

Hey there,

FUTURE OCCUPATIONAL THERAPIST!

Occupational therapists work with clients dealing with disabilities, injuries, or other setbacks, and develop treatment plans for them so they can perform tasks that are important to their everyday lives.

TRUST THE PROCESS

To become an occupational therapist, you'll have to complete a bachelor's degree and either a master's or doctorate in occupational therapy. After you complete your education, you'll have to pass a national examination and complete state-specific steps, like licensure paperwork.

SO MANY ROADS TO **one destination**

Colleges and universities have different pathways for future occupational therapists. Here's what to know:

- ➔ **Your major makes a difference:** Occupational therapy graduate programs require you to have taken certain college courses, like anatomy and physiology with labs, psychology, human development, sociology, and medical terminology. Majors like expressive arts in mental health, biology, health sciences, psychology, or sociology often include these courses. You can even major in English as long as you build the required classes into your schedule.
- ➔ **Undergrad-to-grad pathways:** At colleges like Russell Sage, you can start as an undergraduate and move straight into a master's or doctorate in occupational therapy as long as you keep the required GPA and complete the prerequisites.
- ➔ **Articulation agreements:** If you want to attend different schools for your bachelor's and graduate degrees, look for an undergraduate college that has articulation agreements with occupational therapy degree programs. These agreements give qualified students preferred admission to partner graduate schools.
- ➔ **M.S. in Occupational Therapy:** A Master of Science in Occupational Therapy is also called an MSOT. Either an MSOT or a doctorate (OTD) will prepare you to take the occupational therapist licensure exam and to work with patients.
- ➔ **3+2 Accelerated B.S./MSOT:** In a "3+2" program, you'll begin MSOT courses after your junior — or third — year of college. As long as you maintain high academic standards, your first year of graduate work counts as credit toward your bachelor's degree and MSOT, allowing you to complete your OT education in about five years instead of six. The best part: You'll save on tuition. And with your guaranteed spot in the MSOT, the move to grad school is simple.
- ➔ **Doctorate in Occupational Therapy:** A doctorate in Occupational Therapy is also called an OTD. Individuals with an OTD work with patients and have opportunities to be listed as a primary investigator on research, take on leadership roles in healthcare practices and policy organizations, or join the faculty of occupational therapy education programs.



HOT TIP

It's likely your school works with an occupational therapist to serve students. Ask to speak with them sometime about their college and career path!

HOW DO YOU PREPARE IN high school?

Admission to Pre-OT academic programs is competitive, and the coursework is academically rigorous. To be a strong applicant and feel prepared for college, keep these tips in mind:

- ➔ You'll typically need an overall high school GPA of at least 85%, an 85% average in science courses, and a class rank in the top 20%.
- ➔ Take four years of math **and** science in high school: Four years of both is recommended for admission and important preparation for college coursework.
- ➔ Consider taking core science classes — like anatomy and physiology — at the college where you're earning your bachelor's degree, even if you've taken AP or dual-enrollment versions in high school. By taking these courses at the institution where you'll earn your degree, you can be sure you have the proper foundation for the OT program.

CAREER opportunities

According to the most recent data from the U.S. Bureau of Labor Statistics, **the median pay for an occupational therapist is \$98,340** and employment opportunities are expected **to grow by 11%**, which is much faster than average.

Planning to become a New York State-licensed occupational therapist? Choosing a degree program in New York can help you meet state requirements.

SO WHY PICK RUSSELL SAGE FOR THIS?



The Capital Region — home to Russell Sage College, Albany Med (the largest regionally governed not-for-profit health system in northeastern New York and western New England), and dozens of agencies serving more than 19 million New Yorkers — is a great place for clinical experiences, jobs, and opportunities to get involved in public and community service.

SO MANY KINDS OF OTs ...

You don't have to choose your specialty now! In grad school, you'll get hands-on experience in different areas of occupational therapy, and most OTs figure out their focus after they're licensed. When the time comes, you can pursue extra certifications in specialties, such as:

- **Pediatrics (working with children or teens)**
- **Gerontology (working with older adults)**
- **Hand therapy, pain management, or rehabilitation after injury**



CONTACT THE OFFICE OF ADMISSION

518-292-1730 | admission@sage.edu

➔ sage.edu/apply

