



# **OCCUPATIONAL THERAPY**

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## **Itasca Community College - College of St. Scholastica**

What is Occupational Therapy? The occupational therapist is an important member of the health care team providing services to people of all ages with physical, mental, or developmental disabilities. The purpose of occupational therapy is to help individuals achieve a maximum level of independent living by focusing on the development of the capacity to function in the activities of daily life. Occupational therapy is needed when an individual's ability to live independently, to care for personal needs and to participate in work, school, family, and community life is disrupted by illness or injury.

The most common problems seen by occupational therapists include stroke, developmental disabilities, arthritis, hand injuries, schizophrenia, and depression. In a physical disabilities setting, the focus is performing activities of daily living such as dressing, grooming, bathing, and eating. Adaptive equipment enhances performance in personal care, home management, meal preparation, and play or leisure activities. In a mental health setting, the therapist might focus treatment on improving activities of daily living skills, developing coping skills needed to manage everyday situations, and skills needed to live in the community and return to work.

### ***EMPLOYMENT OUTLOOK***

The job opportunities in occupational therapy are excellent. Occupational therapy is one of the fastest growing occupations, according to the U.S. Bureau of Labor Statistics. Employment in the field is expected to grow faster than the average for occupations through 2008. The projected increase is due to high public interest in the rehabilitation of people with disabilities, the aging U.S. population, and highly successful occupational therapy programs.

Recent figures indicate that half of all new occupational therapists earned an average of \$34,500 in their first position. The median income for occupational therapists in 1998 was \$48,230 (US Bureau of Labor Statistics). Thirty-two percent of occupational therapists work in general psychiatric and pediatric hospitals; 15 percent in public and private schools; and 11 percent in rehabilitation hospitals or centers. Others work in colleges and universities, home health agencies, skilled nursing homes, and private practice.

### ***THE ENTRY-LEVEL MASTER'S PROGRAM AT ST. SCHOLASTICA***

Students may enter the Occupational Therapy Program during the senior year of undergraduate study or as a graduate student upon completion of a baccalaureate degree. All prerequisites must be completed prior to entry in the Occupational Therapy coursework. Upon entry into the program, students will complete two consecutive years of professional Occupational Therapy education, plus six months of clinical internship. Students will earn a Master of Arts in Occupational Therapy. (Students entering the program during the senior year will also earn a baccalaureate degree in Health Sciences.) Successful completion of all academic and internship requirements allows the student to sit for the national certification examination for occupational therapists.

**(OVER)**

The professional program in Occupational Therapy involves 2 1/2 years of coursework and fieldwork. Since courses provide graduate level instruction offered by the same faculty and require the same level of effort, equipment, supplies, and facilities, the College's Board of Trustees has adopted the policy that the tuition charged will be at the graduate rate for the 2 1/2 years of the program.

### FRESHMAN

				<u>Fall</u>					<u>Spring</u>
Biol	1201	Gen Biol I	4						
Chem	1201	Gen Chem I	4		Chem	1202	Intro Chem II	4	
Engl	1101	Expos Writing	4		Engl	1113	Research Writing	3	
Psyc	1101	Gen Psyc	3		Psyc	1201	Hum Gr/Dev	3	
Spch	1105	Fund Pub Speak	3						

### SOPHOMORE

				<u>Fall</u>					<u>Spring</u>
Biol	2101	Hum Anat/Phys I	4						
Bus	1151	Med Term I	3		Biol	2102	Hum Anat/Phys II	4	
Psyc	2106	Abnormal Psyc	3		Math	1105	Elem Stats	4	
Phys	1101	Intro. to Phys	4						

Soc 2101, Contemporary American Indian Concerns, should also be taken when offered at Itasca

#### Pre-Occupational Therapy Requirements:

1. Exposure to the profession through observation, volunteer, or paid experiences (min 40 hours and two different clinical settings).
2. Two letters of recommendation, one from an occupational therapist.
3. Completion of 96 semester credits prior to entry in major.
4. At least 16 upper division credits completed.
5. All general education requirements completed.
6. Must have overall and prerequisite GPS's of 2.7 or higher.

The College of St. Scholastica encourages completion of the Associate in Arts (A.A.) degree. In addition to the A.A. degree requirements, students must complete an additional 4 - 6 credits in Humanities.

For more specific information regarding the Occupational Therapy program, contact Mr. Tom Dillion, Chair, at 1-800-447-5444 or (218) 723-6698.

ICC students transferring to the College of St. Scholastica with an Associate in Arts degree or the Minnesota Transfer Curriculum have fulfilled all CSS general education requirements. In addition, students are required to complete a College of St. Scholastica senior seminar. Also, courses in foreign language and cultural diversity are highly recommended.

**Visit College of St. Scholastica on the world wide web at: [www.css.edu](http://www.css.edu)**