

Quick Budget Checklist

For Occupational Therapy School

Before taking out loans, map out your real costs:

School Expenses

- ☐ Tuition and fees
- ☐ Textbooks and supplies (lab kits, scrubs, therapy tools)

Living Expenses

- ☐ Rent/mortgage
- ☐ Utilities (electricity, water, Wi-Fi)
- ☐ Groceries
- ☐ Transportation (gas, insurance, bus pass)

Personal Costs

- ☐ Health insurance
- ☐ Personal care (haircuts, toiletries)
- ☐ Minimal "fun" money (mental health matters!)

Academic Extras

- ☐ Laptop, printer, internet
- ☐ Board exam fees (NBCOT costs around \$550)
- ☐ License application fees

Additional Certifications

- ☐ CPR training
- ☐ Specialty certifications (sensory integration, feeding therapy, etc.)