# **Discovering Occupational Therapy**

Discovering what occupational therapy (OT) is about will enable you to learn about the depth and breadth of professional practice. We hope this will enable you to make informed decisions about your future.

We recommend spending at least 15 hours exploring the profession of occupational therapy. We recommend choosing at least three (3) different types of activities across a variety of age groups and settings. You are welcome to use this table to log your past and present OT-related activity, source or link, time spent, and length of the media (if applicable). You are not required to submit the table as part of your application.  We will ask about your discovering OT experiences during the application process.

Possible methods of discovery include but are not limited to watching a movie; reading a book, journal article or professional publication; listening to a podcast; personal experience; participating in an Introduction to Occupational Therapy course; observing a practitioner; watching a video (TedTalk, YouTube, American Occupational Therapy Association); conducting an interview with a professional or care recipient; attending a conference, lecture, webinar, or talk; or exploring a profession-related website.

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| Date  | Category of Exploration with Specific Activity  | Source or Media with link  | Time Spent  | Length of media (pages or minutes if applicable)  |
| *Example* | *Video-child playing on an accessible playground plus a note in my journal* | *YouTube https://123.abc* | *15’* | *12.34’* |
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