
THE ROAD TO BECOMING AN OCCUPATIONAL THERAPIST

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ABOUT ME



- Graduated Cal Poly SLO in 2014 with BS in Child Development and minor in Psychology
 - Graduated Washington University in St. Louis in 2017 with MS in Occupational Therapy
 - California licensed and nationally certified in Occupational Therapy in 2018
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Crayola

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Non-Toxic

PROOF OF PURCHASE



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WHAT IS OT?



- “Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.” (AOTA)
- My elevator speech: OT is a professional that helps people live their everyday lives as independently as possible...
- Pediatric OT: Helping kids learn or relearn how to do kid stuff (school, make friends, play games/sports, etc.)

WHERE TO ATTEND OT SCHOOL

- Current top 5 programs

1. Washington University in St. Louis and Boston University (tied)
2. University of Southern California
3. University of Illinois and University of Pittsburgh (tied)

- You do not need to attend one of these schools. If you choose to go to OT school, you will get a job
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CALIFORNIA OT PROGRAMS

- California State University Dominguez Hills (Carson, CA)
 - Dominican University of California (San Rafael, CA)
 - Loma Linda University (Loma Linda, CA)
 - Samuel Merritt College (Oakland, CA)
 - San Jose State University (San Jose)
 - Stanbridge College (Irvine, CA)
 - University of the Pacific-Sacramento Campus (Sacramento, CA)
 - University of Southern California (Los Angeles, CA)
 - University of St. Augustine (San Marcos, CA)
 - West Coast University (Los Angeles, CA)
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OT SCHOOL REQUIREMENTS

- OTCAS Application (yes, there is an essay)
 - Individual School Application (yes, this usually means another essay)
 - A bachelor's degree in anything (many programs require a minimum 3.0 average GPA)
 - Transcripts are required
 - Resume
 - Letters of recommendation (3)
 - Background check
 - Health clearance
 - Graduate Record Examination (GRE)
 - Most schools require a score of at least 153 on the verbal section, a 144 on the quantitative section, and a 3.5 on the analytical writing section
 - OT observation hours (40)
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REQUIREMENTS CONT.

- Coursework (cannot be pass/fail, C or higher with a B average)
 - Human Anatomy with laboratory
 - Human Physiology
 - Introductory Statistics
 - Developmental Psychology or Human Development (must cover the life span)
 - Abnormal Psychology
 - Introductory Sociology or Cultural/Social Anthropology
 - Medical Terminology
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Then...

1. Go to school
 2. Pass the NBCOT exam to receive your certification
 3. Apply for your state license
 4. Find a job
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SENSORY INTEGRATION (SI)

- “Sensory integration is the process by which people register, modulate, and discriminate sensations received through the sensory systems to produce purposeful, adaptive behaviors in response to the environment” (Ayres, 1976/2005).
 - 5 Senses (visual, auditory, gustatory, olfactory, tactile)
 - Proprioceptive system: sense of body awareness. This system tells the brain what position our bodies are in and what forces are upon you at any given moment (muscles)
 - Vestibular system: sense detecting movement and gravity based on the position of our head in space (inner ear)
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OBSERVATIONS THROUGH AN SI LENSE

- Gross motor skills
 - Bilateral and global coordination
 - Attention
 - Motor Planning (ideation, praxis and motor execution)
 - Sensory processing
 - The 6 known senses
 - Proprioceptive system
 - Vestibular System
 - Level of arousal and organization of behavior (known emotional regulation by the rest of the world)
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Thank you!

Any questions?

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