

## OT-RELATED HOURS FOR APPLICANTS

To apply to the Program in Occupational Therapy, Washington University in St. Louis requires at least 30 hours of OT-related experience (e.g., shadowing OTs, volunteering or working with people with illness, injury or disability, etc.).

We recognize that students applying may be unable to complete OT-related hours. *Please do what you are able.* We hope you have some contact with health-care professions and individuals with disabilities in person, but you are encouraged to be creative about getting other types of knowledge and experience while observing social distancing guidelines. As always, being able to go above the minimum and show that you have explored a breadth of OT-related areas will strengthen your application. Applicants may supplement typical in-person OT-related activities with other options. Please track your hours involved in these activities, take notes and write reflections on what you learned. For example, you might:

- Do community service that does not involve direct personal contact
- Conduct phone or video informational interviews with clinicians or those who work with OT-related populations
- Explore OT-related websites
- Read OT-related articles and books and issues in health care
- Watch movies or videos, or listen to podcasts related to health care issues
- Complete pre-OT classwork online or educational webinars related to health care
- Participate in webinars or virtual panel discussions (we will offer these in the future)

## DOCUMENTATION

To provide evidence of your OT-related experience, please create a document of one to two pages that you will upload to OTCAS as a supporting document. We recommended that your documentation include:

- Your name
- Date/s of activity
- Mode of interaction
- Name of book, video, interview host, webinar, community service, etc.
- Number of OT-related hours (time spent on activity and writing reflection)
- Description – for example:
  - What did you do?

- Provide a summary of the content of the source material
- Reflection – *Select any of these questions or formulate others to guide your reflection and critical thinking*
  - What did you learn?
  - How do you think this relates to occupational therapy?
  - How did it deepen your knowledge of OT or health care?
  - What are some underlying themes or principles?
  - How did it confirm or challenge your assumptions?
  - What new questions do you have? What do you think? What do you want to do? What changes do you suggest based on this experience?

## RESOURCES

We encourage you to explore many possible resources to advance your OT-related experience and knowledge. The following list is not exhaustive. **These suggestions are not officially endorsed by the Program in Occupational Therapy**, but have been recommended by our alumni, faculty and staff.

### BOOKS

- **An American Summer – Love and Death in Chicago** by Alex Kotlowitz: A richly textured, heartrending portrait of the impact of violence on Chicago's most vulnerable neighborhoods.
- **Being Mortal** by Atul Gawande: Honest and humane, Dr. Gawande reveals how the medicine can improve life and the process of dying.
- **Black Man in a White Coat** by Damon Tweedy, MD: One doctor's passionate and profound memoir of his experience grappling with racial identity, bias and the unique health problems of black Americans.
- **The Body Keeps the Score** by Bessel Van Der Kolk: A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing.
- **The Book of Pride: LGBTQ Heroes Who Changed the World** by Mason Funk: True story of the gay rights movement from the 1960s to the present, through richly detailed, stunning interviews with the leaders, activist, and ordinary people who witnessed the movement and made it happen.
- **The Boy Who Harnessed the Wind** by William Kamkwamba: A gripping memoir of survival and perseverance about the heroic young inventor who brought electricity to his Malawian village. *This is a great book to share with children.*
- **Brain on Fire** by Susannah Callahan: The astonishing true story of the author's descent into madness, her family's faith in her and the lifesaving diagnosis that almost did not happen.
- **The Brain that Changes Itself** by Norman Doidge MD: A guide to the new brain science neuroplasticity and if it is possible to change your brain.
- **The Crossroads of Should and Must** by Elle Luna: Inspired by the hero's journey outlined by Joseph Campbell, this book guides us from the small moment, discovering our must, to actually doing something about it and returning to share our gifts with the world.
- **Diving Bell and the Butterfly** by Jean-Dominique Bauby: In 1995, Bauby suffered a stroke that resulted in locked-in syndrome with only his left eye functioning. By blinking to someone who

recited letters, he wrote this account of memories, hopes and dreams to demonstrate his consciousness and the strength of his spirit.

- **Evicted: Poverty and Profit in the American City** by Matthew Desmond: The author takes us into the poorest neighborhoods of Milwaukee to tell the story of eight families on the edge. Most poor renting families spend more than half of their income on housing, and eviction has become ordinary, especially for single mothers.
- **Eye Can Write** by Jonathan Bryan: The author, incapable of voluntary movement or speech, shares his intense passion for life, his hopes, his fears and what it is like to be him.
- **Eye Contact** by Cammie McGovern: A primer on the nature of autism. Eye Contact is compelling by virtue of its spiky and in-transition characters.
- **The Eyes on the Prize Civil Rights Reader: Documents, Speeches, and Firsthand Accounts from the Black Freedom Struggle** edited by Carson, Garrow, Gill, Harding and Hine: The most comprehensive anthology of primary sources available, spanning the entire history of the American civil rights movement.
- **Fractured Not Broken: a Memoir** by Kelly Schaefer: In a sweeping and heart-wrenching narrative, Schaefer exposes the truth about what happened after a drunk driver rendered her a quadriplegic.
- **Ghost Boy** by Martin Pistorius: The heart-wrenching memoir of Pistorius' return to life after misdiagnosis of an unknown degenerative disease when he was twelve.
- **Grit** by Angela Duckworth: This book shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit."
- **Hand to Mouth** by Linda Turado: Outspoken and vindictive, Tirado embodies the cyclical vortex of today's struggle to survive. (Kirkus Review)
- **Head Cases** by Michael Paul Mason: This book takes us into the dark side of the brain in an astonishing sequence of stories both true and strange from the world of brain damage.
- **Healing Children: A Surgeon's Stories from the Frontiers of Pediatric Medicine** by Kurt Newman, MD: An inspiring memoir from a pediatric surgeon working at one of our nation's top children's hospitals
- **Just Ask** by Sonia Sotomayor: Inspired by the author's childhood experience with diabetes, she describes how children with other disabilities share their strengths to enjoy life. Written for children, but worth reading at any age.
- **Just Mercy** by Bryan Stevenson: A true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice, from one of the most influential lawyers of our time.
- **Left Neglected** by Lisa Genova: After a car crash leaves a mother in her 30s with a traumatic brain disorder called "left neglect," she learns what truly matters most in life.
  
- **A Leg to Stand On** by Oliver Sacks: Describes Sack's injury following a mountaineering accident and the experience of transitioning from doctor to patient.
- **Living Sensationally – Understanding Your Senses** by Winnie Dunn: A leader in OT explains how people's individual sensory patterns affect the way we react to everything that happens to us throughout the day.

- **Long Walk to Freedom** by Nelson Mandela: A memoir by the global human rights icon detailing his fight against racial oppression in South Africa.
- **The Man Who Mistook His Wife for a Hat** by Oliver Sacks: Recounts the case histories of patients lost in the bizarre, apparently inescapable world of neurological disorders.
- **Me Before You** by Jojo Moyes: A girl in a small town forms an unlikely bond with a recently paralyzed man.
- **The Memory of Running** by Ron McLarty: Rolling down the driveway of his parents' house in Rhode Island on his old Raleigh bicycle to escape his grief, the emotionally bereft Smithy embarks on an epic journey of discovery and redemption.
- **The Missing Class: Portraits of the Near Poor in America** by Katherine S. Newman and Victor Tan Chen: This book describes, through the experiences of nine families, the unique problems faced by this growing class of people who are neither working poor nor middle class.
- **Mountains Beyond Mountains: Healing the World: The Quest of Dr. Paul Farmer** by Tracy Kidder: An inspiring book of a physician's fight against tuberculosis in Haiti, Peru and Russia.
- **My Stroke of Insight** by Jill Bolte Taylor: The memoir of a Harvard-trained brain scientist who experienced a massive stroke in the left hemisphere of her brain.
- **On Fire** by John O'Leary: Burned in a fire at 9-years-old, O'Leary endured month of surgeries and therapies.
- **Out of my Mind** by Sharon M. Draper: Reveals the quiet strength and fortitude it takes to live a full life with disabilities and the misconceptions that go with them.
- **The Out-of-Sync Child Has Fun** by Carol Kranowitz: Explains Sensory Processing Disorder (SPD) and presents a drug-free approach that offers hope for parents.
- **Outliers** by Malcolm Gladwell: An intellectual journey through the world of "outliers" – the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different?
- **Quiet** by Susan Cain: This book show how society dramatically undervalue introverts and how much we lose in doing so. Superbly researched and filled with indelible stories of real people.
- **The Reason I Jump** by Naoki Higashida: The memoir of a self-aware and charming thirteen-year-old boy with autism that demonstrates how he thinks, feels, perceives and responds in ways few of us can imagine.
- **A Sense of the World: How a Blind Man Became History's Greatest Traveler** by Jason Roberts: A solitary, sightless adventurer, Holman (1786-1857) fought the slave trade in Africa, survived a frozen captivity in Siberia, hunted rogue elephants in Ceylon, helped chart the Australian outback and circumnavigated the globe.
- **The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures** by Anne Fadiman: Explores the clash between a small county hospital in California and a refugee family from Laos over the care of Lia Lee, a Hmong child diagnosed with severe epilepsy.
- **Still Alice** by Lisa Genova: An accomplished woman slowly loses her thoughts and memories to early onset Alzheimer's disease.
- **The Stonewall Reader** by New York Public Library: For the 50<sup>th</sup> anniversary of the Stonewall uprising, an anthology chronicling the tumultuous fight for LGBTQ rights in the 1960s and the activists who spearheaded it.

- **There is No Me Without You: One Woman's Odyssey to Rescue Africa's Children** by Melissa Fay Greene: A powerful story of one woman working to save Ethiopia's children from the African AIDS crisis.
- **A Thousand Splendid Suns** by Khaled Hosseini: An incredible chronicle of 30 years of Afghan history and a moving story of family, friendship, faith and love.
- **Tuesdays with Morrie** by Mitch Albom: Two decades ago, sportswriter Albom was a student at Brandeis University of sociologist Morrie Schwartz. Albom recounts how he renewed his warm relationship with his revered mentor as the old man was dying.
- **Umami** by Laia Jufresa: In five extraordinary apartments live five extraordinary families. Designed in the shape of a tongue, each apartment takes the name of a flavor – sweet, salty, sour, bitter and umami.
- **The Warmth of Other Suns** by Isabel Wilkerson: This book describes the decades-long migration of black citizens who fled the South for northern and western cities in search of a better life, experiencing terribly painful hurdles of racism.
- **When Breath Becomes Air** by Paul Kalanithi: In this inspiring memoir, an idealistic young neurosurgeon attempts to answer the question: what makes a life worth living?
- **Where is the Mango Princess? A Journey Back from Brain Injury** by Cathy Crimmins: Humorist Crimmins has written a deeply personal, wrenching and often hilarious account of the effects of traumatic brain injury, not only on the victim, but also on the family.
- **The Working Poor: Invisible in America** by David K. Shipler: Nobody who works hard should be poor in America, writes Pulitzer Prize-winner Shipler. Clear-headed, rigorous and compassionate, he journeys deeply into the lives of individual store clerks and factory workers, farm laborers and sweatshop seamstresses.

## COMMUNITY SERVICE IDEAS

- Contact a nursing home or senior community and offer to maintain contact with residents through letters, cards and phone calls to residents
- Make masks as part of COVID-19 response
- Volunteer with a hotline such as Good Samaritans
- Help general education and special education teachers adapt their curriculum online or provide other support to teachers
- Contact Best Buddies and see if they have any virtual activities
- Assist with food banks and shelters
- Contribute ideas to virtual bulletin boards
- Assist [Gateway Housing Service Project](#) by researching rehabs, community and health-care organizations that work with clients who might benefit from home repairs and modifications to improve accessibility. Contact WashU OT alumna Beth for info: [beth@bkedresources.com](mailto:beth@bkedresources.com)
- Explore ways to use technology to improve daily living for clients, such as voice to text programs, reminder apps, medication prepackaging services, etc.
- Search for volunteer jobs that can be done at home through [Volunteermatch](#) and [Operation Warm](#)
- Contact local Area Agencies on Aging to see if there is remote work that can be done

## EDUCATIONAL OPPORTUNITIES

- [Contour Design Webinars](#): Focuses on workplace ergonomics
- [Occupationaltherapy.com](#): Online Continuing Education for Occupational Therapists (cost is \$99 for one year access)
- [Occupro Webinars](#): Worker's compensation and functional capacity evaluations
- [The Rising Workplace Webinars](#): Educating on ergonomics and employee engagement
- [What Makes a Good Life?](#): Ted Talk by Robert Waldinger
- [How to Make Stress Your Friend](#): TedX talk by Kelly McGonigal

## MOVIES/VIDEOS

- **13<sup>th</sup>: From Slave to Criminal with One Amendment**: Documentary from Ava DuVernay exploring the intersection of race, justice and mass incarceration in the U.S. (2016, 100min)
- **Alive Inside: A Story of Music and Memory**: Social worker Dan Cohen advocates for music therapy with dementia patients. (2014, 1h 17min)
- **Any One of Us**: A documentary chronicling pro mountain biker Paul Basagoitia's life-changing journey after suffering a spinal cord injury. (2019, 1h 27min)
- **Asia-A**: Inspired by a true story. A recent spinal cord injury patient struggles to reconcile his sense of self-worth with his new reality as a paraplegic. (2018, 20min)
- **The Aviator**: Biopic of Howard Hughes showing how obsessive-compulsive disorder (OCD) complicates his life. (2004, 2h 50min)
- **Back from Madness: The Struggle for Sanity**: Illustrates medical interventions with varying results for individuals living with bipolar disorder, schizophrenia, OCD and depression (2015, 55min).
- **A Beautiful Mind**: Loosely based on the life of mathematician John Forbes Nash Jr., addressing the impact of progressive paranoid schizophrenia. (2001, 2h 15min)
- **Ben Is Back**: Impact of opioid addiction, associated criminal behavior, withdrawal and recovery. (2018, 1 h 44 min)
- [Bipolar Depression/Rapid Cycling](#): Interview and footage from life of a mom living with the disease. (2018, 7min)
- **Brain on Fire**: Stricken with seizures, psychosis and memory loss, a young reporter visits doctor after doctor in search of an elusive diagnosis. (2016, 1h 29min)
- **Breathe**: Based on an inspiring true love story, a couple deals with the aftermath of polio. (2017, 1h 58min)
- **Charlie Bartlett**: A young man with attention deficit hyperactivity disorder (ADHD) struggles to manage associated issues with family, body image and sexuality. (2007, 1h 37min)
- **Code Blue: Redefining the Practice of Medicine**: A documentary revealing the insufficiencies in the current state of medicine. (2019, 102min)
- **Coma**: An HBO documentary now on YouTube in four parts that follows four young adults who are in or emerging from persistent vegetative state. (2007, 1h 42min)

- **Coming Home:** Examines Issues of physical and mental health post-Vietnam. (1978, 2h 7min)
- **Crash:** This movie depicts issues of bigotry/stereotypes through disparate lives interwoven through multiple events. (2004, 1h 52min)
- **Crash Reel:** Documentary following elite snowboarder Kevin Pearce who was headed for the Olympics when he sustained a traumatic brain injury (TBI) in an accident on the half-pipe. (2013, 1h 48min)
- **Crip Camp:** A documentary of a summer camp for teens with disabilities. (2020, 1h 46min)
- **Charged: The Eduardo Garcia Story:** Charged with 2400 volts of electricity, Eduardo Garcia reexamines life after the loss of his arm. (2017, 1h 26min)
- **Elizabeth Blue:** A young woman living with schizophrenia struggles with symptoms of anxiety, hearing voices, obsessing and medication and varying support from her fiancé and parents. (2017, 1h 35 min)
- **The Funny Side of a Stroke:** Ted Waltmire is a musician and musical theater lover who wrote a musical about having a stroke and recovering from it. (2012, 13min)
- **Gabe: The Movie:** A documentary about an incredible young man with Duchenne muscular dystrophy. (2017, 1h 10min)
- **Gleason:** Documentary of former professional football player Steve Gleason who was diagnosed with amyotrophic lateral sclerosis (ALS). (2016, 1h 50min)
- **Girl, Interrupted:** A young woman struggling with borderline personality disorder finds support from similar young women in a mental health hospital. (1999, 2h 7min)
- **Good Will Hunting:** A bright young man with a gift for mathematics manages depression and history of child abuse through caring therapy. (1997, 126min)
- **Grey Gardens:** Depicts a mother-daughter relationship reflecting issues of codependency, alcoholism and poverty. (2009, 1h 44min)
- **Including Samuel:** Documentary by Dan Habib about his son's life with cerebral palsy and being included in all aspects of family and school life. (2007, 1h)
- **Infinitely Polar Bear:** A family deals with the behavior of a father who has bipolar disorder. (2014, 1h 30min)
- [An Interview with My Schizophrenic Brother:](#) This YouTube video illustrates psychosis and paranoia. (2009, 9min)
- [Heather: Schizophrenia:](#) Heather is home for a visit from a state hospital. (2007, 6min)
- **Hawking:** Biopic of Stephen Hawking as PhD student at Cambridge as he manages an evolving motor neuron disease. (2014, 1h 30min)
- **Joker:** Mentally troubled comedian Arthur Fleck, who is disregarded and mistreated by society, embarks on a downward spiral into his alter ego the Joker. (2019, 2h 2min)
- **King Gimp:** Documentary about Dan Kepliner, who has athetoid cerebral palsy. Follows his early life, his mother's support and his determination to share his intelligence and talents despite his motor and speech impairments. (1999, 40min)
- [Living with Multiple Sclerosis](#) – Mother living with MS, filmed by her daughter. Looks at dressing, bed mobility and other daily tasks. (2012, 9min)
- **Like Stars on Earth:** An eight-year-old boy, thought to be a lazy troublemaker, is helped by the new art teacher who discovers the real problem behind his struggles. (2007, in Hindi with subtitles, 2h 45min)

- **Me Before You:** A girl in a small town forms an unlikely bond with a paralyzed man. (2016, 1h 46min)
- **The Memory Loss Tapes:** HBO Documentary follows several people at various stages of Alzheimer's disease: diagnosis, early onset, a failed driving evaluation, moderate and severe/end stages. (2009, 1h 24min)
- **Moonlight:** A young African-American man grapples with his identity and sexuality while experiencing everyday struggles of adolescence. (2016, 1h 51min)
- **Mr. Connelly Has ALS:** A community embraces a high school principal as he loses his ability to walk and speak due to ALS. (2017, 32min)
- **My Left Foot:** Biopic of Christy Brown, an Irishman born with cerebral palsy, who learns to paint and write with his only controllable limb, his left foot. (1989, 1h 43min)
- [National Institutes of Child Health and Human Development \(NICHD\) videos](#) on how parents can promote early learning in children (various lengths)
- **On the Way to School:** A documentary about Kenyan, Moroccan, Argentinian and Indian children and what they do in order to attend school. (2013, 1h 17min)
- **The Peanut Butter Falcon:** A young man with Down syndrome runs away from a nursing home to chase his dream of becoming a professional wrestler. (2019, 93 min)
- **Period. End of Sentence:** A documentary of Indian women fighting the stigma surrounding menstruation who begin to manufacture sanitary pads. (2018, 26min)
- **The Pruitt-Igoe Myth:** Documentary exploring the social, economic and legislative issues that led to the decline of conventional public housing in America. (2011, 1h 19 min)
- **Q Ball:** Documentary that explores the San Quentin Prison basketball squad along their journey of rehabilitation and possible redemption. (2019, 1h 36min)
- **Rain Man:** A young man and his long-lost brother with autism learn about the impact of disabilities on families and human connection. (1988, 2h 13min)
- **Rain Man Twins:** The fascinating story of the only known female autistic savant identical twin sisters to date, Flo and Kay Lyman. (2008, 50min)
- [Schizophrenia: Part I:](#) A homeless man demonstrates various psychotic symptoms. Caringly done by his former colleague in the news business. There is also a Part II. (2011, 10min)
- [Schizophrenia: What's in My Head:](#) An artist with schizophrenia has to draw things she hallucinates. (2014, 7 min)
- **The Sea Inside:** Biopic of Spaniard Ramón Sampedro, who fought a 30-year campaign for the right to end his life with dignity following a diving accident resulting in quadriplegia. (2004, 2h 6min)
- **The Sessions:** A poet paralyzed from the neck down hires a sex surrogate in order to lose his virginity. (2012, 1h 35min)
- **Silver Linings Playbook:** After a stint in a mental institution, a former teacher attempts to redefine what it means to be normal or have a mental illness. (2012, 2h 2min)
- **Still Alice:** An accomplished woman slowly loses her thoughts and memories to early onset Alzheimer's disease. (2014, 1h 41min)
- **Thin:** Documentary about four women suffering from anorexia and bulimia, including the psychological and physical consequences. (2006, 1h 42min)

- **United Shades of America:** A CNN documentary television series that visits communities across America to understand the challenges they face. (2016 to present, 45min episodes)
- **Unnatural Causes:** A PBS documentary series about health disparities. (2008, seven episodes of varying length)
- **[What Will Your Last Ten Years Look Like?:](#)** Short video showing occupations of health alongside occupations of illness. (2013, 1min)
- **When They See Us:** Mini-series based on the true story of the Central Park Five who were falsely accused of an attack on a jogger. (2019, 4 episodes)
- **Who Cares About Kelsey:** A high school senior with ADHD, and potential other mental disorders, struggles to pass her courses and graduate. (2012, 1h 20min)

### PHONE OR VIDEO INTERVIEWS WITH OCCUPATIONAL THERAPISTS

- We have a list of Washington University OT alumni who are willing to talk with you via phone or video chat to tell you about their studies and career path. Please fill out the [online form](#) to be matched with someone.

### PODCASTS

- **[The Accessible Stall:](#)** Disability podcast hosted by Kyle Khachadurian and Emily Ladau, who have different disabilities and mobility levels and offer two viewpoints on issues within the disability community.
- **[The Best Occupational Therapy Podcasts:](#)** OT Spot team recommendations for podcasts that publish episodes regularly, have a large episode library and focus on high quality OT content.
- **[Code Switch:](#)** Hosted by journalists of color, this podcast tackles the subject of race head-on by exploring how it affects every part of society — from politics and pop culture to history, sports and everything in between.
- **[Hand Therapy Heroes:](#)** Podcast features interviews with hand therapy practitioners, patients, surgeons and company representatives to help increase hand therapy knowledge. Hosted by Susan Weiss.
- **[Hidden Brain:](#)** Hosted by NPR social science correspondent Shankar Vedantam, this podcast reveals the unconscious patterns that drive human behavior and the biases that shape our choices.
- **[How to OT:](#)** Hosted by our Matt Brandenburg, OTD/S '20, this podcast features interviews with OT scientists, researchers, educators, clinicians and students to disseminate research to practice.
- **[Live Yes! with Arthritis:](#)** From the Arthritis Foundation, arthritis patients Rebecca Gillett, MS OTR/L, and Julie Eller share smart solutions to issues people with arthritis deal with every day.
- **[Milestones: A Child Development Podcast:](#)** This podcast contains information on sensory processing and other general discussions about child development and children with special needs. Hosted by Allison Carter, OTR/L.
- **[My OT Journey:](#)** Student-run podcast by aspiring OT and OTA students throughout the United States featuring interviews with next-level OTs and OTAs. Created by Robin Akselrud, OTD, OTR/L.

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- [Naturally Nourished](#): Podcast on food-as-medicine hosted by functional integrative medicine expert Ali Miller, RD, and co-hosted by Becki Yoo.
- [OT Potential](#): Podcast for occupational therapy practitioners and students looking to keep up with evidence based practice. Each week, host Sarah Lyon, OTR/L, discusses one influential OT-related journal article.
- [Seniors Flourish Podcast](#): Podcast for occupational therapy practitioners working with older adults with actionable ideas that listeners can take and use in their own practice. Hosted by Mandy Chamberlain, MOTR/L.
- [Strokecast](#): Gen X stroke survivor Bill Monroe explores rehab, recovery, the frontiers of neuroscience and peeling a banana with one hand.
- [TED Radio Hour](#): Exploring the biggest questions of our time with the help of the world's greatest thinkers. Host Manoush Zomorodi inspires us to learn more about the world, our communities, and most importantly, ourselves.
- [Turn Autism Around](#): Weekly autism podcast series by Dr. Mary Barbera, which focuses on helping parents and professionals reduce stress, live happier lives, and help their child or clients with autism reach their fullest potential.
- [The Working Therapist](#): Host Haden Boliek provides tools and strategies to help therapists and parents to develop and carry over therapy principles to the home.

## WEBSITES

- AOTA's [OT Centennial website](#): Chronicles the history of OT.
- AOTA's [OT Student Pulse](#): Monthly e-newsletter written by OT students for students with news, resources and opportunities.
- AOTA.org search for "Tips for Living": Valuable information about what OTs can do for selected populations or activities.
- AOTA's [Youtube Channel](#): Multiple short videos from the American Occupational Therapy Association's conferences, legislative programs and other OT-related news.
- [The Back School Blog](#): Features experts in ergonomics.
- Andrea Bennett's [blog](#): WashU OT alumna discusses how OTs can support families.
- [CDC/Act Early](#): Chronicles the milestones of typical child development.
- [Gateway Housing Service Project](#): Founded by a WashU OT alum, this organization modifies homes for accessibility.
- [Gotta Be OT](#): Provides programs and resources for OT students and professionals .
- [Harvard Center on the Developing Child](#): Explains toxic stress and its effect on childhood development.
- [Heather Santesson's Blog](#): A state-contracted OT in Oregon who writes on living skills.
- [Lauren Murphy's Website](#): Contains videos chronicling Murphy's recovery from TBI.
- [Instagram @alexisjoelle](#): Provides resources and inspiration related to practicing OT.
- [The Rising Workplace Blogs](#): Includes posting on employee engagement, injury prevention and ergonomics.
- [OTmiri](#): Resources and tools to help students through every stage of the OT journey.

- [OccuPro Blog](#) and [OccuPro White Papers](#): Covers issues of functional capacity and rehabilitation associated with work.
- [Urban Child Institute: Baby's Brain Begins Now](#): Analysis of brain anatomy and early brain development.
- [Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children](#): A report analyzing U.S. disability law provided by the National Council on Disability.
- [World Federation of Occupational Therapists \(WFOT\)](#): The global voice for occupational therapists practicing in different countries around the world.
- [Zero to Three](#): Website with videos on child development and early brain development

#### **VIRTUAL PANEL DISCUSSIONS and EVENTS**

- We will set up some virtual events so you can hear from OTs and clients and learn about specific topics related to occupational therapy that can count for OT-related experience. Please check our [website](#) for upcoming events.