

SOS SEMINAR

PHYSIOTHERAPY AND OCCUPATIONAL THERAPY

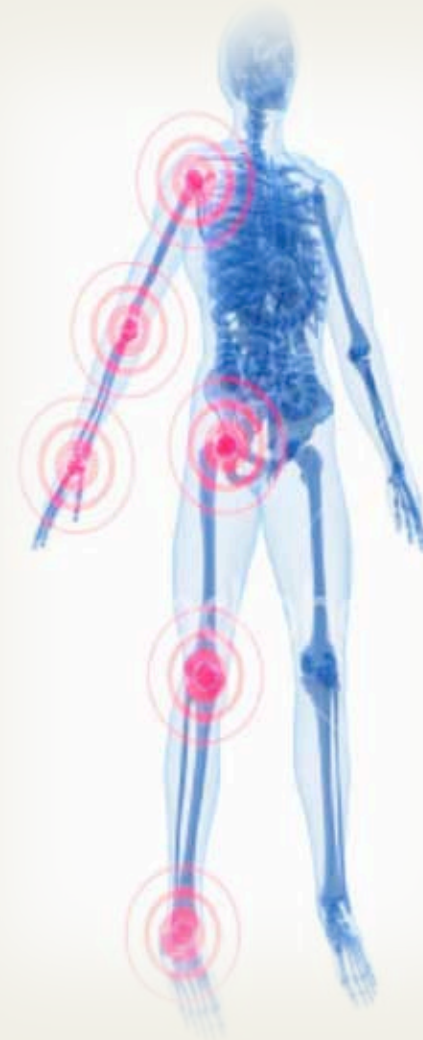
Presented by:
Insiyah Kanjee and Anastasia Shymanovich

Slides will be available online on the SOS website



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



Introduction | Application Process | PT | OT | Opportunities

A CAREER IN PHYSIOTHERAPY

- <https://www.youtube.com/watch?v=AqmruXpm-Pc>



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.• 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. hospitals, health centres, homes)	

APPLICATION PROCESS

(EXCEPTION: UNIVERSITY OF OTTAWA)

- 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
- ORPAS 2013 Instruction Booklet:
http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf

APPLICATION PROCESS

(UNIVERSITY OF OTTAWA ONLY)

- <http://www.grad.uottawa.ca/Default.aspx?tabid=1624>
- Deadline: October 6, 2013 (Application will re-open on October 10, 2013)

The screenshot displays the 'Faculty of Graduate and Postdoctoral Studies' website. The main navigation menu on the left includes: Graduate Programs of Study, Scholarships and Financial support, Search Database, Frequently Asked Questions, **Apply now** (highlighted), and Programs and Requirements. Below the menu is the 'CONTACT INFORMATION' section for the Faculty of Graduate and Postdoctoral Studies, located at 115 Jean-Jacques St., Ottawa, Ontario, Canada K1N 6N5. Contact details include Tel: (613) 562-1141, Fax: (613) 562-5962, and the website URL www.grad.uottawa.ca. The main content area features a 'Apply now' section with a thank-you message and a deadline notice: 'Note: Please note that the online application for admission will be closed as of October 6, 2013 at 11:59 p.m. If you do not submit your application prior to this deadline, your file will be deleted from our servers. The application for admission will re-open on October 10, 2013.' Below this, a vertical list of blue buttons provides a step-by-step guide: SPECIFIC REQUIREMENTS, 1 INSTRUCTIONS, 2 DEADLINES & REQUIREMENTS, 3 DOCUMENTS, 4^A FOR PERMANENT RESIDENTS, and 4^B FOR INTERNATIONAL STUDENTS.

APPLICATION PROCESS

(IMPORTANT DATES 2013)

- **Friday, January 11, 2013**
 - Deadline for all application materials
- **Friday, January 18, 2013**
 - Payment deadline
- **Wednesday January 31, 2013**
 - Deadline for receipt of transcripts
- **Friday, May 17, 2013**
 - Earliest date for admission to PT and OT programs
- **Friday, June 28, 2013**
 - 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

APPLICATION FEES

- The ORPAS processing fee: \$180 + 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 \$270
 - **Two** universities \$360
 - **Three** universities \$450
 - **Four** universities \$540



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)
Human/Mammalian/Vertebrate Physiology
Statistics/Research Methods/Research Design

- 2 letters of reference (academic and non academic)



UNIVERSITY OF WESTERN ONTARIO FACULTY OF HEALTH SCIENCES

- Required GPA
 - GPA from last 10 full courses or 20 half courses
 - Minimum GPA: not specified
- Recommended: experience working with individuals with physical or cognitive limitations
 - E.g. volunteer/paid work in a hospital

GPA Averages

Year	First Round Cutoff	Final Acceptance
2013	3.84	3.83
2012	3.82	3.76
2011	3.79	3.73

MCMASTER UNIVERSITY

SCHOOL OF REHABILITATION SCIENCE



- Two year program (25 months continuous)
- Admission Requirements for OT and PT:
 - 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: B (75%) or 3.0/4 - last 60 units of your university course work (or last 2 years)
- All applicants who are interviewed are ranked on:
 - pre admission sub-GPA (25% of final ranking)
 - their interview scores (75% of final ranking) to determine the final ranking for offers of admission
- Approximately 300 of the top-ranked applicants to PT and OT programs are invited for a personal interview
- The cut-off GPA for an interview invitation for the last cycle was:
 - 3.57 - OT
 - 3.76 - PT

UNIVERSITY OF TORONTO

DEPARTMENT OF PHYSICAL THERAPY



- Two year program
- Prerequisites:
 - 4-year undergraduate degree:
 - 6.0 credits:
 - Human/Vertebrate Physiology
 - Life/Physical Sciences (other than Physiology)
 - SOSC/HUMA/Languages
 - 3.0 credits:
 - Statistics/Research Methods
 - Two letters of reference: 1 academic and 1 professional



UNIVERSITY OF TORONTO

DEPARTMENT OF PHYSICAL THERAPY

- **Required GPA:**

- GPA will generally be calculated based on the last 20 half courses completed
- GPA cut-off for the 2013 cycle was 3.75

- **Computer Administered Profile:**

- Only top applicants are invited to write the CAP
- Assess:
 - personal characteristics/attributes
 - life experiences
 - knowledge of the profession
 - critical thinking/problem-solving skills
- Corresponds to 40% of enrolment selection

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

QUEEN'S UNIVERSITY

SCHOOL OF REHABILITATION MEDICINE



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



School of Rehabilitation Therapy
Faculty of Health Sciences, Queen's University

QUEEN'S UNIVERSITY

SCHOOL OF REHABILITATION MEDICINE

- Confidential Assessment Forms
- Personal Information Submission
- Required Undergraduate GPA:
 - Sub-GPA (most recent ten full-course credits):
most recently completed 10 full courses
 - Cut-off \approx 3.5
 - Cum-GPA (all years of undergraduate university study): all years of undergraduate study



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



Faculty of Health Sciences
School of Rehabilitation Sciences

CANADIAN PHYSIOTHERAPY SCHOOLS OUTSIDE OF 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

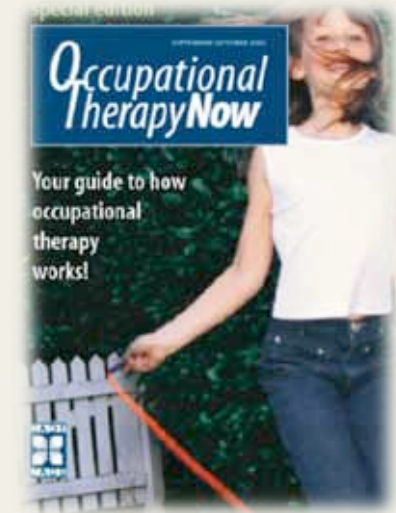
A CAREER IN OCCUPATIONAL THERAPY

- <https://www.youtube.com/watch?v=ZCy6db1Tacc>



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 involve: 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
- In 2013, there were 812 applicants
 - seek to admit approximately 89 students



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
- Two Letters of reference: 1 academic and 1 personal



UNIVERSITY OF TORONTO

DEP. OF OCCUPATIONAL SCIENCE AND OCCUPATIONAL THERAPY

- Required GPA:
 - admission average:
 - entry class in 2013 and 2012: was in the "A-minus" range OR
 - 80% to 84% OR
 - ORPAS Undergraduate GPA of 3.6 to 3.7)
 - mid-"B" average is a minimum requirement
 - higher GPA based on the last 10 full course-equivalents completed will be required to be competitive in the admission process

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
 - No course prerequisites and No letters of reference
 - However it is suggested that applicants have some background knowledge in science courses (i.e., anatomy, biology, human physiology)



UNIVERSITY OF WESTERN ONTARIO

SCHOOL OF OCCUPATIONAL THERAPY

- Required Undergraduate GPA:
 - 70% minimum average across courses taken in their last two full-time years of undergraduate study
 - 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



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) academic (...someone who holds an academic position in a postsecondary university or college...)
 - 2) academic/professional (...may be either academic or professional and should be completed by someone who can judge applicants on their work performance...)



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

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



MCMMASTER UNIVERSITY

SCHOOL OF REHABILITATION SCIENCES

- 4-year baccalaureate degree (120 units/credits) or equivalent
- 3-year baccalaureate degree (90 units/credits)
 - must complete additional university work in order to be eligible to apply
- 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



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...

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



ORPAS PROGRAMS REQUIREMENTS CHART 2013

ORPAS Programs Requirements Chart 2013 School Information Chart

This chart provides an overview of the programs. Refer to each institution's requirements for full information.
Failure to submit documentation required by an individual school will make your application incomplete at that school.

University	Program	Positions 2012	Applicants 2012	Prerequisites	Minimum Academic Requirements	Letters of Reference	Transcripts Required	Other
McMaster	Occupational Therapy	64 (including international)	876	None	Four-year baccalaureate degree (120 units/credits) or equivalent; minimum GPA of 75 percent based on last 60 units	N/A	University	TOEFL score (if applicable)
	Occupational Therapy International	Up to 6	12					TOEFL score (if applicable); CV/Resumé; Letter of Introduction/ Statement of Interest
	Physiotherapy	64 (including international)	1,236	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	TOEFL score (if applicable); Prerequisites
	Physiotherapy International	Up to 6	19					TOEFL score (if applicable); Prerequisites; CV/Resumé; Letter of Introduction/ Statement of Interest
Queen's	Occupational Therapy	66	604	No prerequisites for Queen's OT program	Four-year baccalaureate degree	One academic and one academic or professional	University; CEGEP	Resumé; Statement of Intent (personal submissions); two Confidential Assessment forms; TOEFL, MELAB or IELTS score (if applicable)
	Physical Therapy	66	860	Introductory Psychology (minimum half credit 2013; full credit 2014); human anatomy (minimum half credit); human physiology (minimum half credit); and statistics (half credit). Courses must meet the comprehensive content guidelines, as outlined in the Queen's program description	Four-year baccalaureate degree	One academic and one professional	University; CEGEP	Personal Information Submission; Prerequisites; Prerequisite course descriptions/syllabi; TOEFL, MELAB or IELTS score (if applicable)

ORPAS PROGRAMS REQUIREMENTS CHART 2013

ORPAS Programs Requirements Chart 2013
School Information Chart

University	Program	Positions 2012	Applicants 2012	Prerequisites	Minimum Academic Requirements	Letters of Reference	Transcripts Required	Other
Toronto	Occupational Therapy	84	711	None. Prior study in Statistics, Physiology/Biology (vertebrate), and Psychology may enhance students' learning in the program	Applicants must have completed an appropriate bachelor's degree with high academic standing from a recognized university, with a mid-"B" average or better in the final year (i.e., five full-course equivalents at the senior level)	One academic; one professional	University	Statement of Intent; Confidential Assessment forms; Resumé; TOEFL score (if applicable)
	Physical Therapy	84	1,048	One full course equivalent in Human/Vertebrate Physiology; 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	Four-year undergraduate degree with a minimum mid-"B" in final year	One academic; one professional	CEGEP; university	Computer-Administered Profile (CAP) written on-site April 27, 2013; Prerequisites; TOEFL score (if applicable)
	Speech-Language Pathology	50	333	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)	
Western	Occupational Therapy	55	705	None	Four-year undergraduate degree or equivalent	None	CEGEP; university	TOEFL or IELTS score (if applicable); Personal submission
	Physical Therapy	55	875	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	Four-year undergraduate degree or equivalent	Two (one academic)	CEGEP; university	Prerequisites; TOEFL or IELTS score (if applicable)
	Audiology	20	83	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	346	One half course in Developmental Psychology; Statistics; Human Anatomy/Physiology; Social Science; Linguistics; and Life/Biomedical Science				

UNDERGRADUATE GRADING SYSTEM

Undergraduate Grading System
Conversion Table

ORPAS 2013

Échelles de notation
au premier cycle

Type Scale Échelle	Numeric/Numérique		Percentage/Pourcentage				Alpha/Alpha			ORPAS Value Valeur ORPAS
	1	2	3	4	5	6	7	8	9	
ORPAS Value Valeur ORPAS										
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 Island	3	St. Mary's	7	Waterloo	3,7
Brock	3	McGill	8	Quebec	7	St. Thomas	7	Western	3
Calgary	7	McMaster	7	Queen's	7	Ste-Anne	7	Wilfrid Laurier	7
Cape Breton	3	Memorial	6	Regina	3	Thompson Rivers	7	Windsor	7
Carleton	7	Moncton	7	RMCC/CMRC	4,7	Toronto	3,7	Winnipeg	7
Concordia	7	Montreal	7	Royal Roads	7	Trent	3	York	9
Dalhousie	3,7								

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

EMPLOYMENT OPPORTUNITIES

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

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



ORPAS 2013

ORPAS 2013

Ontario Rehabilitation Sciences Programs Application Service

Before submitting your application, ensure that you have checked the following:

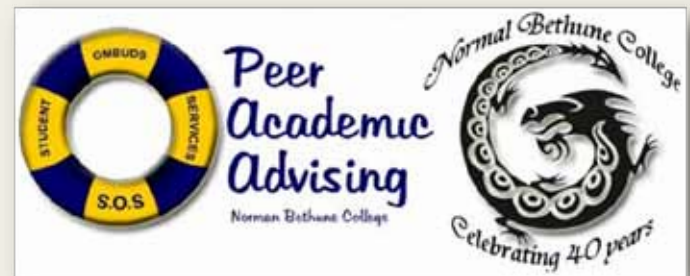
- Have you submitted your application?
- Have you printed your application from the final "Submit" section for your records?
- Have you requested transcripts for all postsecondary institutions that you attended?
- Have you paid all application service fee(s) and transcript request fee(s)?
- Have you read each rehabilitation sciences program's specific information regarding deadlines, prerequisites and personal submissions?
- Have you released your English test scores (if required)?

THE END

Thank you for coming out to the seminar,
and be sure to check out:

- **How to get into Dental School?**

Wed Oct 9, 5:30 pm in LSB 103



CONTACT INFORMATION

Any other questions?

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