

Graduate Programs in **OCCUPATIONAL THERAPY**

— OT INFORMATION SHEET —

American Journal of Occupational Therapy (AJOT)

“Occupational therapy maximizes health, well-being, and quality of life for all people, populations, and communities through effective solutions that facilitate participation in everyday living.” (American Occupational Therapy Association. (2017). Vision 2025. American Journal of Occupational Therapy, 71, 7103420010.)

[+ Read more about Vision 2025](#)

About occupational therapy

Occupational therapy is the practice of being fully human. It is the doing, being, becoming, and belonging of our everyday lives (Hitch, Pépin, Stagnitti, 2014). What we do each day, the choices we make in habits, roles, and routines, defines our being, and supports our hopes and dreams for what we want to become and how we desire to belong.

Occupational therapy is founded on the premise that individuals need meaningful occupation or activity in their lives to support health and wellbeing. Purpose is why we get up each day and try to keep learning and moving forward. Spring 2020 will go down in history as a time of quarantine and social distancing. This resulted in the inability of so many people to engage in meaningful activities, and the crisis separated us from our valued social connections. Our “doing” was interrupted but our “being” has remained constant. The strength and resiliency of so many people have been able to shine through!

As a result, we are “becoming” new and better, as a country, as a healthcare system, and as a society. OT will respond to support “belonging” and participation for all people.

Additional resources

What is OT?

[+ View the What is OT Brochure from the American Occupational Therapy Association](#)

Considering a career in OT?

[+ Read the article from the American Occupational Therapy Association](#)

What can Occupational Therapy do for you?

+ [Watch the video from the American Occupational Therapy Association](#)

Work cited: Hitch, D., Pépin, G., and Stagnitti, K. (2014) In the Footsteps of Wilcock, Part One: The Evolution of Doing, Being, Becoming, and Belonging, *Occupational Therapy In Health Care*, 28:3, 231-246, DOI: 10.3109/07380577.2014.898114

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