

## Academic Preparation for OT Graduate Programs

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Occupational therapy schools look for individuals who come from various backgrounds and possess a variety of skills and interests. All OT graduate programs in the U.S. require applicants to complete a bachelor's degree before they matriculate, they most do not express a preference for any particular academic major when reviewing applications.

Pre-occupational therapy students are advised to investigate graduate programs to see if their preferred programs have a preference of undergraduate majors. If those graduate programs do not express a preference. Pre-OT students may major in any academic discipline that they are interested in, as long as s/he also completes the required courses for admission to his/her preferred graduate programs as well. Because a successful pre-OT student must demonstrate a superior level of motivation and exceptional academic performance, the chosen academic major should interest the student sufficiently to catalyze such performance.

Majors that offer good preparation for graduate work in occupational therapy include psychology, sociology, biology, global health, kinesiology, and public health. **Pre-occupational therapy students must plan to complete the specific courses required by their preferred professional school(s) in addition to completing their major and minor programs of study**

**Minimum Required Coursework for Admission to OT Programs.** Students should research the admission requirements for the occupational therapy programs to which s/he intends to apply early in his/her academic career, and s/he should schedule her/his undergraduate classes based on the requirements of the programs in which s/he is interested. ***Each student is ultimately responsible for knowing and fulfilling the admission requirements of the programs to which s/he intends to apply.***

Most OT graduate programs require completion of a degree and at least the following classes:

- 2 semesters of anatomy and physiology with labs (BIO 131 and 132);
- 1 semester of statistics (STA 126);
- 1 semester of introductory psychology (PSY 101);
- 1 semester of developmental psychology (PSY 245); and
- 1 semester of sociology, anthropology, or culture.

