

Completing Alternative OT Experience Hours OTD

The purpose of OT Experience hours, whether volunteering, observation or other experiences, 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.

- The DUC OTD program requires 40 hours of OT relevant experience.
- A minimum of 20 hours must be direct volunteer experience or observations under the supervision of a licensed occupational therapist.
- Other hours can be fulfilled through observation/volunteering in non-OT human services settings or via Alternative OT learning experiences.
- Alternative OT learning experiences hours must be documented via the **OT Alternative Experience Reflection Form below**.
- Accept observation/volunteer hours within previous 3 years
- Allow observation hours to be conducted in virtual environment

Alternative learning experiences include

(Requires the completion of a reflection form below)

- 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 some 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 or
- Listening to OT podcasts - [Here's a list of some](#)
- Completing online OT "Observation" Courses such as [OT Online Shadowing Experience](#)
- ClinEdWeb
- [AOTA Website](#) resources
 - Review OT Fact Sheets and resource pages under the practice tab
 - Review Advocacy and Policy section- comment on current initiatives

OT Alternative Experience Reflection Form

Name	
Activity Description/Summary of materials reviewed/Summary of interview	
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?	