

Help People Live Their Best Lives

Become an Occupational Therapist

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
OT?



Why Choose Occupational Therapy?

- Impact lives as an OT sooner than many other healthcare careers
- 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
\$100,330
(2025)*

OT employment
is projected to
grow by 15%
by 2035*



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
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Pathway to Becoming an Occupational Therapist

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

