

PRE-OCCUPATIONAL THERAPY PREPARATION TIMELINE

Four Years Prior to Starting OT School:

- Make an appointment with your pre-health career specialist in The Aspire Center to gather information on engaging in pre-health events.
- Contact the pre-OT faculty advisor to introduce yourself and ask any questions you have surrounding occupational therapy programs.
- Attend informational meetings for the pre-health program.
- Research career information to identify what being an occupation therapist means and the pathway steps towards that career.
- Become involved in pre-health club and pre-OT club.
- Participate in the spring first-year pre-health career exploratory seminar.
- Start to develop relationships with faculty, staff, and mentors at Carthage.
- Identify experiential learning opportunities including research, internships, volunteering, or shadowing.

Three Years Prior to Starting OT School:

- Meet with your pre-OT faculty advisor to make sure you are progressing through your OT requirements.
- Reach out to the pre-health career specialist in The Aspire Center to gather information on potential application preparation opportunities.
- Meet with your academic faculty advisor to ensure that you are completing required courses for your majors and minors.
- Begin to investigate potential OT schools and identify the admission requirements/timelines.
- Continue to identify and secure experiential learning opportunities including research, internships, or volunteering.
- Begin shadowing a variety of occupational therapists.
- Learn more about the GRE and identify an action plan for studying/taking practice exams.

Two Years Prior to Starting OT School:

- Continue to meet with your academic faculty advisor, pre-OT faculty advisor, and the pre-health career specialist to sure that you are on track for both major/minor academic requirements and pre-OT requirements.
- Participate and complete the personal statement workshop in the fall semester.
- Stay involved in both the Carthage community and experiential learning opportunities.
- Register and take the Graduate Records Exam (GRE).
- Continue to shadow occupational therapists from a wide variety of settings.
- Participate and complete the interview workshop in the spring semester.
- Gather all required letters of recommendations for your application giving at least 2-3 months advance notice for writing.
- Double check dates and deadlines for application materials to your selected OT school.
- OTCAS will open in early July and all materials should be submitted as quickly as possible, but no later than August.

One Year Prior to Starting OT School:

- Continue to prepare for potential interviews.
- Monitor OTCAS for any supplemental materials or admissions next steps.
- Continue to meet with your academic faculty advisor to sure that you are on track for both major/minor academic requirements.
- Contact your career specialist and the pre-OT faculty advisor with any updates on your admission status for OT school.