

Many occupational therapy schools require the following courses before being considered for admittance. These are general recommendations, as specific requirements may vary significantly by school. These courses must be completed with a minimum grade of 'C', higher preferred. Requirements are subject to change each year. Be sure to research schools of interest for current prerequisites.

**BIOL 131** Human Anatomy & Physiology (4)  
**BIOL 231** Adv. Human Anatomy & Physiology (4)  
**PHYS 231/232** Physics & Biophysics I (4)  
**PSYS 100** Introduction to Psychology (3)  
**PSYS 220** Developmental Psychology (3)  
**PSYS 440** Abnormal Psychology (3)  
**MATH 183** Introductory Statistics (3)  
**SOCL 100** Introduction to Sociology (3)  
**AH 290** Medical Terminology (2)

Some schools recommend/require:  
**CHEM 109 or 120/121** Chemistry  
**MATH 109 or higher** Mathematics  
**PHIL 320** Ethics

Other courses that will assist with your first 2 years in OT school include: Chemistry, Biology, Ethics, Pharmacology, Applied Math, and Kinesiology.

Note: Some schools do not accept AP credit. **In consultation with your advisor(s), it is vital to research all programs of interest to ensure all prerequisite courses and experience requirements are met before matriculation.**

## What should my major be?

You can major in anything you want to prepare for occupational therapy school as long as you fulfill the prerequisites for your professional school of interest. A major in the sciences is not required. However, having a strong background in the sciences will certainly help you as you pursue pre-OT, as it gives you a good foundation to build upon. "Pre-OT" is not a major, but is an 'advisement' that can be declared alongside your major in order to receive specialized advising towards your goal of attending OT school.

## Application Checklist - Start Now!

- **ADVISING** | Meet with a pre-health advisor ASAP to map out your plan toward OT school admission. Plan to meet with your pre-health advisor consistently throughout your journey.
- **RESEARCH** | Determine which OT schools you are interested in. A good place to start is the AOTA website, where you can find information on several OT programs and their timelines.
- **PREREQUISITES** | Research each school to understand and begin work as soon as possible on their application requirements including courses, GPA, shadowing, patient care, etc.
- **TIMELINE** | Know the application start date and deadlines for each school you are interested in. Some schools have rolling admissions. The OTCAS app. opens in July (some schools don't use OTCAS).
- **EXPERIENCE** | Start early with shadowing, volunteering, and working with patients. Research and strive to exceed the number of hours each program of interest requires.
- **INVOLVEMENT** | Be involved in meaningful activities such as research, community service, work, and extracurriculars that are meaningful and unique. Well-rounded applicants are more competitive.
- **RECOMMENDATIONS** | Determine what types and how many references your schools of interest prefer and begin building relationships with potential letter writers.
- **GRE** | Study for the GRE at least 3 months prior to attempting the test. Register 60-90 days prior to taking it and take it at least 6-8 weeks prior to application start date.
- **PERSONAL STATEMENT** | Start to write your personal essay prior to the application in a word document. Be sure to edit it carefully and have others review and edit as well.