



## University of Puget Sound School of Occupational Therapy Application Essay Prompts

All applicants must compose two separate essays that address each topic listed below. The essays should have their own organization and not simply consist of answering the requested elements in the order listed. The purpose of these essays are for you to share with the faculty, in a reflective way, why you feel you would be a good occupational therapist, are a good “fit” for our program, and your preparedness for the rigors of graduate school. The essays must be electronically submitted via the documents section in OTCAS. We recommend you embed your name in the file name for association with your application. The essays must be double-spaced, using a 12-point font. Please include your full name on the cover page of the document along with a precise essay word count.

***We do not read the OTCAS personal statement.  
The only essays we do read are the required supplemental essays outlined below.***

### **Reasons for Pursuing Occupational Therapy Study (at Puget Sound)**

Compose a 1000-1200 word essay that addresses, in an integrative manner, each topic listed below. The purpose of this essay is for you to share with the faculty, in a reflective way, why you feel you would be a good occupational therapist and why you feel you are a good “fit” for our program.

1. In your own words, provide a specific description of what occupational therapy is and how occupational therapists use occupation to improve the lives of clients. Your response should demonstrate an understanding of both the depth and breadth of occupational therapy.
2. Tell us how your education, work, volunteer or leadership experiences, or other personal experiences have prepared you for graduate education in the field of occupational therapy.
3. Think about your background, identity, interests, and talents. Describe any that you feel your application would be incomplete without mentioning. Address how they make you unique and how they will help you be successful as an occupational therapist.
4. Address why you are interested in attending the School of Occupational Therapy at University of Puget Sound. Describe specific reasons why you believe our program is a good fit for you.

### **Overcoming Challenges**

Compose a 750-1000 word essay that responds to the prompt below:

- Think of a time that you faced a challenge in your personal life, work, or school. Describe that challenge, then describe how you used critical thinking and problem-solving during that challenge. Write about what you learned about yourself from that situation AND how what you learned could inform your work as a graduate student and future occupational therapist. In your response, be sure to include specific examples of how your critical thinking and problem-solving during the challenge prepared you for the academic rigors of graduate school. Include, if relevant, any specific strategies or supports you have used or plan to use during your time in graduate school.