

## OT Observation and Alternate Activities

The MSOT Program at Lewis University is accepting 20 hours of observation, OR completion of 4 alternate activities and completion of a reflection page to satisfy the observation admission requirement. The purpose of this observation has been to provide prospective students with exposure to the field of occupational therapy and to reinforce their understanding and choice to pursue a career in occupational therapy.

- Applicants may complete 20 hours of observation and upload a record of their observation including name of facility, date of observation, and initials of OT practitioner. Applicants may use the attached form OR a like record form with the required information included.

OR

- Applicants may choose 4 activities from the list of activities below, and complete a short reflection on their experience. A record sheet to detail these experiences is attached. This record should be uploaded with the admission application.

### Alternate Activities

- Interview an OT practitioner (if interviewing multiple practitioners, please take care to ensure that they are from different areas of practice or different facilities).
- Interview someone who has received OT services.
- Read a book related to OT - Some recommendations:  
<https://communit.aota.org/blogs/stephanieyamkovenko/2019/06/06/reading-book-novels-memoirs-nonfiction-ot-loves>
- Watch TED talks related to OT: Some TED talk recommendations:  
<https://www.clinicient.com/blog/top-five-occupational-therapy-ted-talks-for-students-andpractitioners/>
- Listen to an OT podcast - Some recommendations: <https://www.myotspot.com/occupational-therapy-podcasts>
- Review resources available on AOTA's website –
  - What can occupational therapy do for you? <https://www.aota.org/About-OccupationalTherapy/Patients-Clients/video-what-ot-can-do-occupational-therapy.aspx>
  - Why I chose occupational therapy <https://www.aota.org/Education-Careers/Considering-OTCareer/Resources/why-i-chose-ot.aspx>
  - Diversity in occupational therapy <https://www.aota.org/Education-Careers/Considering-OTCareer/Diversity.aspx>



