

University of the Sciences Occupational Therapy (OT) Admissions: Shadow Hours alternatives list

Admission to University of the Sciences OT programs require 50 hours of observation of a licensed OT practitioner per our accrediting body, the Accreditation Council of Occupational Therapy Education (ACOTE). While we cannot change admissions requirements, we must be more flexible about observation experiences during the COVID pandemic.

Documentation of 50 hours of OT observation needs to be completed AND submitted before May 15, 2021. Documentation should be sent to healthprofessions@uscience.edu.

Insufficient documentation will prohibit enrollment. Documentation hours will be verified by the Admissions department. Please refer to your acceptance letter for the remaining hours, if any, you will be required to verify by 5/15/21. *Hours already recorded in OTCAS require no further documentation.*

Here are some resources for alternative hour equivalents:

1. **Quinnipiac University** has a [10 hr "course"](#) which was designed to offer insight into the profession of OT. This course offers certificates which can be uploaded for evidence of completion. (10 hrs). Please use this password to enter: LucasQU (case-sensitive)
2. The **American Occupational Therapy Association** has [12 free webinars](#) (12 hrs) for any paid registered member.
3. **Virtual shadow hours:** Some facilities offer virtual shadow sessions. These are acceptable but must be documented by the facility or a licensed OT. A local hospital offering virtual shadow hours is Magee Rehab (you can contact them directly.)
4. **In-person shadow hours:** In the Philadelphia region, Christiana Hospital (Wilmington, DE) are taking in-person shadow students. You can contact them directly. Another facility to check is Weisman Children's Rehabilitation Hospital (Marlton, NJ.) No additional info, but this is a tip we received recently (January, 2021.)
5. **Interview of an OT practitioner:** This is a little more effort intensive. Many OT practitioners are willing to discuss their expertise and practice setting with interested students. You can find these individuals at worksites, on FaceBook groups, or through networking. Additionally, at this page from the [AOTA website](#) on the right hand side is an email to ask a current practitioner a question. (1 interview = 1hour typically)
6. **Seeking out telehealth/telerehab hours:** Some telehealth practitioners may offer you to sit in on their sessions. Much like #4, you will need to document the time spent and the practitioner's "sign off" (email, screenshot pic, etc.)
7. **Contact a homecare agency** and see if you can either in-person or virtually observe their therapists. These can be more local to your location.

8. [My OT Spot](#) is a resource for occupational therapists, but some of the offerings may work for students. (Please keep in mind that it must be student useful—don't take the course related to NBCOT as it doesn't apply to you.) (hours vary)
9. **Read an interesting article** in [OT Practice or The American Journal of Occupational Therapy](#) and summarize the article. (1 hour equivalence per article)
10. Did you **read a book about OT**? Write a brief summary. Here are [some ideas](#). (2 hrs equivalent)
11. **Watch YouTube videos of OT treatment**. Compare and contrast 10 videos (1 hour equivalence for every 10 video comparisons)
12. Much like #11, searching **Podcasts by OT's or related to OT treatment** are another source of learning about the profession. Document what you learned from these authors and list their internet locations and time spent.
13. **Highlight any volunteer experience** with populations/groups OT might interact with (ex: Special Olympics, Big Brothers Big Sisters, specialty camps etc.) in the last two years (summer 2018-present). These can be virtual participation.

NOTE: Documentation of efforts means that the admissions committee can follow up on the experience described. Names, credentials, license number (as available), and telephone/email contact of the supervising person or facility is expected. If you interviewed someone, have email or letterhead documentation of what was covered in the session and for how long with a signature.