



Shadowing & Observation of Occupational Therapy Experiences

Occupational Therapy Exploration!

Occupational therapy practitioners have the opportunity to work in many diverse and unique settings, with clients of all ages and abilities. To obtain a better understanding of the occupational therapy profession, potential applicants are asked to explore the profession using a variety of modalities. A minimum of 10 observational hours is preferred but not required. Completion of 15 hours of OT Exploration is required for those who have 10 hours of observation hours (25 hours of OT Exploration for those who do not have observation hours), and it is expected that applicants will engage in at least 2 different experiences that focus on different ages and settings. The chart below should be used to document your experiences, and the reflection questions should be answered. A document with the completed chart and reflection questions should be submitted in OTCAS as part of your application. Possible modalities to explore the profession include watching a movie; reading a book, journal article or professional publication; listening to a TED talk or podcast; participating in an Introduction to Occupational Therapy course; watching a video on YouTube or the American Occupational Therapy website; conducting an interview with a professional or care recipient; attending a conference, lecture, webinar, or talk; or exploring a profession-related website.

Date	Activity	Source or Media (include a link/url where possible)	Time Spent

Reflection Questions:

1. Discuss the settings and people that were the focus of your exploration activities. How do they relate to occupational therapy?
2. What have you learned about occupational therapy during your exploration of the occupational therapy profession? What have you learned about yourself?

*Adapted From AOTA AESIS Shared Resource



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3. How have the exploration activities reinforced your desire to become an occupational therapist?