



Alternative Activities for Completing OT Observation Hours

Typically, 50 hours of observation with an occupational therapy practitioner are required as part of Belmont University's entry-level OTD application. The purpose of the observation hours is to expose applicants to the diversity of the OT profession and to help applicants solidify their career choice.

However, in consideration of the COVID-19 pandemic, the OT program recognizes that some applicants may have difficulty meeting this requirement as many facilities are not accepting observers. Therefore, for the 2020-2021 admissions cycle, the OT Program is offering the option to substitute some activities as alternatives to observation hours should applicants need.

To meet the application requirements, applicants are expected to complete at minimum 5 activities and an associated reflection. NOTE: Applicants can complete more than one activity from a category. A list of recommended activities is provided below:

- Observe an OT practitioner
- Interview an OT practitioner or a client who has received OT services
- Read a book related to OT
 - Some recommendations: <https://communit.aota.org/blogs/stephanie-yamkovenko/2019/06/06/reading-book-novels-memoirs-nonfiction-ot-loves>
- Watch films, videos or TED talks related to OT
 - Some video recommendations:
 - <https://www.youtube.com/watch?v=U72EeuYJkrk> (fine motor skills)
 - https://www.youtube.com/watch?v=rfXPI-kdyOA&feature=emb_logo (sensory integration)
 - <https://www.youtube.com/watch?v=Rz4wbdeqIPM> (down syndrome)
 - <https://www.youtube.com/watch?v=YUdsgQGHSR8> (sensory processing disorder)
 - <https://www.youtube.com/watch?v=FRmwRqgIJsM> (ADLS after stroke)
 - <https://www.youtube.com/watch?v=OeBcetc1Aeo> (home visit, fall prevention)
 - Some TED talk recommendations:
 - <https://www.clinicient.com/blog/top-five-occupational-therapy-ted-talks-for-students-and-practitioners/>
- 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-Occupational-Therapy/Patients-Clients/video-what-ot-can-do-occupational-therapy.aspx>
 - Why I chose occupational therapy <https://www.aota.org/Education-Careers/Considering-OT-Career/Resources/why-i-chose-ot.aspx>
 - Diversity in occupational therapy <https://www.aota.org/Education-Careers/Considering-OT-Career/Diversity.aspx>
 - FAQ on OT education and career planning <https://www.aota.org/Education-Careers/Considering-OT-Career/FAQs/Planning.aspx>
 - 32 creative ways to gain OT experience and diversify your resume <https://www.aota.org/Education-Careers/Students/Pulse/Archive/career-advice/Resume-building.aspx>
- Write a brief essay responding to the following prompt: "What have you done on your own to learn about the occupational therapy profession?"
- Review Belmont's School of Occupational Therapy website
 - News and Information on the Profession resources <http://www.belmont.edu/ot/resources/index.html#>
 - OTD alumni capstone projects (will need to click on OTD Experiential Component button) <http://www.belmont.edu/ot/otd/academics.html>

Exposure to Occupational Therapy Reflection Form

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| Applicant Name: | |
| Activity Description | Reflection Prompt: How did participation in this activity expose you to occupational therapy and help to solidify your choice to pursue this career? |
| Activity #1 | Reflection: |
| Activity #2 | Reflection: |
| Activity #3 | Reflection: |
| Activity #4 | Reflection: |
| Activity #5 | Reflection: |