

## Doctorate in Occupational Therapy Evaluation of Alternative Learning Experiences

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The Department of Occupational Therapy (OT) requires applicants to the entry-level Doctor of Occupational Therapy (OTD) program to complete a total of 40 hours of observation/volunteering in human services. However, only 20 hours must be with an OTR and the remaining 20 hours can be fulfilled through observation/volunteering in non-OT human services settings or via alternative OT learning experiences.

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.

### Observation/Volunteer Experience Policy:

- A minimum total of 40 hours of observation/volunteering in human services
  - 20 of those hours must be with an OTR.
  - The remaining 20 hours can be fulfilled through observation/volunteering in non-OT human services settings or via alternative OT learning experiences.
  - No more than 20 hours can be completed using alternative activities.
  - Observation/volunteer hours need to have taken place within the previous 3 years.
  - Observation hours can be conducted via virtual environment(s).
  - Hours need to be documented using the provided forms and uploaded directly to OTCAS.
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### Part One: Alternative learning Experience Options:

- 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

**Part Two: 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?	

Additional reflection form required per alternative learning experience.