? What are your weaknesses?
- What is the most difficult decision that you’ve had to make?
- How do you plan to finance your education?
- How are you going to decide which occupational therapy school to attend?
- How do you handle adversity?
- Why should we pick you instead of someone else?
- Why do you want to be an Occupational Therapist?
- What will you do if you are not accepted to OT school?
- When did you first decide that you wanted to pursue a career as a Occupational Therapist? Was there a specific cause for your decision? Has anything happened since that time to strengthen or weaken your decision?
- Can you see other careers in which you could achieve the same goals or meet the same needs?
- What steps have you taken to find out more about a career as a Occupational Therapy?
- Where would you like to start practicing?
- How do you study? How do you manage your time?
- What courses do you find most enjoyable, most difficult? Why?
- Describe your hobbies and interests.
- Describe your best/least favorite course at UT and why it falls into that category.
• Why did you choose ______________ as your major?
• Are there any questions you would like to ask me?
• Describe a situation where you've worked with people from different backgrounds.
• What type of person do you enjoy being with? What type of person irritates you most and how have you dealt with these types of people?
• What about yourself would you most like the interviewer to know?
• Do you have any particular populations you would like to work with? Have you worked with this type of population in the past?
• How do you handle stress?
• How would you keep health care costs down?
• What is an HMO? / What do you know about managed care?
• What characteristics does a good Occupational Therapist possess?
• What current Occupational Therapy news/events have you heard about or been following?
• What are the advantages and limitations that you see going into a career as a OT? (Be specific)
• What problems do you predict Occupational Therapist will face in the next decade?

Research Current Events

Occupational Therapy Occupational Outlook
The occupational outlook handbook
http://www.bls.gov/ooh/healthcare/occupational-therapists.htm

Advocacy
Learn about policy and legislation affecting Occupational Therapists
http://capwiz.com/aota/home/

AJOT Online
The American Journal of Occupational Therapy
http://ajot.aota.org/

The Texas Occupational Therapy Association
https://www.tota.org/

National Public Radio Archives
www.npr.org

Today in OT
http://www.todayinot.com/
Financing Your Occupational Therapy Education

The cost of your OT education varies based on which OT program you choose to attend. You should start your financial aid research at the same time as you apply to an OT program. To evaluate the total cost of completing a program, you should request information on expenses from all schools you are thinking of attending, including tuition, books, supplies, travel and lodging for rotations, and exams. Once you have that information you will want to consider how you will afford your education.

Looking for more information?
Scholarships, Awards, and Grants
If you’re a student, you are confronting the rising costs of higher education. Browse the following scholarships and awards to see if you are eligible for these financial rewards.

Scholarships & Grants
- Federal/State Scholarship Resources
- Private Scholarship Resources
- Mary McMillan Scholarship Award
- Minority Scholarship Award
- Minority Scholarship Web Sites
- Minority Grants

AOTA Awards
- American Occupational Therapy Foundation (AOTF) Scholarships
- AOTA E. K. Wise Scholarship
- AMBUCS Scholars

Scholarships for Minority Students
- U.S. Department of Health and Human Services, Bureau of Health Professions- Scholarships for Disadvantaged Students
- The Hispanic College Fund

*links listed under “looking for more information” are sourced from “Scholarships & Rewards” section of the America Occupational Therapy Association website.

Add It Up! – Don’t forget to include all Living Costs – Cost of Attendance is often more than tuition alone

<table>
<thead>
<tr>
<th>Cost Category</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Tuition:</td>
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<tr>
<td>Rent:</td>
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<tr>
<td>Food:</td>
<td></td>
</tr>
<tr>
<td>Entertainment:</td>
<td></td>
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<tr>
<td>Health Insurance:</td>
<td></td>
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<tr>
<td>Laboratory Fees:</td>
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<tr>
<td>Car Insurance:</td>
<td></td>
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<tr>
<td>Gas:</td>
<td></td>
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<tr>
<td>Other Travel:</td>
<td></td>
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<tr>
<td>Other Expenses:</td>
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</tbody>
</table>
Applying to Professional School? We are here to guide you!

Our Pre-Health Professions Coaches will meet with any UT student, alumni or prospective interested in applying to pharmacy, medical, dental, physical therapy, physician assistant, occupational therapy, veterinary, optometry schools or other related health professions programs. We are more than happy to help you explore other health professions that you are interested in. Come speak with a Pre-Health Professions Coach about the application process. Come to Drop-In’s if you have a non-confidential question. Drop in times can be found on our website each semester and are normally held 5 days per week for 1 hour.

Schedule an Appointment using our online scheduling system:
http://cns.utexas.edu/careers/health-professions

Specific services provided by the Health Professions Office include:

Pre-Health Professions Coaching

Schedule a Pre-Health Professions Coaching session to meet with a Pre-Health Professions Coach. These appointments cover: school admission requirements, professional school application processes, speak about health career options and alternatives, and to get up-to-date information about professional schools in Texas, across the country.

Progress Checks

Check in with a Pre-Health Professions Coach and review your progress towards a successful application to professional school. Discuss and review what makes up your application. This is most beneficial if you check in at least 1x per school year.

TO Q or NOT TO Q Discussions

Not sure what to do? Thinking of dropping a course? Then you can schedule an appointment with a Pre-Health Professions Coach about deciding on Q dropping or the pass/fail option. Check out our TO Q or NOT TO Q guide on page 21 before your appointment.

Personal Statement Brainstorming & Development

Visit our Personal Statement Page and view the video http://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources. A Pre-Health Professions Coach can also discuss your ideas before you start your personal statement. We will help you brainstorm ideas for the content of your essays.

Personal Statement Reviews

Have you been reading your application essays over and over and need a new pair of eyes? Schedule a personal statement feedback appointment and a Pre-Health Professions Coach can provide you with that second set of eyes. The Undergraduate Writing Center is also an excellent resource to utilize when writing application essays. They can help with structure, organization, style and other technical matters and can also make recommendations for a polished finished product.

Health Professions Mock Interview

Practice your interview skills with us! You will practice with a Pre-Health Professions Coach and receive feedback to help you in your professional school interview. Dressing up for your HP Mock Interview is optional, if you would like feedback on your clothing choice and you want to test whether it will be comfortable, or they can just discuss appropriate attire with you.