Occupational Therapy is an allied health profession that uses purposeful activities to treat people with physical or mental illness, physical injury, developmental or learning disabilities and those affected by the aging process. The goal of occupational therapy is to help the person be as independent as possible in all activities of daily living.

Some of the duties of the Occupational Therapy Practitioner are:
- evaluation, treatment, and consultation
- teaching daily living skills
- developing perceptual motor skills
- developing play skills
- vocational evaluation
- designing and fabricating splints
- selecting and educating in use of adaptive equipment
- designing seating and positioning systems
- crafts and exercises to enhance functional performance
- adapting environments for people with disabilities

These services are provided on an individual or group basis. OT is performed in hospitals, mental health facilities, public schools, rehabilitation facilities, nursing homes, home health and private practices.

**Personal Characteristics:**
- desire and ability to work with people who have varying degrees of disabilities
- good organizational ability
- emotional stability
- good general health and physical stamina
- manual dexterity
- ability to work with members of a team

**Academic Interests, Skills, and Abilities:**
- desire to learn about the structure and function of the human body
- ability to conceptualize how muscles, bones and joints work together to produce movement
- strong oral and written communication skills
- love of reading
- desire for lifelong learning
- good problem-solver

**Learning Style:**
- prefers active learning
- assumes responsibility for own learning
- generates analytical questions
- seeks out answers to questions on your own
- is motivated by a challenge