

# Help People Live Their Best Lives

# Become an Occupational Therapist

WHY CHOOSE OT?



Occupational therapy (OT) is a healthcare profession that helps people of all ages participate in the meaningful activities they need and want to do, regardless of injury, disability, or health condition. OT is an inspiring and rewarding profession that combines hands-on care and creative problem-solving to change lives.

## Why Choose Occupational Therapy?

- Start working as an OT in 2-3 years after earning your bachelor's
- Transformational, rewarding work
- Holistic care and meaningful patient relationships
- Diverse career opportunities and settings
- Job stability and growth
- Constantly-evolving field for a dynamic career
- Work-life balance with flexibility

"Occupational Therapy was a calling for me as it was the only rehab profession that I found to balance the importance of mental, physical and social health in order to promote one's quality of life and independence."

Lauren, OT

"I chose OT because it is a profession that is both a science and an art. The facts and techniques are based in research, however how you apply them can be very creative."

Colleen, OT

Median Salary  
**\$93,180**  
(2022)\*

OT employment is projected to  
**grow by 12%**  
by 2032\*



Undergraduates with strong transferable skills, such as **active listening, teamwork, organization, flexibility, and critical thinking skills**, are well-positioned to succeed in OT grad school and beyond.

## Occupational Therapy Areas of Practice

Adult Rehabilitation  
Pediatrics  
Orthopedics  
Ergonomics  
Mental Health  
Older Adults  
Developmental Disability  
Home Health  
Assistive Technology  
Health & Wellness  
Neurorehabilitation  
Education  
Research  
Equine Therapy  
And More...



**WHY CHOOSE OT?**

# Pathway to Becoming an Occupational Therapist

- 1 Complete an undergrad degree.
- 2 Explore and apply to an accredited Occupational Therapy (MOT) or Occupational Therapy Doctoral (OTD) program.
- 3 Graduate with a MOT or OTD degree.
- 4 Pass the national occupational therapy board exam and earn OTR® certification.
- 5 Obtain a state license to practice.

### Common Course Prerequisites\*

Anatomy and physiology  
Physics  
Statistics  
Developmental psychology  
Biology  
Psychopathology  
Sociology/Anthropology  
Kinesiology  
Medical Terminology

\* Check the websites of the schools you're applying to for program-specific requirements.

### Popular Undergraduate Majors

Kinesiology  
Biology  
Psychology  
Exercise physiology  
Chemistry  
Health sciences  
Education  
Sociology  
Therapeutic recreation  
Non-traditional majors (e.g. Art & Theater)

To learn more about real-world OTs and for information about OT programs, visit

**WhyChooseOT.com**

