Pre-Physical Therapy Guide

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

The information presented in this document provides important resources for UT Austin graduate and undergraduate students planning on applying to physical therapy school. Remember it is important to research physical therapy programs and evaluate their fit before you apply.

Additional pre-health professions resources including prerequisites, 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

Selecting a Major

What should you major in at UT? Most pre-physical therapy students choose to major in a science discipline within the College of Natural Sciences or kinesiology in the College of Education. However, if your heart is set on a non-science major, we recommend that you choose a degree based on your interests. It is important to choose a major based on your academic interests. Choose a major that you are passionate about. Physical therapy programs do accept students who show broad interests in their academic coursework through a non-science major. Keep in mind that certain degrees may cover the pre-physical therapy prerequisites, but you will need to remain diligent to ensure you are completing all prerequisites in addition to your major courses.

Explore majors/health professions further at one or more of the following resources:
   - Wayfinder: http://www.utexas.edu/ugs/wayfinder/explore/path/index
   - My Next Move: http://www.mynextmove.org/

Explore a physical therapy career further:
   - APTA’s “Physical Therapist Careers” is a great resource: PT Careers
   - AATA’s “News & Publications” for news of interest to the PT community:
     PT News & Publications
   - APTA’s Information for Prospective Students section

Pre-Physical Therapy Self-Assessment

The assessment below is designed to assess physical therapy school application strengths. If you are a new pre-physical therapy student, please use this assessment as a planning guide for your pre-PT pathway.

Please also check out the New Pre-Health Longhorn Information page at the Health Professions website: 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 a physical 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 the following qualities:

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

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

Get Involved & Gain Experience

There are several ways you can get involved. Get involved in what you are interested in - this is key! Activities may 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, etc. If you are considering study abroad, 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

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.

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.*

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 80 hours of volunteer or paid experience in a physical therapy setting.

Review the PTCAS Directory for program-specific requirements. PTCAS will not determine if you meet the PT hour requirements for your designated programs. Also note that not every Texas school uses PTCAS.
Community Service
Volunteer work done outside of the health care field such as working for Habitat for Humanity, tutoring children, participating in or working for a fundraiser walk or blood drive, etc.

<table>
<thead>
<tr>
<th>Community Service</th>
<th>Dates (can list time period or individual dates)</th>
<th>Hours</th>
<th>Responsibilities</th>
</tr>
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<tbody>
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</table>

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 physical therapy professionals at work.

Tracking Observation Hours:
Finding a physical therapist who is willing to allow you to shadow/observe can be a challenge, but it is worth the effort. Many students start with physical therapy clinics in their area. You may also network with other pre-physical therapy students to see where they have shadowed.
*Note: If PT hour verification is required by one or more of your designated programs, follow the instructions below on your PTCAS application. Visit the PTCAS website for additional information: http://www.ptcas.org/PTHours/

Electronic PT Signatures (STRONGLY PREFERRED)
- Select the "electronic" verification type.
- Enter the e-mail address for the physical therapist.
- After entering the experience, click the "send for verification" button for that entry from your list of experiences.
- Alert the physical therapist to watch for an automated e-mail with the subject "PTCAS Observation Hour Verification Request."
- If PTCAS e-mail is not received, instruct the PT to check their spam and junk e-mail folders as some e-mail servers filter out messages from PTCAS.

Paper PT Signatures
Use this option if the physical therapist does not have internet access or has previously verified your physical therapy hours on a different form (e.g., university form).
- Select the "paper" verification type
- Print the PTCAS observation hours verification form (PDF) for that particular experience.
- Each bar-coded form is unique to both you and the physical therapist.
- Deliver the form to the physical therapist.
- Arrange for the signed form to be mailed to PTCAS.
- If the physical therapist previously signed a different (non-PTCAS) form to verify your hours, attach it to the PTCAS verification form and send both forms to PTCAS in a single envelope.
- Send only 1 signed form per experience, regardless of the number of programs you designate.

Verification Not Required
If PT hour verification is NOT required by any of your designated programs, follow the instructions below.
- Enter your PT experiences on the application.
- Select the "electronic" verification type for each.
- Do not click the “send for verification” link next to the experience, once listed.
- Alternatively, if an e-mail address for someone associated with the experience is not available, list the experience as “paper”. Do not print or submit the PT observation hours verification form.
Please note: You cannot update PT hours with “paper” verification type after you e-submit your application.
Observation Log

<table>
<thead>
<tr>
<th>PT Name or Name of Experience</th>
<th>Specialty</th>
<th>Hours</th>
<th>Type of Experience: Shadow/Volunteer/Paid</th>
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<tbody>
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What have I learned from these experiences?

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I want to reach out to the following physical therapist to inquire about shadowing:

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Hands-on/Direct Patient Care Experience
It can be good to gain some hands-on experience in physical therapy and health care settings to add to your application. You can do so in many different ways, including certification as a physical therapy assistant, working as a physical therapy aid, receiving your phlebotomy certification, completing an EMT Basic course, or becoming a Certified Nursing Assistant.
Speak to a pre-health professions coach about these different ways. You can also find one that you are interested in by doing informational interviews.

<table>
<thead>
<tr>
<th>Name of Hands-on/Direct Patient Care 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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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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**Other Health Care 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:

_________________________________________________________________________________
_________________________________________________________________________________
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I have the following paid experience outside of the health care 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:

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_________________________________________________________________________________
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How are you going to explore these topic and activities? (Be specific):

_________________________________________________________________________________
_________________________________________________________________________________
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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 refer to your membership in a professional organization such as the American Physician Therapist Association (APTA) 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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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 PTCAS 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.

BCPM GPA (Biology/Chemistry/Physics/Math *also includes Statistics) __________

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

After completing the pre-PT self-assessment, you should have a better idea of your strengths and what personal areas you need to develop as you progress on the pre-PT pathway.

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 PT school personal statement. 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

As you progress through the pre-PT pathway, keep the following questions in mind.

What characteristics do I have that will help me become an excellent physical therapist?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Have I had experience working with people from backgrounds different from my own? What impact has it had on me?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Self-evaluation

Mark Yes or No for each question. This will allow you to identify areas in which you feel strongest and areas in which you wish to grow.

Can you explain to someone why you want to be a physical therapist? Y N

Is your GPA above a 3.5? Y N

Have your grades improved over time? Y N

Have you shadowed more than one PT? Y N

Does your application reflect a diverse set of extracurricular activities over time? Y N

Have you shown consistency with your volunteer activities/community service? Y N
Why do I want to be a physical therapist?

Can you go beyond loving science and wanting to help? Remember there are many helping professions out there? Why this one? *(Health Professions: The Personal Statement)*
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: Getting to know your faculty

Who are your references?

Quick Tip: PTCAS References

*As of 2015, the Texas schools using the PTCAS are Hardin-Simmons University, Texas Woman’s University, UNT Health Science Center at Fort Worth, UT-EP, UT Health Science Center at SA, UTMB at Galveston, UT Southwestern, University of the Incarnate Word, and US Army-Baylor University.

Applicants using PTCAS are allowed to enter up to four references on their PTCAS application. Review the PTCAS Directory to determine the number and types of references required by each institution.

Electronic References:
- Enter the e-mail address for reference.
- PTCAS will automatically e-mail the evaluator once the reference request is saved.
- Alert the evaluator to watch for an e-mail from noreply@ptcas.org with the subject heading "PTCAS Reference Request."
- 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 PTCAS.

Paper References
Paper references are no longer accepted by PTCAS. 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 PTCAS. Follow the instructions above.

Check Status of References
PTCAS will automatically e-mail you after each reference is received. After you submit your application, login to check the real-time status of your references.

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

PTCAS Processing of References
PTCAS will begin to release the references to your PT programs once your application is received.
- PTCAS will not determine if you have met the reference requirements for a particular PT program.
- PTCAS will not hold your application for missing references.
- If your reference arrives after your application is processed, PTCAS will still release it to your PT programs.
- References cannot be changed or edited in any way once received by PTCAS.
Pre-Physical Therapy Prerequisites Timeline (JULY 2015)

This timeline is an example of how UT Austin students interested in applying to Texas Physical Therapy (DPT) graduate programs may complete the minimum pre-physical therapy course requirements. Application for admission is usually made during the summer of the year prior to planned enrollment in the PT program. Early applications are strongly encouraged. Deadlines vary greatly.

Schools vary on the date for complete of prerequisite courses, and many schools have minimum GPA requirements. Check individual school admissions websites for details. Additionally, requirements can change at any time. Review school websites for changes that may occur. Ultimately, it is the student’s responsibility to ensure proper courses are taken and to say informed of current admission policies.

See the following pages for details as related to schools.

<table>
<thead>
<tr>
<th>FIRST YEAR</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td></td>
<td>SDS 302</td>
<td>BIO 311D</td>
<td>PHY 302K</td>
</tr>
<tr>
<td></td>
<td>BIO 311C</td>
<td>CH 302</td>
<td>PHY 102M</td>
</tr>
<tr>
<td></td>
<td>CH 301</td>
<td>CH 204</td>
<td></td>
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<tr>
<td></td>
<td>RHE 306</td>
<td>PSY 301</td>
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<tr>
<th>SECOND YEAR</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td></td>
<td>BIO 325 (See note below)</td>
<td>BIO 446L</td>
<td>PHY 302L</td>
</tr>
<tr>
<td></td>
<td>BIO 206L</td>
<td>CC 306M</td>
<td>PHY 102N</td>
</tr>
<tr>
<td></td>
<td>E 316L,M,N, or P or RHE 309K</td>
<td>PSY 333D or EDP 363M-6</td>
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<table>
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<tr>
<th>THIRD YEAR</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td></td>
<td>BIO 365S</td>
<td>BIO 4 hrs. UD</td>
<td>Spanish</td>
</tr>
<tr>
<td></td>
<td>BIO 165U</td>
<td>CMS 306M</td>
<td>Tech Writing</td>
</tr>
<tr>
<td></td>
<td>SOC 302</td>
<td>[GRE: Graduate Records Exam]</td>
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<tr>
<th>FOURTH YEAR</th>
<th>Fall</th>
<th>Spring</th>
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<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>
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NOTE:
BIO 325 is not required by the Texas PT schools but is a prerequisite for some upper-division biology courses.

UT Austin course prerequisites can change so check the course schedule each semester and talk to your academic advisor!
Pre-Physical Therapy Prerequisite Courses July 2015

Prerequisite courses must be completed with a letter grade of C or higher. [Note a ]

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

<table>
<thead>
<tr>
<th></th>
<th>UTHSC San Antonio</th>
<th>UTSW Dallas</th>
<th>UNT HSC Ft Worth</th>
<th>UTMB Galveston</th>
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</thead>
<tbody>
<tr>
<td>Gen Biology + Lab (BIO)</td>
<td>311C &amp; 311D &amp; 206L</td>
<td>311C &amp; 311D &amp; 206L</td>
<td>311C &amp; 311D &amp; 206L</td>
<td>311C &amp; 311D &amp; 206L</td>
</tr>
<tr>
<td>Anatomy w/lab (BIO)</td>
<td>446L</td>
<td>446L</td>
<td>Recommended: 446L</td>
<td>Recommended: 446L</td>
</tr>
<tr>
<td>Physiology w/lab (BIO)</td>
<td>365S &amp; 165U</td>
<td>365S &amp; 165U</td>
<td>Recommended: 365S &amp; 165U</td>
<td>365S &amp; 165U</td>
</tr>
<tr>
<td>Gen Chemistry w/lab (CH)</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
</tr>
<tr>
<td>Math (M)</td>
<td>Not required</td>
<td>College Algebra or higher</td>
<td>Not required</td>
<td>College Algebra, Trig, or Calculus</td>
</tr>
<tr>
<td>Statistics</td>
<td>SDS 302 or...</td>
<td>SDS 302 or...</td>
<td>Recommended</td>
<td>SDS 302 or...</td>
</tr>
<tr>
<td>Other Science</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
<td>Recommended: Neuroscience</td>
</tr>
<tr>
<td>Medical Terminology</td>
<td>CC 306M</td>
<td>Recommended: CC 306M</td>
<td>Recommended: CC 306M</td>
<td>Recommended: CC 306M</td>
</tr>
<tr>
<td>Social and Behavioral Sciences [Note e]</td>
<td>PSY 301 AND SOC 302 AND PSY 333D or EDP 363M-6</td>
<td>PSY 301 AND PSY 333D or EDP 363M-6 or PSY 352</td>
<td>PSY 6 hrs</td>
<td>PSY 301 AND EDP 363M-6 or PSY 333D</td>
</tr>
<tr>
<td>Speech (CMS)</td>
<td>CMS 306M</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
</tr>
<tr>
<td>Other Non-Science</td>
<td>Not required</td>
<td>Recommended: KIN 325K</td>
<td>Recommended: KIN 320 or 326K, KIN 325K</td>
<td>Recommended: MAN, SOC, KIN 325K, Tech. Writing [Note f]</td>
</tr>
<tr>
<td>AP/IB/CLEP (must be on transcript)</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Volunteer/Work/Shadow</td>
<td>Min. 50 hrs supervised by licensed PT</td>
<td>Recommended: 250 hrs - wide variety of settings</td>
<td>Recommended</td>
<td>Min. 80 hrs volunteer or paid experience in PT settings</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>GRE</td>
<td>yes</td>
<td>yes</td>
<td>no</td>
<td>yes</td>
</tr>
</tbody>
</table>

IMPORTANT NOTES a through f ON PAGE

MORE SCHOOLS ON NEXT PAGE
## Pre-Physical Therapy Prerequisite Courses July 2015

Prerequisite courses must be completed with a letter grade of C or higher. [Note a ]

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

### VISIT SCHOOL WEBSITES FOR UPDATES TO THE TABLE BELOW SINCE THE DATE OF THIS DOCUMENT.

<table>
<thead>
<tr>
<th>Course</th>
<th>TWU Dallas/Houston</th>
<th>TX State San Marcos</th>
<th>UTEP El Paso</th>
<th>TTUHSC Lubbock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gen Biology + Lab (BIO)</td>
<td>Not required</td>
<td>Not required</td>
<td>311C &amp; 311D &amp; 206L</td>
<td>311C &amp; 311D &amp; 206L</td>
</tr>
<tr>
<td>Anatomy w/lab (BIO)</td>
<td>446L</td>
<td>446L</td>
<td>Not required</td>
<td>446L</td>
</tr>
<tr>
<td>Physiology w/lab (BIO)</td>
<td>365S &amp; 165U</td>
<td>365S &amp; 165U OR KIN 325K</td>
<td>365S &amp; 165U [Note h ]</td>
<td>365S &amp; 165U</td>
</tr>
<tr>
<td>Gen Chemistry w/lab (CH)</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
</tr>
<tr>
<td>Math (M) [Note c ]</td>
<td>College Algebra or higher (not statistics)</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
</tr>
<tr>
<td>Statistics [Note d ]</td>
<td>Recommended</td>
<td>SDS 328M (preferred) or ...</td>
<td>SDS 302 or ...</td>
<td>SDS 302 or ...</td>
</tr>
<tr>
<td>Other Science</td>
<td>Recommended: NEU 365R</td>
<td>Not required</td>
<td>Not required</td>
<td>Recommended: Adv. Human Physiology</td>
</tr>
<tr>
<td>Medical Terminology</td>
<td>CC 306M</td>
<td>CC 306M</td>
<td>Not required</td>
<td>Not required</td>
</tr>
<tr>
<td>Social and Behavioral Sciences [Note e ]</td>
<td>PSY 301 AND PSY 333D or EDP 363M-6 or PSY 352</td>
<td>PSY 301 AND PSY 333D or EDP 363M-6 or PSY 352</td>
<td>PSY 301 AND PSY 333D or EDP 363M-6 or PSY 352</td>
<td>PSY 301</td>
</tr>
<tr>
<td>Speech (CMS)</td>
<td>Not required</td>
<td>Not required</td>
<td>CMS 306M</td>
<td>Recommended : CMS 306M</td>
</tr>
<tr>
<td>Other Non-Science</td>
<td>Recommended: KIN 325K</td>
<td>Not required</td>
<td>RHE 306 AND RHE 309K or E 316L,M,N, or P AND Technical Writing [Note f ]</td>
<td>Recommended: KIN 320 or 326K, KIN 325K, Tech Writing [Note f ]</td>
</tr>
<tr>
<td>AP/IB/CLEP (must be on transcript)</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Volunteer/Work/Shadow [Note g ]</td>
<td>Min. 80 hrs - 40 inpatient, 40 outpatient; 2 different PTs</td>
<td>In a variety of PT settings; hours not specified</td>
<td>Min. 50 hrs Recommend more than one PT setting</td>
<td>Min. 100 hrs in PT setting</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>GRE</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
</tbody>
</table>

**IMPORTANT NOTES a through g ON PAGE**

MORE SCHOOLS ON NEXT PAGE
**Pre-Physical Therapy Prerequisite Courses July 2015**

Prerequisite courses must be completed with a letter grade of C or higher. [Note a]

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

VISIT SCHOOLS WEBSITES FOR UPDATES TO THE TABLE BELOW SINCE THE DATE OF THIS DOCUMENT.

<table>
<thead>
<tr>
<th>Course</th>
<th>Angelo State San Angelo</th>
<th>Hardin-Simmons Abilene</th>
<th>UIW San Antonio</th>
<th>U of St Augustine Austin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gen Biology + Lab (BIO)</td>
<td>Not required</td>
<td>311C &amp; 311D &amp; 206L</td>
<td>311C &amp; 311D</td>
<td>Required: 311C &amp; 311D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Recommended: 206L</td>
</tr>
<tr>
<td>Anatomy w/lab (BIO)</td>
<td>446L</td>
<td>446L</td>
<td>446L</td>
<td>446L [Note b]</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>Required: 365S</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Recommended: 165U</td>
</tr>
<tr>
<td>Gen Chemistry w/lab (CH)</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302 &amp; 204</td>
<td>301 &amp; 302</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Recommended: 204</td>
</tr>
<tr>
<td>Physics w/labs (PHY) [Note c]</td>
<td>302K &amp; 102M</td>
<td>302K &amp; 102M</td>
<td>302K &amp; 102M</td>
<td>Required: 302K &amp; 102M</td>
</tr>
<tr>
<td></td>
<td>302L &amp; 102N</td>
<td>302L &amp; 102N</td>
<td>302L &amp; 102N</td>
<td>Recommended: 102M</td>
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<tr>
<td>Math (M) [Note d]</td>
<td>3-6 hrs: Algebra &amp; Trig</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
</tr>
<tr>
<td></td>
<td>or Pre-Cal or Calculus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Statistics [Note d]</td>
<td>SDS 302 or...</td>
<td>SDS 302 or...</td>
<td>SDS 302 or...</td>
<td>Not required</td>
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<td>Other Science</td>
<td>4 hrs Upper Division</td>
<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
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<tr>
<td></td>
<td>See [Note i]</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical Terminology</td>
<td>CC 306M</td>
<td>Not required</td>
<td>CC 306M</td>
<td>Not required</td>
</tr>
<tr>
<td>Social and Behavioral Sciences [Note e]</td>
<td>PSY 301 AND</td>
<td>PSY 301 AND</td>
<td>PSY 301 AND</td>
<td>9 hrs from PSY, SOC,</td>
</tr>
<tr>
<td></td>
<td>PSY 333D or</td>
<td>PSY 333D or</td>
<td>PSY 333D or</td>
<td>ANT, EDP 363M-6</td>
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<tr>
<td></td>
<td>EDP 363M-6 or</td>
<td>EDP 363M-6 or</td>
<td>EDP 363M-6 or</td>
<td></td>
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<tr>
<td></td>
<td>PSY 352</td>
<td>PSY 352</td>
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<tr>
<td>Speech (CMS)</td>
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<td>CMS 306M</td>
<td>Not required</td>
<td>Not required</td>
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<tr>
<td>Other Non-Science</td>
<td>Technical Writing</td>
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<td>Recommended:</td>
<td>1 semester [Note j]</td>
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<td></td>
<td></td>
<td></td>
<td>Spanish:</td>
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<td></td>
<td></td>
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<td>classroom grades</td>
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<td>AP/IB/CLEP (must be on transcript)</td>
<td>yes</td>
<td>no; all courses must</td>
<td>yes</td>
<td>no; all courses must</td>
</tr>
<tr>
<td></td>
<td></td>
<td>have letter grade</td>
<td>but like classroom</td>
<td>have letter grade</td>
</tr>
<tr>
<td>Volunteer/ Work/ Shadow [Note g]</td>
<td>Min. 50 hrs</td>
<td>Min. 80 hrs-40 hrs</td>
<td>Min. 100 hrs-</td>
<td>Min. 80 hrs in PT</td>
</tr>
<tr>
<td></td>
<td>observation -</td>
<td>each in 2 different</td>
<td>at least 2 different</td>
<td>settings; multiple</td>
</tr>
<tr>
<td></td>
<td>at least 2 PT settings</td>
<td>settings, 2 different</td>
<td>PT settings/</td>
<td>settings preferred</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PTs (Recommended:</td>
<td>specialties</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>300 hrs)</td>
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<td>Bachelor’s Degree</td>
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<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>GRE</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
</tbody>
</table>

**IMPORTANT NOTES a through j ON PAGE**
a Although technically you can satisfy a prerequisite course requirement with a grade of C, it is not a competitive grade. Most schools do not accept a C- and do require minimum overall and prerequisite GPAs of at least 3.0 or higher. See school web sites for details.

b Each of the following physics sequences will satisfy this requirement.

- PHY 302K & PHY 102M; PHY 302L & PHY 102N
- PHY 303K & PHY 103M; PHY 303L & PHY 103N
- PHY 301 & PHY 101L; PHY 316 & PHY 116L

For USA’s Biomechanics/Physics requirement, KIN 324K and KIN 326K can be used instead of one or both physics lectures.

c If you take SDS 302 to satisfy a prerequisite for one of your science courses, you will satisfy the statistics requirement for Texas PT schools. If you did not take SDS 302, see [Note d] for your options.

d The statistics courses listed below are accepted by most of the Texas PT schools. Individual school’s exceptions, preferences, and additional requirements follow the list. [NOTE: SDS courses used the prefix SSC prior to Fall 2014.] SDS 302, SDS 304, SDS 306, SDS 325H, SDS 328M, EDP 371, M 316, PSY 418, SOC 317L, STA 309, STA 309H, SW 318

ASU prefers statistics courses with healthcare or science/health science application but has approved courses listed. Texas State does not accept M 316 and prefers biostatistics. The course must include the study of variance (ANOVA). UTEP prefers psychology or education based courses. The course must include ANOVA.

UTHSCSA prefers statistics taught in math and psychology depts and does not accept SW 318

UTMB prefers SDS 302, 303, 304. The course must include the study of variance (ANOVA).

UTSW: The course must include hypothesis testing.

e In Spring 2015 Introduction to Life Span Development was numbered EDP 363M. UTHSCSA accepts SOC 330P or PSY 319K or ANT 302 instead of SOC 302 and KIN 315 instead of PSY 333D or EDP 363M-6.

f Technical Writing is not offered at UT Austin. The schools will accept ENGL 2311 from Austin Community College. ASU will also accept evidence of an Intensive Writing Course or a Score of 4.5 on the GRE “Analytical Writing” section. If you would like to use a Writing Flag course, contact the ASU PT Admissions Office for possible approval of specific courses.

g Check individual school web sites for details about this requirement.

h UTEP accepts only junior and senior level Human, Vertebrate or Mammalian Physiology courses with a laboratory section offered from the College of Science (or equivalent). They do not accept sophomore level Anatomy and Physiology courses or Exercise Physiology. For questions, please contact the Graduate Advisor at UTEP. (ldillon@utep.edu).

i Choose from the following options. BIO 326M + BIO 226L or BIO 326R + BIO 226L or BIO 360K + BIO 160L For approval of any other options, contact the ASU PT Program Admissions Office.

j UIW: Starting with students admitted to their PT program for 2016:

Those who have not completed one semester of Spanish will be required to take a 6-week on-line “Beginning Spanish for Health Care Professionals” course or pass online course provided by UIW before starting their PT program.

k USA does not require labs for the science prerequisites; however, they strongly recommend them. If Human Anatomy is taken at a school where the lab is taught separately, only the lecture is required.
Can I Take Courses Away From UT?

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>
</tbody>
</table>

**Other Pre-requisites**

Generally, it seems to be okay to take other prereqs 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 websites 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 GPA 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 websites 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**

PT schools vary in their policies and perspectives on credit-by-exam. Review the information on our prerequisite courses lists, located on page 15. Also check individual school admissions websites 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. However, there are times when the Q-drop is the best course of action. 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 is 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 the Sanger Learning Center 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/slcsupport

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

Most PT 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 consists 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 PA schools accept GRE scores that are no more than 5 years old.

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>
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<tr>
<td>Quantitative Reasoning</td>
<td></td>
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</tr>
<tr>
<td>Analytical Writing</td>
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</tbody>
</table>

Quick Tip

On the current GRE, the score ranges from 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 prerequisite 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 pre-physical 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 PT 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 PA school. Generally this is for “career changers” who have decided to pursue a career in physical therapy. 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 PT schools.
- Need to raise their GPA to become a more competitive PT school applicant.

Graduate Degree: This type of program is applicable to various students. Some students may choose to pursue a graduate degree to boost their GPA, provide basic science requirements, or offer knowledge in areas that will complement their future physical 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 research post-bacc PT 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
- Northeastern University: Post- Baccalaureate Physical Therapy (DPT) Program
- Texas Tech University: Graduate Medical Sciences - MS in Biomedical Sciences
- The University of Vermont: Post-Baccalaureate Physical Therapy (DPT) Program
- 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-PT. Be aware that if you pick a program geared toward pre-meds, you may be responsible for finding opportunities for GRE prep and PT school applications.
Research schools before you apply!

Thinking about what type of physical Therapy school you are looking for? Not sure what you want in a school? Check out the following possible criteria for evaluating a PT school’s fit for you!

**What type of PT 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 PT School Goals

**Texas Physical Therapy Schools (Public)**

Angelo State University, Department of Nursing and Rehabilitation Sciences, Physical Therapy Program (San Angelo)

Texas State University, Department of Physical Therapy (San Marcos)

Texas Tech University Health Sciences Center, Doctor of Physical Therapy Program (Lubbock)

Texas Woman’s University, School of Physical Therapy (Dallas and Houston)

University of North Texas Health Science Center, Department of Physical Therapy

University of Texas at El Paso, Doctor of Physical Therapy Program

University of Texas Medical Branch, Department of Physical Therapy (Galveston)

University of Texas Southwestern Medical Center, Department of Physical Therapy (Dallas)

**Texas Physical Therapy Programs (Private)**

Hardin-Simmons University, Department of Physical Therapy (Abilene)

University of the Incarnate Word, School of Physical Therapy (San Antonio) has the status of Candidate for Accreditation and plans for its first class to graduate in May 2015. For details, see their web site or contact their admissions office.

University of St. Augustine for Health Sciences, Doctor of Physical Therapy Program (Austin)

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

US Army - Baylor University

**My Top Schools Are:**

1) ____________________________________________________________
2) ____________________________________________________________
3) ____________________________________________________________
4) ____________________________________________________________
5) ____________________________________________________________
6) ____________________________________________________________

**REMEMBER**

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

## Fall Semester before Application Cycle
- Begin compiling list of experiences; include details such as dates, hours, tasks and responsibilities.
- Attend personal statement workshop presented by a Pre-Health Professions Coach.
- Begin drafting personal statement and optional essays.
- Attend peer mentor panel discussions about application process.
- Ask evaluators for letters of reference
- Research schools to determine where to apply

## July/August
- **PTCAS Application Link:** Application opens ~July 1
  - Open PTCAS application link, and begin application process.
  - Print and read application service instructions; Make a plan or “to do” checklist.
  - Be sure to read instructions about score reporting; these vary year-to-year and by schools.
  - Notice all schools don’t use the PTCAS application system. Use the application system provided on the websites of the schools that don’t use PTCAS.

## Fall/Spring Semester during Application Cycle
- Follow up to make sure application is verified.
- If applying to out-of-state schools, speak with health professions coaches.
- Schedule a mock interview with Health Professions Office.
- Interviews are done throughout the fall semester and have the possibility of going into the spring semester.
- If you have multiple admissions offers, talk with a health professions coach to make your decision.
- **Deadline to submit PTCAS application is ~June 1 (Earlier is better - we encourage submitting by beginning of fall (September)).**

## Quick Tips:
- **READ and understand all application instructions for PTCAS 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 Physical Therapy School Application Services and Resources

Most physical therapy programs in the United States use the PTCAS system. Be sure to review the PTCAS Deadline: Grouped by Program Name to ensure you submit your application properly and on time. *Early applications are encouraged!*

**Helpful Resources:** PTCAS also lists non-participating programs so you know which schools use their own application service.

**PT 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. The program links provided on PTCAS’s participating P.T. programs page offer detailed information on each school’s secondary application requirements, costs, and deadlines.

**Letters of Reference**

Letters are key components of 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.

- PTCAS’s Letters of Reference instructions and FAQs: [http://www.ptcas.org/References/](http://www.ptcas.org/References/)
- Review resources on HPO’s Application Resources webpage: [http://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources](http://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources)

**Writing Your Personal Statement**

**PTCAS ESSAY PROMPT:**

Use your own words to create a personal essay that responds to the question below. **APTA’s vision for physical therapy is “Transforming society by optimizing movement to improve the human experience.” How will you embody this vision as a future physical therapist?**

Your personal statement will be sent to all PTCAS 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 PTCAS.

**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 PTCAS.

Please watch **Health Profession: The Personal Statement** and then you are welcome to come speak to a coach to discuss your ideas before starting your personal statement. We will help you brainstorm ideas and help you stay on track.

**Essay Prompts:** The personal essay provides an opportunity for you to explain why you desire to pursue physical 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** [http://cns.utexas.edu/images/CNS/Health_Professions/PDFs/Strengths_Skills_Word_List.pdf](http://cns.utexas.edu/images/CNS/Health_Professions/PDFs/Strengths_Skills_Word_List.pdf)

### Interview Tips and Preparation

**Dress Professionally:**
- View our [Interview Dress Guide](#).

**Practice Improving Your Interview Skills:**
- Schedule a one hour PT school mock interview/feedback session with a 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](#).

#### Prepare & Practice

Be prepared to discuss your strengths and weaknesses, obstacles, inspirations, current events and personal attributes. Review the following sample questions. By asking you certain questions, interviewers are attempting to gain a better understanding of your personality and your fit with the school.

- 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 Physical Therapy school to attend?
- How do you handle adversity?
- Why should we pick you instead of someone else?
- Why do you want to be a Physical Therapist?
- What will you do if you are not accepted to PT school?
- When did you first decide that you wanted to pursue a career as a Physical 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 Physical 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 Physical Therapist possess?
• What current Physical 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 PT? (Be specific)
• What problems do you predict Physical Therapist will face in the next decade?

Research Current Events

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

Advocacy
Learn about policy and legislation affecting Physical Therapist
http://www.apta.org/LegislativeAction/

JAPTA Online
The Journal of the American Physical Therapy Association
http://ptjournal.apta.org/?navID=10737423605

The Texas Physical Therapy Association
http://www.tpta.org/

The Federation of State Boards of Physical Therapy
https://www.fsbpt.org/
Financing Your Physical Therapy Education

The cost of your PT education varies based on which PT program you choose to attend. You should start your financial aid research at the same time as you apply to a PT 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. After acceptance, you can also work with your PA school’s financial aid services.

<table>
<thead>
<tr>
<th>Add It Up! – Don’t forget to include all Living Costs – Cost of Attendance is often more than tuition alone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition:</td>
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<tr>
<td>Rent:</td>
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<tr>
<td>Food:</td>
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<td>Entertainment:</td>
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<td>Health Insurance:</td>
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<td>Car Insurance:</td>
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<tr>
<td>Gas:</td>
</tr>
<tr>
<td>Other Travel:</td>
</tr>
<tr>
<td>Other Expenses:</td>
</tr>
</tbody>
</table>

Scholarships, Awards, and Grants

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

APTA Awards
- Outstanding PT Student and PTA Student Awards
- SPT Minority Scholarship Award for Academic Excellence
- SPTA Minority Scholarship Award for Academic Excellence

Section Awards
- Neurology Section Student Research Awards
- Orthopedic Section Outstanding PT/PTA Student Award
- Pediatrics Section Thesis and Dissertation Awards
- Performing Arts Special Interest Group (PASIG) Student Scholarship
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](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](http://cns.utexas.edu/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.