

## First Professional OT Program Observation hours Admissions Alternative

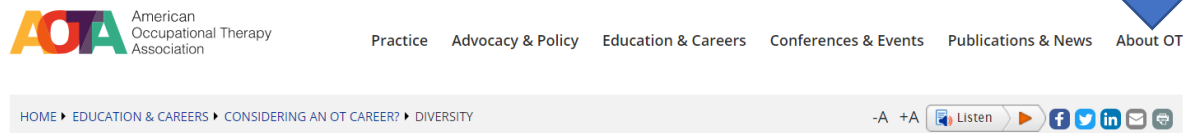
The objective of the required observation hours for admission to the Occupational Therapy (OT) program is to increase your awareness of the domain of occupational therapy and provide you opportunities to experience OT in action. We recognize that those opportunities are currently limited, so we have developed an alternative method for you to acquire an expanded understanding of this vast profession. We will be directing you via hyperlink to our national professional association's website. Please follow the instructions below where we will ask you to browse some specific sites.

Please keep a log of your time and respond to the prompts below.

Submit your time log and responses to the prompts to [admissions@usa.edu](mailto:admissions@usa.edu) Don't forget to put your name on the top!

1. Please log in here: <https://www.aota.org/>

Next steps: click on *About OT*



Here we ask that you review the patients and clients page add review the video about **How OT Changes Lives**.

**Reflection Prompt 1: please write a few sentences in response to the following:**

What most inspired you while watching the video? What drives you to be an OT?

2. Diversity is important in our profession. Please take a look at this web page and review the videos to explore how diverse our practice and practitioners are: <https://www.aota.org/Education-Careers/Considering-OT-Career/Diversity.aspx>

**Reflection Prompt 2: please write a few sentences in response to the following:**

What did you learn here that surprised you about our profession? Why?

3. Lastly, we ask that you explore this link: <https://www.aota.org/Practice.aspx>

The tabs in purple on this page identify some of the populations we work with in practice. There are such amazing opportunities and we want to make sure you have gotten to explore some of them. Please choose and review 3 practice areas and their *Fact Sheets* within this page (list to focus on is below)

*Choose from the following:*

- *Children and Youth*
- *Health and Wellness*
- *Mental Health*
- *Productive Aging*
- *Rehabilitation, Disability, and Participation*
- *Work and Industry*

**Reflection prompt 3: please write a short paragraph to include the following:**

Now that you have explored some of the areas of practice, we want to hear from you.

- Which area of practice is most interesting to you? What appeals to you about this area of practice?
- Identify one area of practice you previously did **NOT** know that occupational therapists work in.
- Occupational therapists work with patient/clients and also work with other health care professionals. Which other professionals are going to be part of the team?