

## Physical and Occupational Therapy

Physical and Occupational Therapists work with patients who have an injury, disability, or other impairment to help regain movement and improve quality of life. Though there are many similarities, the largest difference between the two fields is in the patient's goals. Occupational Therapists (OTs) are often working to help an individual with their ability to perform activities of daily living (ADLs), such as bathing or getting dressed. Physical Therapists (PTs), however, are more often working with individuals who need to regain specific mobility or manage pain after an injury.

What can I do in High School?	What can I do in College?	What about DPT/DOT School?
<ol style="list-style-type: none"> <li>1. Take the <a href="#">ACT</a> and <a href="#">SAT</a>. Verify individual school requirements to see if standardized tests are required.</li> <li>2. Complete the <a href="#">FAFSA</a> to determine eligibility for federal financial aid.</li> <li>3. Complete College Applications: <a href="#">The Common Application</a></li> <li>4. Ask for <a href="#">letters of recommendation</a>.</li> <li>5. Check out the <a href="#">CFNC</a>, a free resource that helps students plan, apply, and pay for college in NC.</li> <li>6. Be aware of transcripts and transfer credit such as: Early College, AP, IB, CLEP, or Transfer Credit.</li> <li>7. Participate in extracurricular activities such as: sports, jobs, clubs, organizations, and volunteering.</li> <li>8. Pay attention to deadlines and start planning early!</li> </ol>	<p>Doctor of Physical Therapy (DPT) or Doctorate/Masters in Occupational Therapy (OTD/MOT) schools require you to have at least a Bachelor's Degree. You can <a href="#">transfer</a> from a NC community college to a public NC university and still go to this graduate school.</p> <p>applicants are strongly encouraged to shadow with PT/OTs and have the PT/OT sign off on shadowing hours.</p> <p>Courses required/recommended by most PT / OT schools vary widely, but many include:</p> <ul style="list-style-type: none"> <li>2 semesters of Anatomy and Physiology + lab</li> <li>1 course in Statistics</li> <li>1 course in Abnormal Psychology</li> <li>1 course in General Psychology</li> <li>1 course in Developmental Psychology</li> <li>1 course in Sociology or Anthropology</li> <li>1 course in English</li> </ul> <p><b>Make sure to look at school specific prerequisite courses.</b></p> <p>In addition to courses, your program application will likely require letters of recommendation and essays.</p> <p>Other opportunities to distinguish your application include: Shadowing, volunteering, clinical experiences, research, and extracurriculars.</p> <p>If available, utilize your school's pre-health advising services.</p>	<p>Becoming a Doctor of Physical Therapy typically takes 3 years following a Bachelor's degree.</p> <p>To become an Occupational Therapist, you can choose between a Masters in Occupational Therapy (MOT) or a Occupational Therapy Doctorate (OTD), which could last 2-3 years following a Bachelor's degree.</p> <p>Some DPT/MOT/OTD schools require you to take the GRE before applying.</p> <p>PTCAS is the application service for DPT schools.</p> <p>The application process includes applications and interviews.</p> <p>There are 10 schools in North Carolina which offer DPT, OTD, and MOT/MSOT programs:</p> <ul style="list-style-type: none"> <li>• Duke (<a href="#">DPT</a> and <a href="#">OTD</a>)</li> <li>• UNC (<a href="#">DPT</a> and <a href="#">MSOT</a>)</li> <li>• Wingate (<a href="#">DPT</a> and <a href="#">OTD</a>)</li> <li>• ECU (<a href="#">DPT</a>, <a href="#">OTD</a>, and <a href="#">MOT</a>)</li> <li>• Elon (<a href="#">DPT</a>)</li> <li>• Methodist (<a href="#">DPT</a> and <a href="#">OTD</a>)</li> <li>• Western Carolina (<a href="#">DPT</a>)</li> <li>• Winston-Salem State (<a href="#">DPT</a> and <a href="#">OTD</a>)</li> <li>• Campbell (<a href="#">DPT</a>)</li> <li>• High Point (<a href="#">DPT</a>)</li> </ul>

