

# Pre-Occupational Therapy

Occupational therapy enables people of all ages to participate in daily living. With strong knowledge of a person's psychological, physical, emotional, and social makeup and attention to contextual influences, occupational therapists use a holistic perspective to evaluate how a condition (or risk for one) affects a client's body and mind. During the evaluation process, occupational therapists collaborate with clients to identify outcomes that are important to them.

Occupational therapy intervention uses meaningful everyday life activities (occupations) to promote health, well-being, and clients' ability to participate in the important activities in their life. Intervention activities are driven by a person's priorities and may include:

- Building skills needed for activities of daily living (such as bathing, dressing, and eating)
- Training and coaching caregivers and family members
- Supporting return to work, school, and leisure activities
- Educating clients about techniques to aid in memory, concentration, and executive functioning (e.g., planning and prioritizing, functional cognition)
- Modifying homes to support clients' functioning and safety
- Supporting care transitions (for example, from the hospital to home)

Occupational therapists provide services to people of all ages and work in a variety of settings including, but not limited to, clients' homes, hospitals, outpatient centers, schools, and community organizations. Occupational therapists are skilled health care professionals and life-long learners who use research and scientific evidence to support the effectiveness of their interventions. A career in occupational is rewarding and dynamic. Professional practice may include a variety of roles such as clinician, educator, researcher, consultant, and/or administrator.

To learn more about occupational therapy, visit the [American Occupational Therapy Association website](#).

## Preprofessional Coursework

The preprofessional coursework listed below prepares students to apply to the professional program in the Department of Occupational Therapy in the College of Applied Health Sciences after completion of the undergraduate degree. Students should contact [OTDept@uic.edu](mailto:OTDept@uic.edu) or (312) 413-0124 for further information.

Pre-occupational therapy students may choose any major but should work with a preprofessional advisor to plan a course of study that fulfills pre-occupational therapy studies requirements as well as the requirements for the major.

Code	Title	Hours
<b>Required Courses <sup>a</sup></b>		
BIOS 110	Biology of Cells and Organisms <sup>b</sup>	4
PSCH 100	Introduction to Psychology	4
KN 230	Anatomy and Physiology Lecture I <sup>c</sup>	3
KN 231	Anatomy and Physiology Lecture II <sup>c</sup>	3
KN 232	Anatomy and Physiology Laboratory I <sup>c</sup>	2
KN 233	Anatomy and Physiology Laboratory II <sup>c</sup>	2

PSCH 270	Introduction to Psychological and Behavioral Disorders <sup>c,d</sup>	3
PSCH 242	Introduction to Research in Psychology	3
PSCH 320	Developmental Psychology <sup>c</sup>	3
Choose from one of the following courses in statistics: <sup>e</sup>		3-4
PSCH 343	Statistical Methods in Behavioral Science	
KN 200	Statistical Methods	
STAT 101	Introduction to Statistics	
STAT 130	Introduction to Statistics for the Life Sciences	
SOC 201	Introductory Sociological Statistics	
One of the following:		3
ANTH 101	World Cultures: Introduction to Social Anthropology	
SOC 100	Introduction to Sociology (strongly preferred)	
<b>Total Hours</b>		<b>33-34</b>

- a *Students completing an undergraduate degree at UIC must complete the General Education requirements. Students should consult the [General Education](#) section and their college/departments sections of the catalog for more information on fulfilling these requirements.*
- b *This course is approved for the Analyzing the Natural World General Education category.*
- c *If prerequisites were completed **more than three years** prior to beginning occupational therapy coursework, it is highly recommended that applicants review a current text prior to enrollment so that they have up-to-date knowledge. If prerequisites were completed **more than eight years** ago, it is recommended that applicants retake the course(s) or complete an intensive self-study prior to enrollment.*
- d *This course is approved for the Understanding the Individual and Society General Education category.*
- e *PSCH 343 is limited to psychology majors. Other options include SOC 201 (for sociology majors), KN 200 (for KN majors) and STAT 101 and STAT 130.*

Other minimum admissions requirements include an earned bachelor's degree in any field, CPR (cardiopulmonary resuscitation) certification with Health Providers Status, 3.00/4.00 GPA for all baccalaureate and graduate coursework is expected, three letters of recommendation, and a personal statement, and UIC-specific essay. Applicants with a GPA of below 3.00 who display strengths in other areas may be considered for admission. Students must apply for admission to the program approximately one year before planned enrollment.