

Completing OT Observation/Volunteer Hours

Applicants to the Occupational Therapy Program at Dominican University of California are typically required to complete a total of 60 hours of observation/volunteering in human services, 40 hours must be with an OTR. Due to the COVID-19 pandemic, many facilities are not allowing visitors or volunteers. The OT Program understands this difficulty and would like to offer some alternatives to the traditional observation/volunteer hours.

The purpose of the observation/volunteer hours is to ensure that applicants to the program gain a good understanding of the profession of occupational therapy and some sense of the working life as an occupational therapist. Completing OT education requires hard work and commitment. We want to know that you are as sure as you can be that OT is for you. For the Fall 2022 application cycle, we will be making some exceptions to our current policy.

- Require only 40 hours of OT relevant experience (observation/volunteer)
- Accept observation/volunteer hours within previous 3 years
- Allow observation hours to be conducted in virtual environments
- Accept alternative learning experiences to fulfill the hours. These hours will need to be documented via a separate form. Up to 20 hours of the total 40 hours can be completed in alternative learning experiences as described below.

Alternative learning experiences include

(Requires the completion of a reflection form)

- Interviewing an OT (How did you choose OT as a profession? Where do you work? Who do you work with? What is most rewarding about your job? What is most challenging about your job? One piece of advice to someone just starting in an OT education?)
- Reading Books related to OT: [Some suggestions from AOTA](#), and from [Goodreads](#)
- Watching select films, videos or [Ted Talks](#) related to OT. For example: [Pathways](#) for Pediatric resources.
- Listening to OT podcasts - [Here's a list of some](#)
- Completing online OT "Observation" Courses such [as OT Online Shadowing Experience](#)
- [AOTA Website](#) resources
Review OT Fact Sheets and resource pages under the practice tab
Review Advocacy and Policy section- comment on current initiatives

OT Observations and Volunteering Alternative Experience Reflection Form

Applicant's Name:	
Experience	Reflection
Activity Description/Summary of materials reviewed/Summary of interview	
Dates and Hours	
How did this activity change your knowledge of OT?	
What did I learn about the power of occupation to influence health and wellbeing?	
Biggest take away?	