OCCUPATIONAL THERAPY TIMELINE
Pre-OT Timeline (Regardless of Major)

Why is this Pre-OT Timeline important for the eventual Application Process?

Pre-OT students will better prepare a competitive profile if they organize an individualized plan. Consider the following steps in your planning process.

**Step #1:** Research into programs of interest and develop a list of OT requirements.

**Step #2:** Check for pre-requisites and co-requisites for the courses you plan to take for OT on the Undergraduate Bulletin.

**Step #3:** Develop your personalized Timeline by adding to this list all courses required for your major as well as University Gen Ed Requirements for graduation. Each student’s timeline will be different! Once drafted, review timeline with your Academic Advisor.

**Step #4:** Remember to include advanced planning for exposure to health care, patient contact hours, service activities and GRE prep.

*NOTE: Always check with individual schools for exact requirements, but the following is a basic guideline for some OT programs. You can successfully prepare to apply to OT programs by completing the course requirements you have carefully listed on your personal timeline.*

*Sample Pre-Requisite Course Listing:*

<table>
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<tr>
<th>Human Anatomy &amp; Human Physiology with Labs (1223/lab and 1224/lab)</th>
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<tbody>
<tr>
<td><strong>Statistics:</strong> Elements of Statistics (Math 1013), Social Science or Education Based Statistics, Biostatistics</td>
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<td><strong>Psychology:</strong> Intro to Psychology</td>
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<td><strong>Additional Psychology Courses:</strong> Developmental, Abnormal, Lifespan</td>
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<tr>
<td>Analytical Reading &amp; Writing; Mosaic I; Mosaic II</td>
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<tr>
<td><strong>Social Sciences</strong>: Intro to Sociology, Anthropology</td>
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**Timeline Notes:**

**Second Year:**

- **By June: Share ePortfolio Draft**
- Exposure to OT, Health Care, Community Service***
- Prepare for GRE

**Third Year:**

- Prepare for GRE
- Summer – Take the GRE or MAT
- Exposure to OT, Health Care, Community Service***

**The Application Process**

- 2016 Application cycle opens July 2015
- **Submit Application July/August.** Application must show plan in place to complete any outstanding pre-requisites.

**Fourth Year:**

- Continue coursework required for major / toward graduation.
- Exposure to OT, Health Care, Community Service***

* The course requirements noted in the table above is not an inclusive list. Depending on programs to which you plan to apply, you may not need to take all of the courses listed. Other requirements or electives may be required and might include courses in English, the humanities, literature, medical terminology, communications, and speech.

**Sociology:** There are several courses that may also satisfy this requirement: Soc. Of Race & Racism, Sexuality and Gender, Soc. of Health Care, Marriage and Family, Soc. Psychology, and Comparative Religions.

***Exposure to Occupational Therapy is an important part of your preparation/application. Do not over extend yourself at the expense of grades however.

Office of Pre-Professional Health Studies (PPHS)

Pre-OT Advising

Advising offered by the Office of Pre-Professional Health Studies (PPHS) supplements the academic advising (course registration, major requirements and graduation review) provided by the advising center in the student’s primary college. Students planning to apply to occupational therapy programs are strongly encouraged to initiate an ePortfolio with the PPHS as early as their freshman year.
Information on Applying to OT Programs

**Application Process:** Occupational Therapy Centralized Application Service (OTCAS) provides a full-service Web-based application and admissions process for prospective occupational therapy program applicants.

**Selecting an undergraduate major:** There is no preferred major in preparing for OT programs. Choosing a major that interests you or that is your academic strength will be to your benefit. It is important that you contact the educational programs to which you are interested in applying and make sure you have taken the necessary prerequisites for admission into their programs.

**Overall GPA & Science GPA Requirements:** A minimum GPA of 3.0 is strongly recommended. Some OT programs will not accept any prerequisites where a grade of C- or less has been earned. An overall GPA & Prerequisite GPA are preferred. **Note:** *Transfer students need to include courses from all institutions attended.*

**Entrance Exams:** Most OT programs require GRE or MAT test scores. The GRE is offered year round as an online exam. Plan to take the exam summer after your junior year. [www.ets.org/gre/](http://www.ets.org/gre/) Begin exam prep early!

**Letters of Recommendation**

OT Programs will first review your numbers (Overall GPA, Pre-Requisite GPA, GRE Scores). If the numbers are in a competitive range for their particular program, they will then consider you for an interview. Part of the Interview Process will include a review of letters of recommendation. Individual OT Programs are very specific about the types of recommendation letters required. **Begin early to consider recommendation sources!**

1) Begin speaking with faculty and requesting letters of recommendation as you are completing classes in the sciences and have performed well in the class (A or B+). Recommendation sources from mentors and non-science faculty should also be considered as early as possible.

2) Stay in contact with each of your recommendation sources each semester. Before you apply, make sure you inform them once again that, as they had agreed, you will add their name to your application as a Recommendation source.

3) Even if not planning to request a PPHS Committee Letter, please remember: A Committee Recommendation Letter from PPHS will serve to highlight your strengths as an applicant. At a minimum, completing and sharing an ePortfolio for advising feedback will keep you organized as you prepare to apply. A Committee letter will only be sent to OTCAS for applicants who: (1) have completed ePortfolios in the timeframe required; (2) have interviewed with a member of the Pre-Health Evaluation Committee, and (3) supplied exam scores.

**Office Contact Information:**

Office of Pre-Professional Health Studies (PPHS) 1810 Liacouras Walk, Suite 100; 215 204-2513 healthadvising@temple.edu

Visit the PPHS website for updates on workshops and other opportunities. [www.temple.edu/healthadvising](http://www.temple.edu/healthadvising)

**Additional Resources on Occupational Therapy**

The American Occupational Therapy Association (AOTA) website ([www.aota.org](http://www.aota.org))