

Checklist & Timetable for Students Applying to Master of Occupational Therapy Programs

Freshmen Year

- Focus on grades! To be competitive for occupational therapy programs, you need at least a ~3.5 GPA
- Begin building relationships with professors who can later serve as mentors, offer you the opportunity to participate in research, or write recommendations on your behalf

Sophomore Year

- If you haven't already, consider participating in extracurricular activities, which will enhance you as an applicant
- Spring/Summer of sophomore year
 - Start prepping for the GRE
 - Seek out opportunities for shadowing occupational therapists (minimum of 40 hours of practical experience in occupational therapy is required; specific criteria for these observation hours vary by school)
 - Research potential occupational therapy programs & visit their campuses

Junior Year

- Fall of junior year
 - Take a GRE prep course
 - Begin writing Statement of Professional Goals
 - Seek out recommendation letters
- Spring of junior year
 - Take the GRE (average competitive scores: Q – 149, V – 154, AW – 4.0)
 - Check application deadlines for schools
- Summer of junior year
 - Submit all application materials by September

Senior Year

- Send thank you notes to your recommenders
- Prepare for interviews (mock interviews)

Required Courses: *(vary by school)*

- 9 hours of psychology (Introduction to Psychology, Abnormal Psychology, Developmental Physiology)
- 8 hours of Human Anatomy & Physiology with laboratory
- 4 hours of general physics with laboratory
- 3 hours of general/inorganic chemistry
- 3 hours of Introduction to Sociology
- 3 hours of statistics (Introduction to Stastics or Inferential Statistics)

Recommended Courses:

- Medical Terminology
- Public Speaking
- Technical Writing
- Computer Science
- Philosophy