



PRE- OT COURSE SEQUENCE

The following course sequence is recommended; however, there is some limited flexibility within the schedule.

The following sequence of courses serves as a **suggestion** only and variances may occur. Many OT schools may have different prerequisites; therefore, you should see the health professions advisor. In addition, you should check required courses for OT schools to which you plan to apply.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
ENGL 113 – Expository Writing PSY 100 – Intro to Psychology IDS 100 – FYS KIN 140 or 3 credit course 3 credit course	PSY 230/230F – Developmental Psych and Field Placement BIOL 221/221L – Human Physiology and Lab 3 credit course 3 credit course	SOC 101 – Intro to Sociology	
SPRING	SPRING	SPRING	SPRING
KIN 200/200L – Human Anatomy and Lab MATH 115 – Intro to Statistics KIN 140 or 3 credit course 3 credit course	NSCI 211/211L – Intro to Neuroscience and Lab KIN 209 – Medical Terminology 3 credit course 3 credit course	PSY 310 – Behavior Disorders ENGL - Upper Level English GRE Exam <i>Application to Occupational Therapy School for the following year. Opens mid July.</i>	

This is only used to demonstrate the timeline of courses prior to application. Everyone may have a similar or different route to completion of prerequisites and application cycle.

All prerequisite courses typically require a C grade or better. Prerequisites may vary from schools and they may or may not accept AP or community college courses. Please check to make sure you have met the prerequisites and competencies for the medical school in which you intend to apply.

Although any major can be applied, many Pre-OT students are Exercise Science majors. A four year plan for those with this major can be found on Hope's Website. https://hope.edu/academics/kinesiology/resources/PRE-OT-COURSE-SEQUENCE_Fall-2023.pdf

Other important facts regarding OT school admissions

Occupational Therapists receive a masters or doctoral degree through two or three-year OT programs. Applicants use OTCAS <https://otcas.liaisoncas.com/applicant-ux/#/login>

American Occupational Therapy Association has additional helpful information
<https://www.aota.org/career/become-an-ot-ota>

The courses listed below are offered at Hope and will prepare you for the **GRE (Graduate Records Examination)**. Most graduate schools require this exam, but not all of them do. The GRE covers: verbal reasoning, quantitative reasoning, and analytical writing. Applicants traditionally take the GRE the spring before applying to graduate school.

- A score will be calculated for each section, ranging from 130-170 for both the verbal and quantitative reasoning sections, and 0-6 for the analytical writing section.
- The national GRE averages for those applying to occupational therapy school fluctuate minimally from year to year. Recently reported means are: VR = 148, QR = 147, AW = 3.8
- Some schools will superscore the GRE (take the highest score of each section out of all of your attempts). Look at individual schools you plan on applying to for that information as well as their individual data on average scores of accepted students.

For OT admission, they often calculate a separate prerequisite GPA in addition to your overall cumulative GPA.

More information about the GRE can be found on their website.

[Learn About GRE](#)

A student can choose any major at Hope as long as the prerequisites for OT school are fulfilled.

Occupational Therapy Schools complete a holistic review of your application and these are the areas that demonstrate your readiness to enter the profession. Keeping a journal of these experiences will help you with accurate accounts and reflections that assist you with your personal statement.

- OT related Clinical Volunteer/Work Experiences (shadowing, volunteering or working in a variety of occupational therapy settings).
- Community Service
- Strong Letters of Recommendation (typically students get two to three letters of recommendation from faculty which include one to two science professors and one non-science and one to two from a practicing occupational therapist you may have shadowed or worked with in a clinical setting).

Core Competencies that OT schools are looking for in an applicant can be found at:

<https://www.aota.org/-/media/corporate/files/educationcareers/aota-fellowship-program/standards-for-continuing-competence-2021.pdf>

Join the Pre-Health Professions Club group at Hope (ppc@hope.edu) to keep up to date on current and upcoming events.

To schedule an appointment with a Health Professions Advisor in the Boerigter Center for Calling and Career, visit [Handshake](#) and select Pre-Health.