

Psychology (B.A.) Pre-Occupational Therapy Track

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Prepared August 2010



Potential Career Paths

- Occupational Therapist (MSOT, OTD)

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What is Occupational Therapy?

Occupational therapists work with individuals who have experienced some form of disability, whether mental, emotional, physical, or developmental, to improve their abilities to perform the tasks needed to function in their daily lives, whether in the home, at school, or in the workplace. For example, an occupational therapist might help individuals with permanent disabilities, such as spinal cord injuries or cerebral palsy, to use specialized equipment, such as a wheelchair, so that they may live productive, satisfying lives. An occupational therapist might help people with mental disorders to develop skills that would enable them to live independently. This might include learning time management, budgeting, and other similar skills. They might work in schools with children who have developmental challenges to enhance their learning skills, in work settings with adults to assist individuals who have sustained a work-related injury to adapt to their workplace or in homes with elderly people to help them to plan their living spaces to reduce the likelihood of falls.

Once a student completes his or her bachelor's degree, the student will apply to a master's or doctoral program in occupational therapy.

To practice as an occupational therapist, an individual must: (1) graduate from an



accredited occupational therapy program; (2) successfully complete a period of supervised fieldwork experience; (3) earn a passing score on a national exam; and (4) fulfill state requirements for licensure as an occupational therapist.

The purpose of the psychology pre-occupational therapy track is to provide students with a comprehensive background in psychology while insuring that students who want to become occupational therapists complete the necessary prerequisites for graduate programs in occupational therapy.

Additional Resources

To learn more about the occupational therapy profession, here is what you can do.

- 1 Visit the website of the American Occupational Therapy Association at www.aota.org.
- 2 Volunteer in hospitals or other physical or occupational therapy settings.
- 3 Schedule a meeting with an occupational therapist to discuss their profession.



If you are interested in pursuing a career in occupational therapy be sure to work with an advisor to develop an academic plan that is tailored to your interests. Your plan should lead to the completion of coursework that is required for admissions to a professional program in occupational therapy.

University and College Requirements

In addition to the requirements for the psychology pre-occupational therapy track, which are listed below, be sure to complete all other university and college requirements, including the foreign language requirement.

If you are planning to start college-level foreign language with a course beyond 111, you are advised to begin foreign language in your first year. If you are starting foreign language with 111, begin language courses no later than the junior year.

Required Courses in Psychology

PSY 101 General Psychology (5)

PSY 221 Statistics for the Behavioral Sciences (5)

PSY 226 Research Methods (4)

Biological—at least one of the following:

- PSY 201 Sensation and Perception (4)
- PSY 203 Learning (4)
- PSY 312 Physiological Psychology (4)
- PSY 314 Comparative Psychology (5)
- PSY 327 Human Psychophysiology (4)

PSY 380 Psych of Health and Illness (4)

Cognitive—at least one of the following:

- PSY 304 Human Learning and Cognitive Processes (4)
- PSY 305 Human Memory
- PSY 307 Psycholinguistics
- PSY 308 Human Judgment and Decision Making

Developmental—at least two of the following:

PSY 273 Child and Adolescent Psych (4)

- PSY 315 Behavior Genetics (5)
- PSY 374 Adulthood and Aging (4)
- PSY 376 Psych Disorders of Childhood (4)
- PSY 378 Psychology of Gender (4)
- PSY 470 Prenatal Influences on Development (4)

Clinical—at least two of the following:

- PSY 233 Psychology of Personality (4)
- PSY 332 Abnormal Psychology (4)
- PSY 341 Tests and Measurements (4)
- PSY 351 Intro to Clinical and Counseling (4)
- PSY 430 Psychoactive Drugs (4)

Social/Organizational—at least two of the following:

- PSY 261 Industrial and Organizational (4)
- PSY 310 Motivation (4)
- PSY 336 Social Psychology (4)
- PSY 337 Social Psychology of Justice (4)
- PSY 361 Adv Organizational Psychology (4)
- PSY 362 Personnel Psychology (4)

Note: Courses in **bold** are required for the psychology research track and courses in *italics* are recommended.

Extra-Curricular Requirements— Sciences & Mathematics

- BIOS 170, 171 Introduction to Zoology (10)
- BIOS 301A,B Human Anatomy (10)
- BIOS 345, 346 Human Physiology (7)
- PHYS 201 Intro to Physics (5)

At least two of the following are required:

- MATH 113 Algebra (5)
- MATH 147 Game Theory (4)
- MATH 150 Finite Mathematics (4)
- MATH 163A,B Intro to Calculus (7)
- MATH 263A,B Calculus (8)

Fieldwork and Research in Psychology

- PSY 489 (1-5, 5 max)—Credit for volunteer work in a mental health or health care setting.
- PSY 390 (1-5, 15 max)—Credit for participating in research under the supervision of a faculty member.

Extra-Curricular Requirements— Social Sciences & Humanities

- SOC 101 Intro to Sociology (4)
- SW 102 Intro to Social Work (3)
- PHIL 130 or 331 Introduction to Ethics (4) or Moral Prob in Medicine (4)

Additional Recommended Courses

- BIOS 352 or PESS 302 Biomechanics (4)
- BIOS 401 Human Anatomy (6)
- BIOS 413 Human Neuroscience (4)
- HLTH 230 Medical Terminology (3)

Volunteer Hours

Most professional programs in occupational therapy require students to complete volunteer hours with an occupational therapist in an occupational therapy setting prior to submitting an application to their program. The number of hours varies widely from one program to another. Prior to your senior year, check the admissions requirement for programs that interest you. Students may receive credit for their volunteer work by registering for PSY 489.