

Occupational Therapy Observation hours – Substitute Activities

During this challenging time of COVID-19, I want to offer some OT observation substitutions. Please select a few of the following suggestions (2-3 depending on how long they take). Please document what you do in the following format:

Name, time invested, what did you do? (video, book, interview, etc.). Tell me about the experience- in a paragraph, compare and contrast, tell me what OT looked like. Please consider multiple populations and occupational areas (i.e. the elder population versus children; school-based practice versus hospital setting, and daily living skills versus participating as a student.) This is so I can see you have researched OT, understand the profession's purpose and that you demonstrate a choice toward this path. This should be a paragraph or two at most!

1. Personal experiences- Identify your personal experiences with OT- did a family member receive it for a medical or educational purpose? Look up information on the service through <https://www.aota.org/Practice.aspx>.
 - In a paragraph, make connections between what you recall and what OT is for: Population, occupations, what kinds of activities did you see, what were your learning moments?
2. Volunteer experiences- What types of activities, events or groups have you volunteered with? What was the cause? Who was it for? What purpose(s) did the experience serve? What was your role? Think about the cause/person- what “occupations” (daily tasks) were impacted for that person/people? What could an OT help with in these instances? Connect OT with the cause/event. Does OT typically help with this and what might it look like?
3. Follow Laurel Jones' information provided here: https://www.aota.org/Education-Careers/Students/Pulse/Archive/career-advice/Resume-building.aspx?_ga=2.213543959.2083145152.1584984173-1168099952.1568214612. Choose a topic and tell me the topic and outcome. Did you read a book about occupational therapy? An article? Follow a blog? In a paragraph, what did you learn about- describe this using 3 major ideas (i.e. population, occupations, family, coping strategies, interventions, etc.).
 - Here is her blog- <https://gottabeot.wordpress.com/about-occupational-therapy/>
4. Read an interesting article in OT Practice- <https://www.aota.org/publications-news/otp.aspx>. Summarize the article.
5. Read a book about OT? Here are some ideas: https://communot.aota.org/blogs/stephanie-yamkovenko/2018/06/18/14-books-ot-occupational-therapy-peeps-will-love?_ga=2.182722725.2083145152.1584984173-1168099952.1568214612
6. Connect with a local OT and interview him/her, check out what they're doing for OT during COVID-19. Set up a Zoom call. Tell me what you heard.
7. Seek an online Intro to OT course that students must take as an intro to the program. Provide a summary.
8. Videos- watch the AOTA videos on "[what OT Can Do for You](#)" (13 min. covers many practice areas) located under tab About OT -> Patient and clients . There are also a great set of videos made by some students under “Considering an OT Career”. Watch these and provide a summary of why it's for you.
9. Follow CommunOT at <https://communot.aota.org/communities/sis>. Choose 2 practice areas to research and follow. In a paragraph describe the populations addressed, the problem and the occupational solutions OTs are providing in this forum. (This can be done if has a student membership to AOTA.)