

 Washington
University in St. Louis
SCHOOL OF MEDICINE
Occupational Therapy



The Program in Occupational Therapy
Entry-level MSOT and OTD Degree Admission Requirements



Training leaders in occupational therapy

The COVID-19 pandemic brought to light the intrinsic value of occupational therapy and the essential care it provides to clients. It has challenged our faculty, clinicians and community partners to find innovative ways to educate our students amid the pandemic. As a result, our recent graduates have a unique lens to view not only the field, but the delivery of care itself so that clients' occupational therapy needs can be met.

As an occupational therapist, you can provide clinical services to persons of all ages and with a variety of social, psychological, developmental, and physical or mental disabilities, or you can decide to become an educator, a researcher, a consultant, an administrator or a master clinician. Examining the impact of COVID-19 on chronic disease, participation, independence and community health will be a priority for our profession for many years to come.

As society recognizes the value of enabling health outcomes and wellness, occupational therapists provide the link between the biomedical and sociocultural health systems to improve the performance of individuals with disability or chronic disease as they live their lives and support their health. Our graduates are positioned to become leaders in the communities in which they work and serve and address issues of prevention, participation, everyday functional performance, habilitation, and quality of life in persons with chronic disease, disability or sociocultural disadvantage.

Founded more than 100 years ago, our Program offers the finest in occupational therapy education and patient care, all built on a strong foundation of innovative research. We thrive in providing a diverse and dynamic academic environment, led by faculty who are leaders themselves in advancing the profession through their research, community practice and outreach efforts. There will be many extraordinary opportunities available to you through our Program and Washington University School of Medicine. We are ranked as a top three occupational therapy program in the nation by U.S. News & World Report.

I encourage you to learn more about our entry-level degree options and the outstanding community of faculty, clinicians, researchers and students you will be joining.

A handwritten signature in black ink that reads "Lisa T. Connor".

Lisa Tabor Connor, PhD, MSOT, OTR/L

Associate Dean and Director of Occupational Therapy
Elias Michael Professor of Occupational Therapy and
Professor of Neurology





The changing landscape of health care

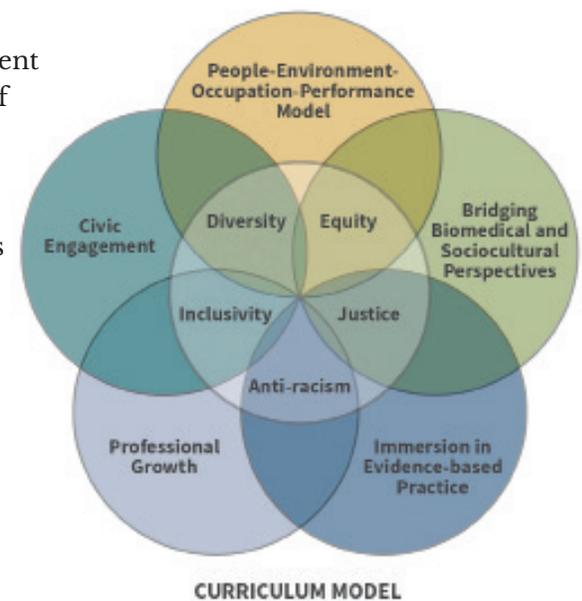
Multiple factors, including aging populations, technological advancements and transitional services, have led a movement toward population health and community-based models of care. Occupational therapy helps bridge the biomedical and socio-cultural perspectives of health so people can manage their health conditions, work and engage with their families and communities in meaningful ways. Occupational therapists serve many populations in both inpatient and community settings and treat a variety of conditions including neurological impairments, behavioral and mental health, work injuries and developmental delays.

Our curriculum prepares students for the health-care landscape by using active teaching and learning strategies with an emphasis on process. Students learn research-driven, evidence-based evaluation and intervention strategies to support participation and well-being across the continuum of care. The foundation for our coursework is the People-Environment-Occupation-Performance (PEOP) model.

Our program is part of an innovative and interdisciplinary university and medical center environment that cultivates the personal and professional growth of our students. There are multiple opportunities for civic engagement in local, regional and global sociocultural issues that impact health equity. This not only enriches the student experience, but promotes an inclusive culture of humility and sensitivity. Our graduates enter the field with a unique occupational therapy lens to view their clients and communities that will contribute to society's needs.

We share the university's commitment to equal access, consistent with its academic mission and standards, and strives to achieve excellence through the advancement of diversity, equity and inclusion (DE&I). We believe that the academic environment is enhanced when diverse groups of people with diverse ideas come together to learn and work. We value the input of multiple viewpoints and perspectives to create a structure and culture that supports all members of our community.

Both the master's and doctoral degree programs share the same curriculum for the first year of study. Students may enroll in either degree program and apply to transfer to the other at a later date. Typically, the doctoral program attracts students who have further interest in a specialization with advanced knowledge and are preparing to be leaders to advance clinical practice, education and knowledge in the field.





Master of Science in Occupational Therapy (MSOT)

The Master of Science in Occupational Therapy (MSOT) degree prepares generalist clinicians with the knowledge and skills to work as direct care providers, consultants, educators, managers and advocates for clients.

Our curriculum trains practitioners to develop their unique occupational lens. Curricular threads intersect and overlap so that each student engages with their coursework in a personalized way. Students learn how to select and use appropriate theories, models of practice, and frames of reference to guide the occupational therapy evaluation and intervention process. They are able to evaluate and apply research literature and evidence to support practice. Students develop professional behaviors that are consistent with the occupational therapy code of ethics, governmental requirements, professional standards and institutional policies.

Graduates enter clinical practice with the following competencies to:

- Use evidence to inform occupational therapy assessment and intervention across the continuum of care
- Develop community programming
- Exercise sound, professional judgement and clinical reasoning
- Value and encourage interprofessional collaboration
- Promote an inclusive culture of humility and sensitivity
- Use current technologies and informatics



For students interested in pursuing a PhD in the future, the MSOT degree program also includes the option for students to study with faculty scientists. Students have exposure to topics in participation, public health, aging, children and youth, mental health, work and industry, and neurorehabilitation.

An experiential portion of the curriculum — six months of full-time fieldwork supervised by experienced clinicians — follows the two years of academic coursework for a total of 80 credit hours. The MSOT degree program is a 28-month, full-time program.







Clinical Doctorate in Occupational Therapy (OTD)

The Clinical Doctorate of Occupational Therapy (OTD) prepares graduates beyond the master's degree with in-depth knowledge in a specific area such as practice, advocacy, policy, education, research and program development. Doctoral students actively engage in leadership experiences to develop capacity as a change agent in professional practice and develop in-depth knowledge in their practice areas. They learn to analyze the role of occupational therapy across the service delivery continuum for individuals, groups, and populations and design an occupational therapy model for a specific client population.

In the second year of study, doctoral students start developing their advanced practice skillset and the ability to participate in scholarly work. They may choose from multiple concentrations such as productive aging, social participation and the environment, children and youth, work and industry, neurorehabilitation, and rehabilitation science.

Graduates enter careers in clinical practice, teaching, research, consultation, clinical services, and management and policy with the following competencies to:

- Use evidence to inform occupational therapy assessment and intervention across the continuum of care
- Develop community programming
- Exercise sound, professional judgement and clinical reasoning
- Value and encourage interprofessional collaboration
- Promote an inclusive culture of humility and sensitivity
- Use current technologies and informatics
- Lead change in practice
- Participate in scholarly work to advance practice
- Create a model of assessment and intervention for a specific population

In addition to six months of full-time fieldwork supervised by experienced clinicians, OTD students focus on their specialty area and complete the 14-week doctoral capstone for a total of 106 credit hours over a three-year period. The OTD degree program is a 36-month, full-time program.



Student learning opportunities

The following are examples of current faculty research projects that support student learning:

Children and youth

- Study of youth, their families, and community agencies and schools that serve them with the focus on challenges faced by young adults as they move into adult work and independent living roles. Young adult populations include individuals with autism, childhood cancer survivors and at-risk youth.
- Projects with children with sickle cell disease and children with brain tumors to foster education and community participation.

Neurorehabilitation

- The impact of stroke on activity participation.
- Understanding the occupational performance and participation outcomes of higher order cognitive dysfunction in individuals with neurological disorders (Parkinson's disease, stroke and cancer).
- Improving the outcomes of working age stroke survivors by focusing on the development and augmentation of rehabilitation services using self-management and cognitive behavioral strategies.

Productive aging

- The impact of vision loss on daily life in older adults.
- Study of environmental impacts on the occupational performance of persons with function loss related to aging.
- Aging in place.
- Driving and community mobility.

Social participation and the environment

- Use of subjective and objective measures to examine where and how people with disabilities or chronic health conditions can re-engage in their community.
- Program development of an inclusive video game club for children with and without disabilities.
- Fitness and wellness programs to support health.
- Development and pilot testing of an assessment tool to explore the occupational engagement of individuals experiencing chronic homelessness.

Innovations in education

- Program development for student well-being to enhance learning.
- Designing and assessing a formative and summative course evaluation system.
- Developing assessments to measure graduate student belonging and inclusion.



Directed scholarship

A key component of our educational program is the opportunity to learn and grow under the guidance of a mentor. Each student in the Program is matched to a mentor for academic advising and professional development; OTD students also complete the OTD Mentored Scholarship course series under the direction of their mentor. MSOT students who intend to pursue a PhD may enroll in the elective MSOT to PhD Mentored Scholarship course series to prepare for entry into a PhD program.

The OTD Mentored Scholarship sequence of courses begins in the summer semester of the first year in the Program. The three-course sequence is a self-directed learning experience in which students complete a scholarly project under the mentor's guidance.

Examples of scholarly experiences offered:

- Child health and education
- Cognitive and occupational performance
- Community-centered population health
- Disability and community participation research
- Health and disability research
- Neuroscience and rehabilitation
- OT programs for individuals experiencing homelessness



Joint degree MSOT/MPH

The health-care professions are adapting and evolving through evidence-based practice, research and technological innovations, and policy reform. In recent years, that adaptation has included broadening the clinical scope to include not only a biomedical view of health, but sociocultural, community and population perspectives as well. There is a significant need locally, nationally and internationally for health care professionals to be trained to address issues of prevention, participation, everyday functional performance, habilitation, and quality of life in persons with chronic disease, disability or socio-cultural disadvantage.

The Program in Occupational Therapy and the Brown School at Washington University in St. Louis have responded to this need and paradigm shift by developing a joint degree program. The Master of Science in Occupational Therapy (MSOT)/Master of Public Health (MPH) degree will give students a unique combination of skills and knowledge to benefit communities and populations, and create new pathways of research, practice and health programming. Graduates will be prepared to work in a diverse array of settings including academia, community agencies, government institutions, and non-profit organizations, and to assume leadership roles in public policy, urban planning and advocacy. The program of study requires 120 credit hours, taken over 3 1/2 years.

Joint Degree MSOT/MPH application process

Joint degree applicants will be required to apply to both the MSOT and MPH programs.

Master of Science in Occupational Therapy

Application: You will apply to the Program in Occupational Therapy at Washington University in St. Louis through the OTCAS common application system. Visit <https://portal.otcas.org/> to apply.

Master of Public Health Application: You will apply to the Master of Public Health Program through the SOPHAS common application system. Visit <http://www.sophas.org> to apply. You can find additional information at mph.wustl.edu/apply.

Campus visit(s)

We encourage you to visit both programs. Visit sessions are held bi-monthly at the Program in Occupational Therapy. To view upcoming sessions, please visit ot.wustl.edu/visit.

The Brown School offers monthly MPH information sessions, as well as personalized visits. Please visit mph.wustl.edu/learn-more/visit to view the schedule of upcoming sessions or to schedule a visit online. You may also contact the Brown School Office of Admissions and Recruitment at (314) 935-6676 or brownadmissions@wustl.edu.

Application deadlines

Master of Science in Occupational Therapy

The Program in Occupational Therapy admits one class each year in the fall. The OTCAS system opens in mid-July the preceding year, and applicants must complete all required elements by the Dec. 1 or Jan. 30 deadlines below.

Application Deadlines: Dec. 1 (early admission) or Jan. 30 (regular admission)

The Program in Occupational Therapy awards scholarships at the time of admission. The scholarships selection process is competitive and based on the quality of the student's application.

Master of Public Health

The Master of Public Health program admits one class each year in the fall. The application deadline for joint degree students is December 15 for admission and scholarship consideration. Because the MSOT/MPH program begins with two years of occupational therapy (OT) study, students with interest in the joint degree may wait to apply to the program in the first or second year of their OT studies. Further information about the program is available to OT students after they matriculate.

Application Deadline: December 15

The Brown School's Master of Public Health program is accredited by the Council on Education for Public Health; its web address is www.ceph.org.

Joint degree MSOT/MPH sequence

Calendar	Semester	MSOT	MPH
August - December	Fall	Core Coursework (40 credits) Integrated with Level I Fieldwork	
January - May	Spring		
June - July	Summer		
August - December	Fall	Core Coursework (28 credits) Integrated with Level I Fieldwork	
January - May	Spring		
June - July	Summer		
June - July	Summer	Level II Fieldwork (6 credits)	
August - December	Fall		Core Coursework (39 credits) Integrated with MPH Practicum and Capstone I
January - May	Spring		
June - July	Summer		
August - December	Fall	Level II Fieldwork (6 credits)	Capstone II (1 credit)

Prerequisites for the MSOT and OTD programs

Abnormal Psychology
3 semester hours

An abnormal psychology or a psychopathology course fulfills this requirement.

Developmental Psychology
3 semester hours

You may choose a child development or a lifespan course that includes learning principles and motor, language, cognitive, emotional and social development.

Life Science
3 semester hours

Must be 200 level or above; no lab is required. Suggested courses include but are not limited to human anatomy, neuroanatomy, comparative anatomy, pathophysiology, zoology, genetics, botany, ecology and cognitive neuroscience.

Physiology
3 semester hours

Must cover the organization of cells into tissues, organs and organ systems in humans. A course titled "Anatomy and Physiology" is acceptable; however, if the course is part of a two-part sequence, both courses must be completed to be able to fulfill prerequisites. One part can fulfill the life science prerequisite, with the second part for the physiology prerequisite.

Social Science
3 semester hours

Suggested courses include, but are not limited to, other psychology courses, sociology, anthropology, economics, political science, public health, epidemiology, gerontology and urban studies.

Statistics
3 semester hours

You may choose behavioral, educational, psychological or mathematical statistics. Business statistics does not fulfill this requirement.

Admission requirements

Applicants must satisfactorily complete prerequisites and possess personal qualities of character, integrity, and motivation, as well as the capacity to perform essential functions suitable for a career in occupational therapy. All applicants must pass a drug screening, criminal background check, and family and child services review.

The admissions committee takes the following factors into consideration:

- 1. Undergraduate education:** A baccalaureate degree from an accredited college/university or enrollment in an affiliated 3-2 program* (becomes 3-3 with an OTD) and satisfactory completion of all prerequisite coursework. At least four of the six prerequisite courses must be complete at time of application.
- 2. Prerequisite and cumulative GPA:** Advanced placement (AP) courses and test scores do not count for prerequisites. The six prerequisite courses (3 semester hours each or equivalent if on quarter system) must be completed with grades of B or better, and a 3.25 cumulative GPA is required for the MSOT and OTD programs.
- 3. Recommendations:** Three letters of recommendation are required from:
 - A professor, teacher or academic advisor.
 - A person who can speak to your clinical potential, such as someone who supervised you during an OT-related experience or worked with you in a setting related to health care or populations related to OT.
 - A person of your choice, such as work supervisor, club advisor or another teacher.
- 4. OT-related experience:** Thirty hours minimum of occupational therapy-related experience or observation is required. We encourage you to visit different sites to experience the diversity of the profession. Visit ot.wustl.edu for a list of readings, videos, podcasts and other resources that can contribute to OT-related hours.
- 5. Understanding of OT and strong writing skills:** Applicant should answer the personal statement prompt provided by OTCAS. The statement should reflect knowledge of OT as gained through observations and other experiences, show strong writing skills and articulate your future goals.
- 6. Life experience:** Participation and leadership in extracurricular activities, work, research or other pursuits is encouraged. Please complete the portions of the OTCAS application regarding extracurricular experience fully even if you mention activities in other places, such as your personal statement.
- 7. Video interview:** Following the processing of your application, you will receive an email from us with a link to complete an asynchronous video interview to better understand your interpersonal and problem-solving skills.
- 8. International students:** TOEFL and TWE should be taken no more than one year prior to application. Transcripts from universities outside the United States must be reviewed by a credentialing agency. Visit ot.wustl.edu/international for more information.



About

The Program in Occupational Therapy at Washington University School of Medicine in St. Louis is ranked as a top three occupational therapy program in the nation by U.S. News & World Report. Located in the heart of the Midwest, the Program offers the finest in occupational therapy education and patient care, all built on a strong foundation of innovative practice and research.

Faculty

- 33 primary appointed faculty
- 14 joint appointed faculty (MDs, PTs, PhDs, MPH)
- 1 academic fieldwork and capstone coordinator

Honors

- Academy of Research, American Occupational Therapy Foundation
- Academy of Science, Saint Louis, Missouri
- Eleanor Clarke Slagle Lecturer, American Occupational Therapy Association
- Roster of Fellows, American Occupational Therapy Association
- Outstanding Educator, Missouri Occupational Therapy Association

*For a list of 3-2 partner schools, visit ot.wustl.edu/partnerschools
Washington University undergraduate students, visit ot.wustl.edu/WUSTL32program



How to apply

Washington University participates in AOTA's centralized application system for occupational therapy educational programs, OTCAS (<https://portal.otcas.org/>). Students manage their applications online and may apply to more than one school at a time. Washington University does not require a separate application or fee.

The Program admits one class each year in the fall. Applicants begin the admission process during the preceding fall and must complete all required elements by the Dec. 1 (early admission) or Jan. 30 (regular admission) deadlines.

The application process is as follows:

- The OTCAS system is open for applications in July for those applying for admission the following fall.
- Your application, official transcripts and three letters of recommendation must be submitted to OTCAS by Dec. 1 or Jan. 30 deadlines.
- Once completed, "OTCAS applications are processed on a first-come, first-served basis." In our experience, it can take two to four weeks before an application is verified by OTCAS and released to us for review.
- Once completed OTCAS applications are released to us, they are reviewed in the order in which they are received.
- Applicants are encouraged to complete the application process well in advance of the deadline. Decision notices for early applications will be sent out on Jan. 15 and must be accepted or declined by Feb. 15. Decision notices for regular applications will be sent out on March 1 and must be accepted or declined by April 1.

Please consult the FAQ section of admissions pages at ot.wustl.edu for further information or email us at otadmissions@wustl.edu.

Scholarships and financial planning

Financial support is available in the form of scholarships and loans. The program awards merit-based partial scholarships and assistantships to admitted students. All students who are offered admission will be considered for these awards. Admitted students will receive information from the Office of Student Financial Planning to help them through the process of applying for loans.

Visit us

Current, future and accepted applicants are encouraged to visit us in person or join in one of our regularly offered virtual visit sessions. We also welcome people who are exploring career options and considering occupational therapy. Dr. Kathy Kniepmann, one of our faculty members, opens our visit sessions with an informal presentation and discussion, followed by a tour that's led by one of our current occupational therapy students. For upcoming sessions, please visit:

ot.wustl.edu/visit

Your application, official transcripts and three letters of recommendation must be submitted to OTCAS by Dec. 1 (early admission) or Jan. 30 (regular admission).

PLEASE NOTE: Applicants will have until 11:59 p.m. Eastern Standard Time (EST) on Dec. 1 or Jan. 30 to submit to OTCAS, not from any other time zone from which your application may be sent. The portal will close at 12:00 a.m. EST on Dec. 2 and Feb. 1, and you will not be able to submit your application. These are hard deadlines set by the Program and OTCAS, so please plan accordingly.

The Program in Occupational Therapy is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 7501 Wisconsin Avenue, Suite 510E Bethesda, MD 20814. ACOTE's telephone number, c/o AOTA, is (301) 652-AOTA and its web address is www.acoteonline.org.

Graduates of the Program are eligible to sit for the national certification examination for occupational therapists which is administered by the National Board for Certification in Occupational Therapy (NBCOT), located at One Bank Street, Suite 300, Gaithersburg, MD, 20878. NBCOT's phone number is (301) 990-7979 and its web address is www.nbcot.org.

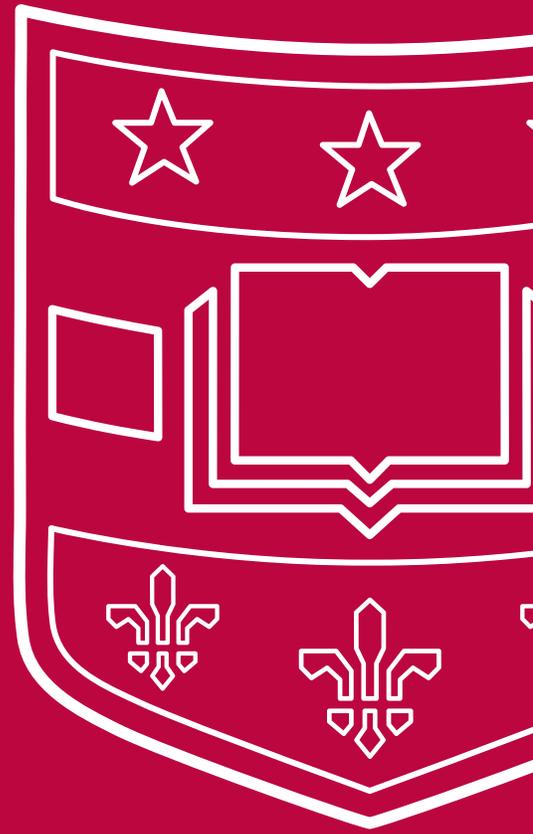
A felony conviction may affect a graduate's ability to sit for the NBCOT certification examination or attain state licensure.



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 **Washington University in St. Louis**
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Occupational Therapy

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*Washington University encourages and gives full consideration to all applicants for admission, financial aid and employment. The University does not discriminate in access to, or treatment or employment in, its programs and activities on the basis of race, color, age, religion, sex, sexual orientation, gender identity or expression, national origin, veteran status, disability or genetic information. Inquiries about compliance should be addressed to the University's Vice Chancellor for Human Resources, Washington University, Campus Box 1184, One Brookings Drive, St. Louis, MO 63130.
The School of Medicine is committed to recruiting, enrolling and educating a diverse student body.*