

## PRE-OCCUPATIONAL THERAPY TIMELINE

### ***4 Years Prior to Starting OT School: (Freshman Year if entering immediately from Carthage.)***

- ☐ Make an appointment with your pre-health career specialist in the Aspire Center to gather information on engaging in pre-health events.
  - ☐ Attend informational meetings for the pre-health program.
  - ☐ Research career information to identify what being an occupational therapist means and the pathway steps towards that career.
  - ☐ Become involved in the 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 and track in your MAP (my aspire plan).
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### ***3 Years Prior to Starting OT School: (Sophomore Year if entering immediately from Carthage.)***

- ☐ Meet with your academic faculty advisor to make sure you are progressing through your majors and minors requirements.
  - ☐ Meet with the pre-health advising team to make sure you are progressing through your Occupational Therapy prerequisite courses.
  - ☐ Reach out to the pre-health career specialist in The Aspire Center to gather information on potential application preparation opportunities.
  - ☐ Begin to investigate potential occupational therapy schools and identify the admission requirements/timelines.
  - ☐ Continue to identify and secure experiential learning opportunities including research, internships or volunteering and track in your MAP (my aspire plan).
  - ☐ Begin shadowing a variety of occupational therapists.
  - ☐ Learn more about the GRE and identify an action plan for studying/taking practice exams.
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### ***2 Years Prior to Starting OT School: (Junior Year if entering immediately from Carthage.)***

- ☐ Continue to meet with your academic faculty advisor, pre-health advising team and the pre-health career specialist to ensure that you are on track for both major/minor academic requirements and occupational therapy requirements.
- ☐ Stay involved in both the Carthage community and experiential learning opportunities.

- ☐ Participate and complete the personal statement workshop in the fall semester.
  - ☐ Register and take the Graduate Records Exam (GRE).
  - ☐ Continue to shadow physician assistants from a wide variety of settings.
  - ☐ 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.
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***1 Year Prior to Starting OT School: (Senior Year if entering immediately from Carthage.)***

- ☐ Participate and complete the interview workshop in the fall semester.
- ☐ 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-health advising team with any updates on your admission status for OT school.

