

# OT LATINA

## **Personal Statement Guide for Occupational Therapy School**



## **Personal Statement Guide for Occupational Therapy School**

This guide is intended to help sculpt your personal statement for admittance into occupational therapy school.

There is no guarantee of admittance in following this guide, however, I hope it makes your journey less stressful and more organized as you pursue an exciting career in occupational therapy.

Each page is divided into sections of information that OT admission committees generally seek when reviewing applications. There are 6 sections:

*Introduction*

*Academic Background*

*Volunteer or Work Experience*

*Personal Qualities & Skills*

*Career Goals & Personal Statement*

*Conclusion*

Ideally, each section would equate to one paragraph which should provide you with enough content to create a 1-2 page personal statement with 6 paragraphs. However, this is your personal statement and you can craft it any way you want.

You will see sections of lines where you are encouraged to write along as you follow this guide. Write as much or as little as you want as you brainstorm.

Remember to have someone proofread your statement once complete.

Be honest, professional, and concise.

Good luck!

-Bri The OT Latina

*Personal Statement Guide for Occupational Therapy School provided by: Brianda Cortez, OTR*

# Introduction

- Grab the reader's attention using an engaging opening sentence or anecdote.

---

---

---

---

---

- Explain why you've chosen to pursue a career in OT. What's your motivation?

---

---

---

---

---

- Share your personal experiences or encounters that inspired you to pursue occupational therapy.

---

---

---

---

---

- Clearly state your goals in becoming an occupational therapist.

---

---

---

---

---

# Academic Background

- Describe relevant coursework, research projects, or academic achievements.

---

---

---

---

---

- Explain how your academic background has set the foundation for a career in the OT field.

---

---

---

---

---

- List areas of interest within the OT profession- research, specializations, or higher-level education.

---

---

---

---

---

# Volunteer or Work Experience

- Provide any relevant volunteer or work experiences beneficial to the field of occupational therapy.

---

---

---

---

---

- Describe internships and shadowing hours- provide details of setting and what you learned.

---

---

---

---

---

- Discuss any leadership roles or involvement in extracurricular activities.

---

---

---

---

---

- Relate your experiences to occupational therapy and how they've helped you understand OT.

---

---

---

---

---

## Personal Qualities & Skills

- Describe personal qualities and skills that translate well into the OT profession.

---

---

---

---

---

- Provide details of specific traits (empathy, communication, flexibility, etc.) that will make you a great therapist.

---

---

---

---

---

- List examples that demonstrate your qualities, skills, and traits.

---

---

---

---

---

# Career Goals & Personal Statement

- **Answer: Why are you interested in the school your applying to?**

---

---

---

---

---

- **Answer: List your career goals. How do the program and OT align with your career goals?**

---

---

---

---

---

- **Answer: How will you achieve your goals and how will your goals benefit the occupational therapy profession?**

---

---

---

---

---

## Conclusion

- Summarize the main points of your essay. Briefly explain your passion for OT.

---

---

---

---

---

- Describe what occupational therapy means to you and how you'll be a great occupational therapist.

---

---

---

---

---

- Conclude- make your closing statement memorable.  
Answer: Why should they let you into their program?

---

---

---

---

---