

SOS PRESENTS...

Physiotherapy & Occupational Therapy

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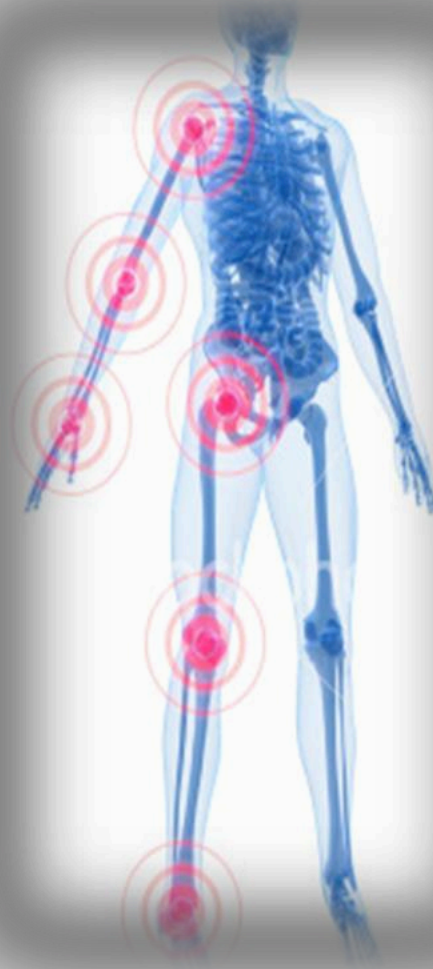
Helia Ghazinejad

Slides will be available at bethune.yorku.ca/events

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Agenda

- PT vs. OT
- Application Process
- Physiotherapy
 - Schools in Ontario
 - Schools Outside of Ontario
 - Summary of PT Schools
- Occupational Therapy
 - Schools in Ontario
 - Schools Outside of Ontario
 - Summary of OT Schools
- Employment Opportunities



Physiotherapy vs. Occupational Therapy

	Physiotherapy	Occupational Therapy
Goal	<ul style="list-style-type: none">• Restore movement and mobility• Treats the physical source of the injury (tissues/structures) and helps prevent future injuries	<ul style="list-style-type: none">• Restore functional abilities• Optimize independence• Does not directly treat the injury
Focus	<ul style="list-style-type: none">• Assess ability to roll in bed, sit/stand up, maintain balance, walk, etc.	<ul style="list-style-type: none">• Brushing teeth, getting dressed, self-feeding, combing hair, going to the bathroom, etc.• Adapting jobs, hobbies, etc.
Tools	<ul style="list-style-type: none">• Stretching, exercise, manipulations, electrical stimulation, heat, cold, etc.	<ul style="list-style-type: none">• Same, but OTs differ in their approach and overall goal
Setting	Wide range (e.g. Hospital, health centres, homes)	

Application Process

- Occupational Therapy application process is identical to the application process for Physiotherapy.
- Apply through ORPAS (Ontario Rehabilitation Sciences Programs Application Service)
 - Create an account: <http://www.ouac.on.ca/orpas/>
 - Non-refundable application fee (\$190 + \$90 for ea. university you select.)
- ORPAS 2016 Instruction Booklet:
http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf

Application Process

(Important Dates 2016)

- **Friday, January 8, 2016**
 - Deadline for all application materials
- **Friday, January 15, 2016**
 - Payment deadline
- **Friday January 29, 2016**
 - Deadline for receipt of transcripts
- **Friday, May 20, 2016**
 - Earliest date for offers to admission to PT and OT programs
- **Thursday, June 30, 2016**
 - Deadline for receipt of final transcripts



Full list of important dates is available in the ORPAS booklet:

http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf

Fees for applications?

- The ORPAS processing fee: \$190 + an institutional levy of \$90 for each university selection.
- All fees and levies are **non-refundable**.
- The total fee, including the ORPAS processing fee, is as follows:
 - **One** university \$280
 - **Two** universities \$370
 - **Three** universities \$460
 - **Four** universities \$550
 - **Five** universities \$640



Extra Documentation

- Some Universities/programs may require you to...
 - Answer additional questions
 - Submit an essay
 - All completed within the ORPAS online application
- References
 - Complete confidential assessment form
 - Submit reference letters
- Transcripts
 - Sent from Registrar's Office to ORPAS
 - \$12 per transcript



GPA Calculation

- Each individual grade is converted to its ORPAS equivalent on a 4.0 scale
 - 6.0 credit courses have twice the GPA weight of 3.0 credit
- The sub-GPA is based on the 10 most recent undergraduate courses.
- Calculations for sub-GPA will be completed based on reverse chronological order of courses as listed on the submitted official transcript(s).
- Practicum courses and non-convertible grades (e.g., pass/fail) will not be included in the calculation.

ORPAS GPA Conversion

Undergraduate Grading System
Conversion Table

ORPAS 2014

Échelles de notation
au premier cycle

Type Scale Echelle	Numeric/Numérique		Percentage/Pourcentage				Alpha/Alpha			ORPAS Value Valeur ORPAS
	1	2	3	4	5	6	7	8	9	
4.00	9	8	90-100	93-100	94-100	94-100	A+	A	A+	4.00
3.90			85-89	84-92	87-93	85-93	A			3.90
3.80									A	3.80
3.70	8	7	80-84	75-83	80-86	80-84	A-	A-		3.70
3.30	7	6	77-79	72-74	75-79	75-79	B+	B+	B+	3.30
3.00			73-76	69-71	70-74	70-74	B	B	B	3.00
2.70	6	5	70-72	66-68	65-69	65-69	B-	B-		2.70
2.30	5	4	67-69	64-65	60-64	60-64	C+	C+	C+	2.30
2.00			63-66	62-63	55-59	55-59	C	C	C	2.00
1.70	4	3	60-62	60-61	50-54		C-	C-		1.70
1.30		2	57-59	56-59			D+	D+	D+	1.30
1.00			53-56	53-55		50-54	D	D	D	1.00
0.70			50-52	50-52			D-	D-		0.70
0.00	3	1	≤ 49	≤ 49	≤ 49	≤ 49	E/F	E/F	E/F	0.00

Acadia	7	Guelph	3	Mt. Allison	7	Ryerson	7	Trinity Western	7
Alberta	7	Lakehead	3	Mt. St. Vincent	7	Saskatchewan	3	UBC	3
Algoma	3	Laurentian	3	New Brunswick	7	Sherbrooke	7	UNBC	7
Athabasca	7	Laval	7	Nipissing	3	Simon Fraser	7	UOIT	7
Bishop's	3	Lethbridge	7	Ottawa	7	St. Francis Xavier	3	Victoria	7
Brandon	7	Manitoba	9	Prince Edward	3	St. Mary's	7	Waterloo	3,7
Brock	3	McGill	8	Island	7	St. Thomas	7	Western	3
Calgary	7	McMaster	7	Quebec	7	Ste-Anne	7	Wilfrid Laurier	7
Cape Breton	3	Memorial	6	Queen's	3	Thompson Rivers	7	Windsor	3,7
Carleton	7	Moncton	7	Regina	4,7	Toronto	3,7	Winnipeg	7
Concordia	7	Montreal	7	RMCC/CMRC	7	Trent	3	York	9
Dalhousie	3,7			Royal Roads					

Please note: The above scales are applicable only to current grading schemes.

Physiotherapy Schools in Ontario

- University of Western Ontario
- McMaster University
- University of Toronto
- Queen's University
- University of Ottawa



University of Western Ontario

Faculty of Health Sciences

- Two year program, full time only.
- Admission Requirements:
 - 4-year undergraduate degree
 - 6.0 credits:
 - General/Introductory Science
 - SOSC and/or Liberal Arts
 - 3.0 credits:
 - English or Writing Course (essay component-min. 1500 words)
 - Human/Mammalian/Vertebrate Physiology
 - Statistics/Research Methods/Research Design
 - 2 letters of reference (at least 1 academic reference).
 - Online portion: Complete a 500 words explanation of why the applicant has chosen Physical Therapy as a career and why at Western; Describe strengths, experiences, attributes, leadership skills



University of Western Ontario

Faculty of Health Sciences



- GPA calculated using final 60 credits of study completed by Dec. 31 2015.
 - Last 10 full courses or 20 half courses
 - Minimum GPA: Not Specified

GPA Averages

Year	First Round Admission Minimum GPA	Final Round Admission Minimum GPA
2014	3.88	3.81
2013	3.84	3.83
2012	3.82	3.76

- Recommended: experience working with individuals with physical or cognitive limitations
 - E.g. volunteer/paid work in a hospital
- No Interview

McMaster University

School of Rehabilitation Science

- Two year program (25 months continuous).
- **Course Prerequisites for MScPT:**
 - 4 year undergraduate degree
 - A full or half credit in one biological or life science course with a grade of B or higher.
 - A full or half credit in one social science or humanities course with a grade of B or higher.
 - Letter of reference not required
- No Majors are favoured.



McMaster University

School of Rehabilitation Science



- **Required GPA:**

- A minimum average of B or 75% or 3.0/4 from the last 60 units of degree
- Approximately 300 of the top-ranked applicants to each of the programs are invited for a Multiple Mini Interview
- All applicants who are interviewed are ranked on:
 - Pre-admission sub-GPA (25% of final ranking)
 - Interview Scores (75% of final ranking) to determine final ranking for offers of admission
- Cut-off GPA for an interview invitation during the previous cycle: 3.81/4.0.

University of Toronto

Department of Physical Therapy

- Two year program
- Prerequisites:
 - 4-year Bachelor's degree
 - 6.0 credits:
 - Life/Physical Sciences (other than Physiology)
 - SOSC/HUMA/Languages
 - 3.0 credits:
 - Statistics/Research Methods
 - Human Physiology
 - Human Anatomy
 - 2 letters of reference: 1 academic and 1 professional
- **Changes to 2016 Admission Cycle**
 - Minimum grade of B is required in all prerequisite courses.

<http://www.physicaltherapy.utoronto.ca/admissions/how-to-apply/changes-2016-admissions-cycle>



University of Toronto

Department of Physical Therapy



- **Required GPA:**
 - GPA from the 10 most recent completed full courses (or last 20 half courses) completed by Dec 31, 2015.

Entering Year	2015	2014	2013	2012	2011	2010	2009	2008
# Applications	1097	1035	1139	1048	1062	1004	879	984
GPA* Cutoff	3.80	3.76	3.75	3.71	3.68	3.63	3.59	3.62
Final Class Size	89	91	88	87	100	85	84	90
Average GPA* of Incoming Class	3.88	3.86	3.85	3.83	3.82	3.76	3.78	3.77

- **Computer Administered Profile Evaluation:**
 - Only top applicants (ranked by marks) are invited to write the CAP.
 - Two-hour evaluation assessing personal/life experiences, knowledge of the profession, critical thinking & problem-solving skills
 - Corresponds to 40% of enrolment selection (GPA worth 60%)

Queen's University

School of Rehabilitation Medicine

- Two year program, full time only.
- Prerequisites:
 - 4-year Bachelor's degree
 - 3.0 credits:
 - Statistics
 - Human Anatomy
 - Human Physiology
 - 6.0 Credits:
 - Psych 1010
- 2 letters of reference: 1 academic and 1 academic/professional.



Queen's
UNIVERSITY

Queen's University

School of Rehabilitation Medicine

- Required Undergraduate GPA:
- Sub-GPA: most recently completed 10 full (or 20 half) courses
 - Cut-off ≥ 3.55
- Cum-GPA: All years of undergraduate study
- Personal Submission Questions
 - Reasons for choosing PT as career and knowledge of profession
 - Extra-curricular involvement related to PT
 - Other community involvement

http://www.rehab.queensu.ca/prospective.php?id_mnu=13



University of Ottawa

School of Rehabilitation Sciences



- 2 year program.
- Admission Requirements:
 - Must be fluent in French (written and spoken)
 - 6 credits:
 - Anatomy & Physiology
 - 3 credits:
 - Psychology
 - Statistics
- Required GPA:
 - an average of "B "(70 %) or higher
- Volunteer experience or work in counselling over the last three years would be an asset.

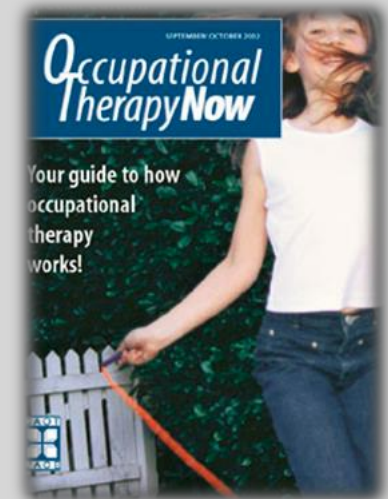
<http://www.grad.uottawa.ca/Default.aspx?tabid=1727&monControl=Admission&ProgId=670>

Canadian Physiotherapy Schools Outside Ontario

- University of British Columbia
- University of Alberta
- University of Saskatchewan
- University of Manitoba
- McGill University
- Université de Montréal
- Université de Sherbrooke
- Université Laval
- Dalhousie University

Occupational Therapy Schools in Ontario

- University of Toronto
- University of Western Ontario
- McMaster University
- Queen's University
- University of Ottawa





University of Toronto

Dep. of Occupational Science and Occupational Therapy

- Admissions are determined through academic and non- academic achievement (academics are weighted **more** heavily)
- **Two** year program, full time only
- **Admission Requirements:**
 - 4-year undergraduate degree OR 3-year undergraduate degree with an additional 5 full courses
 - Statement of intent and a resume
 - **No** course prerequisites

University of Toronto



Dep. of Occupational Science and Occupational Therapy

- **Recommended** background knowledge in:
 - human growth & development
 - introductory physiology OR introductory human biology
 - psychology
 - sociology OR anthropology
 - statistics & research design
- ✓ **No** interview required
- ✓ **2** Letters of reference: 1 academic and 1 personal



University of Toronto

Dep. of Occupational Science and Occupational Therapy

- **Required GPA:**
 - Final Year: **Mid-B** (competitive: **A**)
 - Initial Ranking: GPA from the most recently completed
10 full courses (as of **Dec 31st**)
 - Students in a 3-year program must complete an additional **5** full university courses at the senior level (third and fourth year)
 - <http://app1.rehab.utoronto.ca/ps/admissions.asp>

University of Western Ontario

School of Occupational Therapy



- **Two** year program, full time only
- **Application process:**
 - Completed ORPAS application; official transcripts; personal submission section of the online application
 - **No** interview
- **Prerequisites:**
 - **4**-year Bachelor's degree any major
 - **No** course prerequisites and **No** letters of reference

University of Western Ontario

School of Occupational Therapy



- **Required Undergraduate GPA:**
 - GPA from the most recently completed 10 full courses OR 20 half courses (as of Dec 31st)
 - GPA of: **3.5 - 3.7** OR better are considered to be competitive
 - No reference letters required
 - <http://www.uwo.ca/fhs/ot/programs/mscot/admission.html>

Queen's University

Occupational Therapy Program



- **Two** year program, full time only
- **Admission Requirements:**
 - 4-year Bachelor's degree or equivalent
 - **No** course prerequisites
 - **No** interview
- **Supplementary Documents:**
 - **2** letters of reference: 1 & 1 academic

Queen's University

Occupational Therapy Program



- Statement of Intent (Personal Submission section of the online application)
- Resume
- **Required GPA:**
 - First cut-off: applicant-pool-dependent minimum GPA for all undergraduate years (**typically 3.0 or higher**)
 - Second cut-off: assessment of the candidate's Confidential Assessment Forms and Statement of Intent
- <https://rehab.queensu.ca/programs/rhbs/admission>

University of Ottawa

Occupational Therapy Program



- Two year program.
- **Admission Requirements:**
 - Must be fluent in French (written and spoken)
 - 6 credits:
 - Psychology
 - 3 credits:
 - Statistics
 - Sociology
 - Anatomy
- **Required GPA:**
 - An average of "B "(70 %) or higher

University of Ottawa

Occupational Therapy Program



- **Experience:**
 - Experience working or volunteering involving skills of helping relationships, and that over the last three years is positive
- <http://www.grad.uottawa.ca/Default.aspx?tabid=1727&monControl=Admission&ProgId=672>

McMaster University

School of Rehabilitation Sciences



- 4-year baccalaureate degree (120 units/credits) or equivalent
- **Academic Requirements:**
 - **3.0 GPA (or a “B”)** calculated over last 60 credits
 - GPA is calculated in the final **two** years (or in the last 10 full-course equivalents)
 - **No** prerequisites required
 - The cut-off was 3.48/4.00 in 2012 and 3.60/4.00 in 2013.

McMaster University

School of Rehabilitation Sciences



- **Other Requirements:**
 - All eligible applicants are ranked solely on the basis of their GPA
 - **Requires** an interview
 - **All** applicants who are interviewed are ranked on a combination of:
 - ...pre admission sub-GPA (25% of final ranking)...
 - ...interview scores (75% of final ranking) to determine the final ranking for offers of admission...
 - <http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy>

Canadian Occupational Therapy Outside Ontario

- University of British Columbia
- University of Alberta
- University of Manitoba
- Université de Montréal
- McGill University
- Université Laval
- Université de Sherbrooke
- Université du Québec à Trois-Rivières
- Dalhousie University



Summary of Ontario Schools

ORPAS Programs Requirements Chart 2016

School Information Chart

Tableau des conditions académiques ORPAS 2016

Tableau synoptique

This chart provides an overview of the programs. Refer to each institution's requirements for complete information. If you fail to submit the required documentation, your application at that school will be incomplete.

Le tableau qui suit donne un survol des programmes. Rappelez-vous au texte de chaque école pour plus de détails. Votre demande d'admission sera jugée incomplète si vous négligez de lui fournir les renseignements requis.

University	Program	Positions 2015	Applicants 2015	Prerequisites	Minimum Academic Requirements	Letters of Reference	Transcripts Required	Other
Université	Programme	Places 2015	Candidatures rentrée 2015	Préalables	Exigences académiques minimales	Lettres de références	Relevés de notes requis	Autre
McMaster	Occupational Therapy	65	1,101	None	Four-year baccalaureate degree (120 units/credits) or equivalent; minimum GPA of 75 percent based on last 60 units	N/A	University; college	TOEFL score (if applicable); if applying to both programs (OT & PT), see McMaster's instructions on page 28 of this booklet
	Physiotherapy	65	1,395	A full or half credit in one biological or life science course with a grade of "B" or higher; a full or half credit in one social science or humanities course with a grade of "B" or higher (all at university levels).	Four-year baccalaureate degree (120 units/credits) or equivalent; minimum GPA of 75 percent based on last 60 units	N/A	University; college	TOEFL score (if applicable); prerequisites; if applying to both programs (OT & PT), see McMaster's instructions on page 28 of this booklet
Ottawa	Audiologie	10	66	Trois crédits en statistique de niveau intermédiaire ou méthodes quantitatives; trois crédits en physiologie ou en anatomie humaine; trois crédits en acoustique, ou en analyse du son ou de la parole; trois crédits pertinents en linguistique, de préférence en phonétique générale ou en phonétique-phonologie; trois crédits en psychologie dans un domaine pertinent (p. ex. : développement de l'enfant, vieillissement ou perception).	Baccalauréat spécialisé (ou l'équivalent) avec une moyenne d'au moins « B » (70 p. cent)	N/A	Université	CV; avoir une excellente connaissance du français écrit et parlé; capable de communiquer oralement en anglais et de comprendre des articles scientifiques rédigés dans cette langue (les compétences linguistiques sont vérifiées)
	Ergothérapie	36	139	Trois crédits en anatomie du système locomoteur; six crédits en psychologie comprenant un cours d'introduction à la psychologie et un cours de psychologie du développement de la personne; trois crédits en statistique ou en méthodologie de la recherche; trois crédits en sociologie ou en philosophie ou en anthropologie. Les cours préalables doivent avoir été suivis dans les six années précédant la demande d'admission.	Baccalauréat spécialisé (ou l'équivalent) avec une moyenne d'au moins « B » (70 p. cent)	N/A	Université	CV; avoir une excellente connaissance du français écrit et parlé; capable de communiquer oralement en anglais et de comprendre des articles scientifiques rédigés dans cette langue (les compétences linguistiques sont vérifiées)

Summary of Ontario Schools

ORPAS Programs Requirements Chart 2016
School Information Chart

Tableau des conditions académiques ORPAS 2016
Tableau synoptique

University	Program	Positions 2015	Applicants 2015	Prerequisites	Minimum Academic Requirements	Letters of Reference	Transcripts Required	Other
Université	Programme	Places 2015	Candidatures rentrée 2015	Préalables	Exigences académiques minimales	Lettres de références	Relevés de notes requis	Autre
Queen's	Physical Therapy	70	1,060	Introductory Psychology (minimum full-year credit); human anatomy (minimum half-year credit); human physiology (minimum half-year credit); and statistics (half-year credit). Courses must meet the comprehensive content guidelines, as outlined in the Queen's program description.	Four-year baccalaureate degree	One academic and one other (see Queen's program description)	University; CEGEP	Personal Information Submission; Prerequisites; Prerequisite course descriptions/syllabi; TOEFL, MELAB or IELTS score (if applicable)
Toronto	Occupational Therapy	89	948	None. Prior study in Statistics, Physiology/Biology (vertebrate), and Psychology may enhance students' learning in the program.	You must have completed an appropriate bachelor's degree with high academic standing from a recognized university, with a mid-"B" average or better in your final year (i.e., five full course equivalents at the senior level)	One academic; one professional	CEGEP; university	Personal submission; Confidential Assessment forms; resumé; TOEFL score (if applicable)
	Physical Therapy	91	1,097	One half course equivalent in Human Physiology; one half course equivalent in Human Anatomy; one full course equivalent in Life and/or Physical Sciences; one full course in Social Science and/or Humanities and/or Language; half course in Statistics or Research Methods. All prerequisite courses must be completed within the last seven years, or no earlier than September 2009 and no later than May 31, 2016. A minimum grade of B- (or 70%) in all prerequisite courses is required, as per the grade recorded on the transcript.		One academic; one professional	CEGEP; university	Computer-Administered Profile (CAP) written on-site April 30, 2016; Prerequisites; TOEFL score (if applicable)
	Speech-Language Pathology	50	313	Half course in Child Development; half course in Phonetics; half course in General Linguistics; one full course in Statistics; and one full course in Human Physiology/Anatomy.		Two academic; one clinical	CEGEP; university	Statement of Intent; Prerequisites; Minimum 14 hours clinical experience; TOEFL, MELAB or IELTS score (if applicable)

Summary of Ontario Schools

ORPAS Programs Requirements Chart 2016

Tableau des conditions académiques ORPAS 2016

School Information Chart

Tableau synoptique

University	Program	Positions 2015	Applicants 2015	Prerequisites	Minimum Academic Requirements	Letters of Reference	Transcripts Required	Other
Université	Programme	Places 2015	Candidatures rentrée 2015	Préalables	Exigences académiques minimales	Lettres de références	Relevés de notes requis	Autre
Western	Occupational Therapy	58	893	None	Four-year university undergraduate degree from a recognized university	None	CEGEP; university	TOEFL or IELTS score (if applicable); Personal submission
	Physical Therapy	55	745	One full course (or two half courses) in Science; one full course (or any two half course combinations) in Social Science or Liberal Arts; a half course in each of Human/Mammalian/Vertebrate Physiology, English or Writing, and Statistics or Research Methods.	Four-year baccalaureate degree with high academic standing from a recognized university	Two (one academic and one professional)	CEGEP; university	Personal submissions; TOEFL or IELTS score (if applicable)
	Audiology	20	101	One half course in each of: Developmental Psychology; Statistics; Human Anatomy/Physiology; Social Science.	Four-year undergraduate degree with a minimum "B" average in 10 most recent full undergraduate courses (or 20 half courses)	Two academic; one clinical	CEGEP; university	Statement of Intent; Prerequisites; Minimum 14 hours clinical experience; TOEFL, MELAB or IELTS score (if applicable)
	Speech-Language Pathology	36	364	One half course in Developmental Psychology; Statistics; Human Anatomy/Physiology; Social Science; Linguistics; and Life/Biomedical Science.				

Employment Opportunities

- Occupational Therapy and Physiotherapy are both practiced in a wide range of settings including:
 - Hospitals
 - Health centres
 - Homes
 - Clinics

Opportunities

Helpful Links

- **PT:**
 - <http://www.uwo.ca/fhs/>
 - <http://www.srs-mcmaster.ca/>
 - <http://www.physicaltherapy.utoronto.ca/prospect/application.htm>
 - http://rehab.queensu.ca/programs/msc_pt/admission
 - <http://www.grad.uottawa.ca/Default.aspx?tabid=1727&monControl=Admission&ProgId=670>
- **OT:**
 - <http://app1.rehab.utoronto.ca/ps/admissions.asp>
 - <http://www.uwo.ca/fhs/ot/programs/mscot/admission.html>
 - <https://rehab.queensu.ca/programs/rhbs/admission>
 - <http://www.grad.uottawa.ca/Default.aspx?tabid=1727&monControl=Admission&ProgId=672>
 - <http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy>
 - <http://www.caot.ca/default.asp?pageid=151>
- **Important to read:**
 - http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf
 - http://www.ouac.on.ca/docs/orpas/c_orpas_b.pdf

To consider before applying to PT and OT programs



- Become familiar with the application procedures for **each** university/ program to which you are applying.
- It is your responsibility to ensure that the application, and all required documentation, is received at ORPAS by the published **deadlines**.
- The processing of an application may be **delayed** until all required transcripts and documentation are received as specified by the universities.

The End

Thank you for coming out to the seminar!

