

Pre-Occupational Therapy Requirements

Introduction: This information is based on the general requirements of (>50%) OT programs across the nation. It will be up to each student to research schools of interest and to finalize any remaining requirements.

- OT programs do not require any particular major. Students should select a major based on academic strengths and interests. Common majors for our Pre-OT students are Psychology, Kinesiology, Health Professions, and Therapeutic Recreation. Many other majors, however, are possible.
- A draft of your academic plan needs to be reviewed with your advisor from your major.
- Each student should develop an academic plan based on their investigation of OT program requirements and the requirements for their degree.
- OT programs may require a very specific number of volunteering/observation hours under a trained OT. Look into schools of interest for more information.

Required by MOST OT Programs

Anatomy & Physiology: 2 Semesters

KINS 1223 (or BIOL 2233)

KINS 1224 (or BIOL 3334)

Additional Social Sciences: 1-2 Semesters

SOC 1176 (or 1576)

ANTH 2305

Psychology: 2-3 Semesters

Check if schools of interest have a preference on type/s of psychology. Options listed below:

PSY 1001

PSY 2201

PSY 2301

Math: 1 Semester

MATH 1044, SOC 1167, PSY 1003, or BIOL 3312

To look up courses please navigate the [bulletin](#).

Required by SOME OT Programs

Chemistry: 1 Semesters

CHEM 1031 + CHEM 1033

Biology: 1 Semesters

BIOL 1011 + 1111

Physics: 1 Semesters

PHYS 1021 (or 1061 or 2021)

Additional Electives:

Check schools of interest for any additional courses needed.

ePortfolio

ePortfolio is a tool that will help students stay organized for a application. Through the ePortfolio process, students will set up a 'mock application' that includes GPAs and professional development experiences. **ePortfolio drafts are due to PPHA June 30th two years before students plan to enter professional school.**

The circle to the right represents four areas that are important for admission to professional school. As you embark on your journey to Occupational Therapy school, think about ways to enhance each of these four sections.



Applying to OT School

Application Process: A centralized application service is available through the Occupational Therapy Centralized Application Service ([OTCAS](#)) which is administered by the American Occupational Therapy Association ([AOTA](#)). Applications are submitted one year before students expect to enter professional school and are available for submission in mid-July. Schools view applicants on a rolling basis – apply early when the application opens!

Undergraduate Major: There is no preferred major for OT programs. Students should select a major that they find interesting and consider a strength. Common majors for our Pre-OT students are Psychology, Kinesiology, and Therapeutic Recreation. Many other majors, however, are possible.

GPA: An overall and prerequisite GPA of 3.5 or above is preferred. GPAs below 3.0 may need to consider Post-Baccalaureate coursework / programs before applying.

Graduate Record Examination ([GRE](#)): Most OT programs require that students complete the GRE which is administered through the Education Testing Service (ETS). This test is often taken the same summer in which the student applies to professional school (one year before walking through the doors of an OT program). Remember, take time to prepare for the exam.

Professional Development: An important component of your application to OT programs will also be your volunteer/observation hours. Many schools have a minimum number of hours that they will prefer that you have observed directly under an OT or OTs. Research schools of interest to determine what requirements to aim for.

Letters of Recommendation: Letters for OT programs will be sent directly through OTCAS at the time a student applies. Schools generally like to see 2-3 letters of recommendation. Look into schools of interest for more specifics on [what types of letters](#) might be preferred.

Additional Resources:

American Occupational Therapy Association (AOTA): www.aota.org

Please join the [PPHA Canvas page](#) for more information.