



THE OHIO STATE UNIVERSITY

School of Health and Rehabilitation Sciences
Department of Occupational Therapy

OTD Survival Guide
2019-2020

Welcome Class of 2022!

Congratulations on making it this far, we are so glad to have you!!!

You are beginning a very exciting time in your educational careers. It can be scary to get started, but soon enough you will feel like a member of our OT family here at OSU. We have gathered together pieces of information that we think you will find useful as you transition into this graduate program. Hopefully the student manual we prepared will help you to answer questions you come across during your time at Ohio State. It seems like a long road ahead, but the time will fly by as you grow into an Occupational Therapist.

Your Current SOTA Officers,

President: Andrew Langner.7

Vice President: Karla Levering.35

Secretary: Lauren Hyttenhove.1

Treasurer: Nicole Roberge.14

Ways & Means Co-Chairs: Kaitlyn Willming.1 & Rachel Wegener.11

Service Co-Chairs: Sage Baker.2706 & Linda Sandvick.1

Recruitment Co-Chairs: Meg Dougherty.262 & Brenna McLaughlin.280

ASD Representative: Rebecca Woodson.58

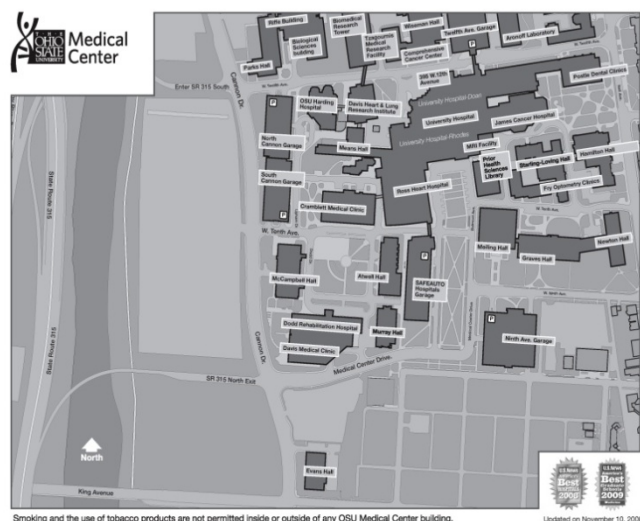
Student Faculty Liaison: Ari Gremling.11

Publicity Membership Co-Chairs: Lauren Jeffers.130 & Noelle Fuzer.3

Diversity Chair: Liz Dion.19

Occupational Therapy: Putting the fun in functional!

Important Places



Atwell Hall – Your new Home! OT lab, OT office, Computer Labs, and additional classrooms in which your OT classes may meet. You will spend the majority of your time in this building!

Barnes and Noble– The majority of OT books are located here, along with general class and anatomy supplies which --- located in the Campus Gateway, High Street and 10th.

Parking–If you don't mind searching for a few minutes and then taking about a 10-minute walk, there are always places that you can park for free! 8th, 9th, Michigan, McMillen, and most of King have free street parking, along with some other random roads around there, but be sure to read the signs for restrictions. If you live within 10-15 minutes from campus, there are bus-stops everywhere if you don't want to drive. It's FREE when you use your Buck ID! It is not necessary buy a garage parking pass (they're way too expensive). Additional Traffic and Parking information can be found at: <http://go43210.osu.edu/>
If you plan on commuting to class, see page below about parking for specific information.

Dodd Rehabilitation Hospital- OSU's inpatient rehabilitation facility and a location for fieldwork and jobs. First year classes will meet here for select activities such as Range of Motion screenings and learning about physical agent modalities.

Hamilton Hall- Anatomy lecture and laboratory. Don't be afraid of the lab!!! ;)

Prior Health Sciences Library- The closest library to Atwell Hall, with endless resources and a great place to study and grab a cup of coffee (Remember: Anatomy bones, models, and books are available here for studying!) Take advantage of everything it has to offer!

Welcome to Atwell Hall

Get used to it! The vast majority of your classes (aside from Anatomy) will be in this building, mostly in the OT lab (room 416). Luckily, the chairs are comfortable.

Food and drinks

- You can use the refrigerator in the lab for your lunches. The fridge gets really crowded, so please be respectful and try not to take up too much room. You can also use the microwaves in the lab.
- It would be best to bring your own water bottle and use our water dispenser in 416. Atwell isn't known for the best water quality in the fountains.
- There are vending machines located in the lobby on the first floor of Atwell.
- Other locations close to Atwell include:
 - The hospital cafeteria, BistrOH, is located in the corner between the old James and Rhodes/Down and sells warm food and has a sandwich station and salad bar. There is also a **Wendy's** and **Au Bon Pain** located inside the hospital.
 - **Panera** is next door to Atwell and gives a 10% discount to employees.
 - Prior Health Sciences library also has a coffee shop that serves **Starbuck's** coffee and also has some food items.
 - Neil Ave. also has some options such as Jimmy Johns, Brugger's Bagels, and Hangover Easy

Computer Labs:

There are two computer labs in Atwell, one on the 4th floor and one on the 2nd. These are usually open from 8-5 and both have free printing (up to 500 pages/semester). If the printers run out of paper or have a problem that you can't figure out how to fix, you should kindly ask Maureen Braughton for assistance! Maureen's office (106) is located on the 1st floor of Atwell past the elevators at the end of the hall.

Conference Room:

There are two conference rooms located on the first floor, directly to the right of the doors as you enter the lobby. These rooms can be reserved for group meetings. You should check with Amy Kennedy (amy.kennedy@osumc.edu) at the front desk on the 1st floor of Atwell for availability.

Study Room:

There is a large room of cubicles for quiet study spaces as well as group study rooms along the back wall and a prayer room. This is located on the second floor in room 246.

Lockers:

You can elect to get a locker in Atwell which can be convenient for storing gait belts, books, coats, etc. You will need to provide your own lock for this. You can get more details about lockers from Maureen Braughton in the first-floor office (106)!

Faculty Offices:

Most of the professors have their offices next to 416, but some are also at the opposite end of the hallway (the door says "Occupational Therapy" over top of it). There is a waiting area inside if you have a meeting with a professor. This is to be used as a professional space, not really as a relaxing space. It's our professors' space so respecting that would be kind to them. Also, the mailboxes are in a file cabinet in that waiting room. This is where professors will return assignments.

Prior Health Sciences Library

Located in the OSU Medical Center (on the corner of 10th avenue), this library will be of great use to you. Here you will find computer labs, photocopiers, and quiet and group study areas. The library's Web site is: <http://hsl.osu.edu/> Hours are shown below. These get extended during midterms and finals.

General Hours

Sunday: 12:00 p.m. – 11:45 p.m.

Monday – Thursday: 7:30 a.m. – 11:45 p.m.

Friday: 7:30 a.m. – 7:45 p.m.

Saturday: 10:00 a.m. – 5:45 p.m.



Helpful Hints:

- **Skeletons, bone boxes, and body atlases are available for checkout at the front desk!!**
- Group study rooms for group work and study can be signed out at front desk, great for talkative anatomy study groups.
- Be mindful of your voice level depending on the floor you are studying on, some are designated as **QUIET STUDY FLOORS** (especially the 3rd floor). The 4th floor is your best bet for quiet discussion groups.
- OSU wireless is available, it takes ~5 minutes to set up, ask at the front desk
- Copier and printers are available, you must pay to print using Buck-ID. Add money using machine in library or online at <http://buckid.osu.edu>
- To **specifically search OT databases** for research, from the start page at <http://library.med.ohio-state.edu/> click on “Subject Guides” on the left menu, the select “Occupational Therapy”
- Your standardized patient labs will be in the basement of this building. They are not as scary as you think!!

Academic Expectations

Philosophy of the Program

Human life includes a process of continuous adaptation and successful adaptation results in a sense of competence and self-esteem. Occupational therapists focus on assisting people to engage in daily life activities that they find meaningful within their lives. They also understand occupations and use them to affect human performance and improve the effects of disease and disability.

For more information visit: <http://www.hrs.osu.edu/ot/1457.cfm>

As an occupational therapy student in this program, you will:

- Become proficient in observing, identifying and assessing the nature of problems that arise in various conditions
- Create treatment plans grounded in multiple occupational therapy theories
- Develop problem solving skills that will be useful inside and outside the classroom
- Be able apply what you learn inside the classroom to clinical experiences that will allow you to partake and refine your judgment skills
- Need to understand the core theories that occupational therapy was founded upon and carry that knowledge with you as you progress through the program

For classes, it is important to:

- Attend all classes and be attentive (This is expected).
- Inform faculty when you are unable to attend class by filling out the absence form as soon as you can.
- Come to class on time and keep the talking to a minimum to respect our hard-working professors' time.
- Use lectures as a source of information that will be required to know for testing and practice.
- Show respect for the faculty members and acknowledge the fact that they have personal experiences to share that will make your learning more meaningful.
- Retrieve any information if you miss class (This is your responsibility).

Some requirements of the program include:

- An evaluation by your course instructor on your capabilities to apply learned material to either a multiple-choice exam, essay, projects, or a performance observation scenario
 - An evaluation is presented to the student on how well he/she met the criteria that was set within the syllabus through either through a written document or orally portrayed by the professor
- Developing your professional writing skills and integrating multiple concepts into a written format
- Writing papers in a manner that is consistent with the Publication Manual of the American Psychological Association (APA). This style of writing most closely reflects the principles stated in the AOTA guide.

Relationships with Faculty and Other Students

The Empathy Rule

An ability common to occupational therapists is the gift of empathy. This skill should not only be used in the clinic, but in everyday life. Whenever you act, think about how your action (or lack of it) will affect your classmates or the faculty. If you think first, many potential problems can be avoided entirely, and the privileges that you currently have will continue. If you are able to do this, you are on your way to becoming a successful professional.

Relationships with Faculty

The Ohio State University OT Faculty should be thought of as colleagues. You will find that they will get to know you and you will get to know them. Always include the faculty on events, ideas, and fundraisers, as they will often get involved themselves! Remember to treat them with respect and address them in the proper manner. Most of our faculty have earned their doctorate degrees and have earned their notorious title. Addressing them by Professor or Doctor is never the wrong way to go!

Relationships with Students

Your classmates will soon become your colleagues. The most competitive part of becoming an OT was getting into the program, and YOU'RE IN! Use each other as a resource when due dates and tests approach and become familiar with utilizing teamwork. The program prepares you for collaboration with others and will require you to rely on team members for assignments. Because all of your classmates are going through the same scholastic challenges as you, they can become a great source of support.

We're All in this Together

We are all here because we want to become the best OTs that we can be for our patients. We all want to have competent and helpful coworkers when we get out into the field and we want to start that here. You are not competing for the best GPA, fieldwork placements or jobs! Help and encourage each other to become the coworkers that you want them to be for you

Parking

If you plan on commuting to class, it would be wise to invest in a parking pass as it can be difficult to find consistent spots on side streets around campus. There is a parking garage on 9th Ave. that is about \$12/day but parking there consistently would be very expensive.

To buy a parking pass, visit this site and fill out the drop-down menu to identify the ideal pass option for you: <http://osu.campusparc.com/home/permits/student-faculty-staff-permits/annual-permits>

Below I've listed out some parking options that many students use to commute to class! This is an overview of the information so visit the site listed to see specific details and to be able to buy the pass.

Option 1: Student – CXC Buckeye Lot Surface Parking

- Address: 555 Borry Drive, Columbus, OH
- Buy permit for one whole year
- Monthly price: \$10.69
- Annual price: \$128.28
- Drive to lot at address listed above, wait at bus stop for the bus, bus will drop you off beside the RPAC, walk ~10-15 minutes to Atwell Hall. To return to car, walk back to bus stop beside RPAC, wait for appropriate bus, get off bus at correct lot.
 - o If bussing TO campus take: CLS bus
 - o If bussing TO parking spot from campus take: CLN bus

Option 2: Student – C – Central Campus Surface Lot Parking

- Address: Any lot on campus with a “C” lot sign, specifically beside JO South, the stadium, etc.
- Buy permit for one whole year
- Monthly price: \$30.33
- Annual price: \$363.96
- Need to arrive early to the lots to find a space. Spaces are on campus so no need to take the bus and you can walk to class from your parking spot.

**Download the OSU App to see real time bus tracking!!
It makes the bussing system much easier.**

This app with bussing information is also helpful for students who don't commute to campus but live a little farther away—you can use the bus system to get to class!

Student Organizations

Student Occupational Therapy Association (SOTA)

SOTA is the student occupational therapy organization. Its goal is to advocate and further the profession of occupational therapy. Through the collaborative efforts of students and faculty, we work to live up to the standards set forth by OOTA and AOTA. The organization's officers are comprised of elected second year students. SOTA meets once a month and has invaluable ways to get involved in the profession of occupational therapy. SOTA plans student events, service projects, provide fundraising opportunities, and campaign for public awareness of OT. By reaching out into the community we can further develop our student experiences to become better prepared practitioners.

As the principal student organization for OT students, SOTA has a number of officer positions with defined responsibilities. The positions are shown below.

SOTA Officers

President	Andrew Langner	<ul style="list-style-type: none">• Runs the meetings• Appoints committees• Calls extra meetings• Appoints chairs for professional workshop committees and community service projects• Meets with SOTA Advisor, Professor Robinson, at least once a month• After graduation, maintains contact information for all classmates and keeps the division updated on classmates
Vice President	Karla Levering	<ul style="list-style-type: none">• Runs meetings if the President cannot attend• Responsible for revision and review of the SOTA Constitution• Chairs Big/Little committee and plans events• Organizes programs, refreshments, and guest speakers at SOTA meetings• Appoints chairs for SOTA events• Acts as representative for School of Health and Rehabilitation Sciences Student Council
Secretary	Lauren Hyttenhove	<ul style="list-style-type: none">• Records all meeting minutes• Responsible for correspondence• Chairs the committee for making a roster of SOTA members• Provides a copy of the minutes to the Advisor
Treasurer	Nicole Roberge	<ul style="list-style-type: none">• Collects, records, disburses, & accounts for SOTA's funds• Pays approved debts

Publicity- Membership Co- Chairs	Lauren Jeffers and Noelle Fuzer	<ul style="list-style-type: none"> • Meets with Advisor quarterly to review books • Responsible for dividing funds for conference among attending students • Publicizes events and activities • Maintains SOTA bulletin board and calendar of birthdays and events • Keeps a list on all paid SOTA members • Appoints a committee to plan the end of year banquet for 2nd year students
AOTA/OOTA Assembly Student Delegate (ASD)	Rebecca Woodson	<ul style="list-style-type: none"> • Attends the annual meeting of the American Student Committee of the Occupational Therapy Association and the Ohio Occupational Therapy Association • Brings SOTA issues to the AOTA and OOTA Board of Directors • Keeps SOTA members informed about state and national issues pertaining to occupational therapy • Reviews OOTA mailings and reports information to SOTA • Posts minutes from AOTA and OOTA meeting and conferences • Reminds SOTA members about paying AOTA and OOTA dues and registering for the AOTA and OOTA conference • May appoint an assistant
Student- Faculty Liaison	Ari Gremling	<ul style="list-style-type: none"> • Attends one faculty meeting per month to discuss concerns of students and communicate faculty concerns to students • Attends other meetings/events at the request of the faculty • Notifies students of meetings to allow for their input
Ways and Means Development Directors	Kaitlyn Wilming & Rachel Wegener	<ul style="list-style-type: none"> • Appoints and directs chairs for fund-raising events • Reports to treasurer a written record of incoming and outgoing funds • Organizes a class gift to be donated to the OT department
Recruitment Liaisons	Meg Dougherty & Brenna McLaughlin	<ul style="list-style-type: none"> • Coordinates SOTA members to assist faculty in the recruitment of new students/ student information sessions • Leads Backpack Awareness committee
Service Co-Chairs	Sage Baker & Linda Sandvik	<ul style="list-style-type: none"> • Brainstorm/plan service opportunities for SOTA • Maintain communication with service/volunteer organizations
Diversity Chair	Liz Dion	<ul style="list-style-type: none"> • Promote diversity and leadership at OSU and within the field of OT.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

NAMI is a national organization that is represented by NAMI at OSU. NAMI at OSU is an interdisciplinary volunteer group whose goal is to promote quality of life for people with mental illness and those affected by mental illness. NAMI at OSU meets once a month and collaborates with NAMI of Franklin County, Ohio to address issues and educational opportunities within our campus community. NAMI at OSU also does service events such as: the NAMI Walk spring quarter and visits with Harding hospital (and potentially a couple more coming soon!).

For more information: <http://namiosu.org.ohio-state.edu>



PI THETA EPSILON (PTE)

Pi Theta Epsilon is the honorary society for occupational therapy students. This society recognizes and encourages scholastic excellence of its members. The purpose of PTE is to contribute to the advancement in the field of occupational therapy through scholarly projects such as research and continuing education. It also provides a base for relationships among accredited schools and their students and faculty. Induction into this nationally recognized society is based on grade point average, class rank, and a written application. This invitation to join will come out in the spring semester.

For more information: <http://www.aotf.org/PiThetaEpsilon.aspx>



OHIO OCCUPATIONAL THERAPY ASSOCIATION (OOTA)

OOTA is our state-level professional association whose mission is to promote the interests of OT's in the state of Ohio. The OOTA conference, Occupational Therapy without Borders: Stepping Stones to Occupations is October 12th – 13th

For more information: <http://www.oota.org>



National and State Occupational Therapy Associations



AMERICAN OCCUPATIONAL THERAPY ASSOCIATION (AOTA)

AOTA is our national professional association (since 1917) whose mission is to promote and represent the interests and concerns of occupational therapy professionals and students. Membership in this organization is vital to keeping our profession strong.

AOTA is responsible for putting on our **National Conference (in Boston, Massachusetts March 26-29, 2020)** and the **Student Conclave (10/31-11/2, 2019)**, an intense day and a half designed entirely for student's unique needs... giving you an insider's view of your profession; access to, and tips from, some of the nation's top employers; and a jump on career skills that will last a lifetime. This year student conclave is in New Orleans, LA.

AOTA is also responsible for our profession's Centennial Vision:

We envision that occupational therapy is a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs.



For more information: <http://www.aota.org/>

*Note that your deposit paid to reserve your spot in this class will cover your membership fees for all 3 years of the program!

Activities Outside of Class

- **Buckeye Lake:** 45 minutes to the nearest beach!
- **Campus Gyms:** RPAC, ARC, Jessie Owens North and South- soccer, tennis, ping-pong, racquetball, swimming, weights, cardio, aerobics, boxing, and more! All group fitness classes are now FREE!! (<http://www.osu.edu/athletics/>)
- **Columbus Zoo and Zoombezi Bay:** Zoo and Water Park
- **Community Festivals, Concerts, Events:** (<http://columbus.eventguide.com>)
- **Gallery Hop:** First weekend of every month in the Short North (find all events for the Short North at - <http://shortnorth.org/popular-links/gallery-hop>)
- **Gateway:** Area on south campus on High St. at the end of 10th Ave. Gateway Film Center does student discounts on movies and this area has lots of fun other shops, restaurants, and bars. It is also right next to the Barns & Nobles campus book store.
- **Giant Eagle Market District** – In Grandview, second floor is great for studying. Also it's open 24 hours and isn't packed all the time.
- **North Market** – Awesome food and booths with local options!
- **Olentangy Trail** –beautiful trail for biking, running, and walking. (<https://www.columbus.gov/recreationandparks/trails/Olentagy-Trail/>)
- **Shopping:** Easton Towne Center, The Mall at Tuttle Crossing, Polaris Fashion Place & more!
- **Sporting Events:** Columbus Blue Jackets (hockey), Columbus Clippers (baseball), Columbus Crew (soccer) and OSU Sporting Events
- **Trapper Johns Canoeing Livery:** Grove City – Canoeing, Kayaking, and Tubing (<http://trapperjohnscanoeing.com/>)
- **Wexner Center for the Arts:** On Campus
- **Whetstone Park of Roses:** Free, Off High St. - Peak viewing mid-June and mid-September
- **Whole Foods 5 after 5:** Taste wines for \$5 with food samples and a free glass! Events: (<http://wholefoodsmarket.com/stores/columbus/store-calendar/>)
- **Explore Columbus OUAB (Ohio Union Activity Board)/ D-TIX Sponsored Events:**
 - \$25 gift card for \$15 - Restaurant Cards (2 per BUCK ID per quarter, for any (not all) of the following)
 - BDI (Bravo, Brio, Bon Vie), Cameron Mitchell, Champps, Darden (Olive Garden, Red Lobster), Dave and Busters
 - Columbus Museum of Art – FREE (2 per BUCK ID per week)
 - Columbus Zoo - \$5 (2 per BUCK ID per week)
 - Franklin Park Conservatory – \$3 (2 per BUCK ID per week)
 - Gateway Movie Theaters - \$3 (2 per BUCK ID per week)
 - Shadowbox - \$5 (2 per BUCK ID per week)
 - Skyzone Indoor Trampoline Park- \$5 (2 per BUCK ID per week)
 - Cedar Point & Kings Island Tickets - \$25 (total of 4 amusement park tickets per BUCK ID per quarter)

Program Expenses

EXPENSES

The ways and means co-chairs of SOTA wanted me to inform you that as first year students you will be required to purchase a few things over the course of the summer and early fall. All of these expenses either directly benefit YOU or are things you'll get to use and keep throughout the program! Below is a brief outline so you can plan ahead and budget for these purchases:

First week of summer semester: \$50 SOTA dues. This organization is our operating body as students and does many community and fundraising events over the course of the year. Money raised by SOTA helps fund graduation gifts, banquets, and other annual events... all to benefit YOU!

Beginning/ Middle of summer semester: OSU Occupational Therapy polo and clipboard. Everyone is required to purchase at least one polo (you will vote on a class color) to be worn during all clinical experiences and fieldwork while in the program. You must also purchase a clipboard from SOTA that includes many handy tables about nerve innervation and other anatomical details! It's very handy!! At this point, you will have the option to purchase other OT apparel such as zip-ups and sweatshirts, but we understand costs add up, so at the end of the summer you will only be required to buy one polo and one clipboard.

Anatomy products: You will need to purchase an anatomy kit that will have all of your supplies in it for the summer! An email from the anatomy professor this summer will give you the details of what you will need to buy. Ask you Big O if they have left over supplies you can use!

Job Opportunities

Independent Provider

An independent provider (IP) is a self-employed healthcare provider. A provider must obtain an IP number from Medicaid in order to work and bill for services. All independent providers are reimbursed for their services by Medicaid.

IP Job description:

Applied Behavioral Analysis therapy (ABA therapy) provider is an opportunity to work and provide therapy to children and adolescence diagnosed with autism. Position requirements are determined by the consumer. Hourly pay is usually \$10-16.50 per hour.

Home Healthcare Aide is an opportunity to work with people with various diagnoses and disabilities. A home healthcare aide provides services specific to the consumers needs. Services can range from feeding to transferring to basic hygiene needs. Position requirements are determined by the consumer.

**Look for Job postings on the boards in Atwell Hall. Or look for emails from the professor about job opportunities for families or individuals in the Columbus area. Many 2nd year students will reach out to see if you all will want to take over their jobs when they leave for level IIs.

Med V Student Position

Med V's are employed through the OSU Medical Center. They currently work in acute care at University Hospitals and Ross Heart Hospital, the Martha Moore House outpatient clinic, and occasionally in other facilities/department such as neurology. Med V's in the past have been employed at Dodd Hall. This job is a student assistantship that you will have the opportunity to apply for during Spring Quarter. The position includes assisting therapists in different settings and activities. This is a great opportunity to work closely with OT's and PT's and see a variety of cliental. Students are required to work at least 8 hours per week, but can work up to 20 hours. The position requires weekends and Holidays.

Safety Coach

A safety coach is responsible for watching patients who may have agitated, impulsive, confused, or suicidal behaviors. This position allows you the opportunity to get one-on-one experience with patients requiring many healthcare services. Some safety coaches work at Dodd Rehab, Ross Heart, OSU Main, or the James Cancer Hospital. Four-hour blocks are required but can range from four to twelve hour shifts. All hours are needed (especially evenings and weekends). You can find the application through OSU Medical Center under Student Positions.

<https://www.osumc.edu/>

Student Research Opportunities

If you are interested in research, talk to the faculty for more details. Some positions are available as course credit and others may have a stipend.

Volunteer Opportunities

- **Kidnetic Energy**- This is a dance/gymnastics organization for kids with disabilities. You get paired one-on-one with a kid and lead them around the gymnastics facility assisting them in the different gymnastics moves. It's Sundays from 4-6 at Buckeye Gymnastics. They're always in need of more volunteers!
- **NAMI**- volunteer opportunities in Mental Health settings
- **Special Olympics**
- **Goodwill Columbus**- Adults with disabilities
- **TAASC**- adaptive sports; skiing, kayaking, etc.
- **Columbus marathon**, and various runs/walks, etc.
- LOTS of volunteer opportunities are available that the OT program/profs will let you know about or that you will hear about from other students and the community
- **Wheelchair Rugby** - hang out at practices, play against the team, practice your transfers!
- **Research volunteer** - volunteer in a research lab for one of our amazing faculty members

Welcome to OSU OTD

~Give it your all and enjoy the journey~