

00:25:52 Cheya Bishop: Reacted to "Hey everyone! I'm Sa..." with ♥

00:25:53 Samantha Serpico: Hello! I am Samantha and I am a senior at the University of Illinois majoring in human development and family studies with a minor in psychology.

00:26:00 Cheya Bishop: Reacted to "Hi! I'm Maya and I a..." with ♥

00:26:04 Cheya Bishop: Reacted to "Hi, I'm Avery, a sop..." with ♥

00:26:05 tristessa 16: Hi! I am Trista, I'm a pre-OT student at the University of Illinois. I'm a freshman and majoring in Human Development and Family Studies.

00:26:09 Cheya Bishop: Reacted to "Hello! I am Ariana, ..." with ♥

00:26:17 Cheya Bishop: Reacted to "Hi! I'm Allison. I'm..." with ♥

00:26:19 Natalie Phornruangwong: Good afternoon everyone! I'm a junior at UIC studying Kinesiology with minors in Nutrition and Psychology. I plan on applying to OT schools this coming fall!

00:26:22 Cheya Bishop: Reacted to "Hello!! I'm Leslie, ..." with ♥

00:26:32 Maya Dagamac: Reacted to "Good afternoon every..." with ♥

00:26:34 nora mcgovern: Hi! I'm Nora, a junior at the University of Illinois studying psychology with a minor in public health!

00:26:34 Zzaje: Hello! I am Zzaje, sophomore at the University of Illinois Urbana Champaign, majoring in psychology.

00:26:36 Abigail Schrauben: Hi! I am Abigail, a pre-OT student at Grand Valley State University studying psychology and minoring in disability studies. I am currently a sophomore and excited to take the next steps!

00:26:40 Yeili Luense: Hello! My name is Yeili. I am a sophomore at the University of Illinois Urbana-Champaign in I-Health (Pre-OT) with a minor in Psychology.

00:26:43 owusuapeprah: Hi! Im Owusua I'm a freshman at the University of Illinois, and I plan on majoring in psychology.

00:26:52 Cheya Bishop: Reacted to "Hello! I am Samantha..." with ♥

00:26:56 Cheya Bishop: Reacted to "Hi! I am Trista, I'm..." with ♥

00:27:00 Cheya Bishop: Reacted to "Good afternoon every..." with ♥

00:27:04 Kamryn Celis: Hi! I'm Kamryn, I'm a senior at UIC, double majoring in Psychology and Medical Spanish with a minor in Kinesiology. I'm applying to OT school this summer!

00:27:12 Maya Dagamac: Reacted to "Hi! I'm Kamryn, I'm ..." with ♥

00:27:19 Sannie: Hello! I'm Sannie. I am a sophomore at the University of Illinois Urbana-Champaign studying psychology!

00:27:22 Kamryn Celis: Reacted to "Hi! I'm Maya and I a..." with ♥

00:27:27 Sarah Phillips: Hi! I'm Sarah. I am a freshman at Hope College in Michigan majoring in Psychology and minoring in Exercise Science on the pre-OT track!

00:27:30 Cheya Bishop: Reacted to "Hi! I'm Nora, a juni..." with ♥

00:27:33 Cheya Bishop: Reacted to "Hello! I am Zzaje, s..." with ♥

00:27:39 Anne Kiraly-Alvarez (she/her):
Welcome!

00:27:39 Cheya Bishop: Reacted to "Hi! I am Abigail, a ..." with ♥

00:27:44 Cheya Bishop: Reacted to "Hello! My name is Ye..." with ♥

00:27:47 Cheya Bishop: Reacted to "Hi! Im Owusua I'm a ..." with ♥

00:27:49 Krupa Patel: Hi, I'm Krupa! I've worked in public health and education for over a decade. I am seeking to transition into OT. I am aiming to start taking my pre-req courses starting this summer. I'm also looking to start work as a Direct Support Professional (DSP) in the next few weeks. I am a UIC grad who studied Sociology, Spanish, and History. I currently live near Elgin, IL.

00:27:52 Cheya Bishop: Reacted to "Hi! I'm Kamryn, I'm ..." with ♥

00:27:55 Cheya Bishop: Reacted to "Hello!

I'm Sannie. I..." with ♥

00:27:58 Cheya Bishop: Reacted to "Hi! I'm Sarah. I am ..." with ♥

00:28:02 Cheya Bishop: Reacted to "Hi, I'm Krupa! I've ..." with ♥

00:28:09 Xochil Sanchez: Hello I am Xochil Sanchez, I am a UIC alumni with a Bachelors in Kinesiology and I recently completed the application process for this current cycle and will be starting OT school this fall!

00:28:10 Kaelyn Bonner: Hi everyone! I'm Kaelyn! I am a sophomore at the University of Illinois at Urbana-Champaign studying Interdisciplinary Health Sciences with a concentration in Health Behavior!

00:28:10 Isabella Villalobos: Hi! I'm Isabella, a junior at the University of Illinois Urbana-Champaign studying Human Development and Family Studies, with a Psych minor!

00:28:58 Misael Reyes: Reacted to "Hi! I'm Isabella, a ..." with ♥

00:29:03 Daniel Lopez: Hey! I'm Daniel, junior at Illinois College. I'm currently majoring in Kinesiology with a double minor in English and Psych! I hope to gain hands-on experience/more experience in the OT/OTA area through this program!

00:29:04 Allison Fritz: Hello! I am Allison, an undergraduate Junior at the University of Illinois with a major in psychology and a minor in Health administration on a Pre-OT track!

00:29:20 Krupa Patel: Reacted to "Hello I am Xochil Sa..." with ♥

00:30:10 Emma Gonwa: Hi, I'm Emma. I'm a Freshman at the University of Illinois Urbana - Champaign and I'm currently majoring in Dietetics and Nutrition, but I'm planning to transfer to I-health next semester.

00:30:28 Cheya Bishop: Reacted to "Hello I am Xochil Sa..." with ♥

00:30:33 Cheya Bishop: Reacted to "Hi everyone! I'm Kae..." with ♥

00:30:36 Cheya Bishop: Reacted to "Hi! I'm Isabella, a ..." with ♥

00:30:37 Diana Gonzalez: Hello! My name is Diana, I graduated Northern Illinois University May 2025 with my bachelor's in Human Development and Family Sciences. I currently work in Early Intervention as a Developmental Therapist. I have worked along side many OT and I am eager to learn more on the profession and pursue

00:30:40 Cheya Bishop: Reacted to "Hey! I'm Daniel, jun..." with ♥

00:30:43 Cheya Bishop: Reacted to "Hello! I am Allison,..." with ♥

00:30:52 Cheya Bishop: Reacted to "Hi, I'm Emma. I'm a ..." with ♥

00:30:55 Cheya Bishop: Reacted to "Hello! My name is Di..." with ♥

00:31:27 Jocelyn Lagunas: Hello! My name is Jocelyn, and I am a junior at Illinois

College. I am currently majoring in Kinesiology with a minor in Spanish. I am planning to apply to Occupational Therapy (OT) programs this upcoming fall and would appreciate your guidance and support throughout the application process.

00:31:51 Richie Ramirez (he/him/él):

Welcome everyone! We are so happy you are here!

00:32:20 halie: Hi everyone! I am Halie, and I am studying biology with an OT focus at Indiana University Northwest. I plan to start my application process this summer!

00:32:27 Cheya Bishop: Reacted to "Hello! My name is Jo..." with ♥

00:32:31 Cheya Bishop: Reacted to "Hi everyone! I am Ha..." with ♥

00:38:42 Krupa Patel: Will there be any breaks during this program?

00:48:08 Anne Kiraly-Alvarez (she/her):
Mentees- if you have questions for the panelists, feel free to drop them here in the chat!

00:48:10 Ray Cendejas: Good question - I would say for me, my focus is on how the impacts or residual effects of substance use impact occupational performance. I can't say I'm the most versed with the DSM front to back, but I do focus more on what symptomology I see and how it makes daily habits and routines challenging

00:48:58 FastFX 2: Is chronic alcoholism and the mental impacts done by it relevant or mention in the contents of the DSM?

00:50:57 Richie Ramirez (he/him/él):
Replying to "Is chronic alcoholis..."

There is mention of the impacts of everyday life on various conditions in the DSM, which is definitely relevant for OT!

00:51:20 Krupa Patel: Reacted to "Good question - I wo..." with 

00:52:35 Cheya Bishop: This question is for Mr. Ray - What made you interested in working with people who are going through Recovery? I didn't know OT could work in that area of work and I think that is so cool.

00:53:51 Julia Kramper: For Andrea and Kyra too: OT is such a broad field- how did you find your current specialty?

00:54:05 Richie Ramirez (he/him/él):
Please feel free to ask more questions for our panelists! 

00:54:06 Izabela Liszewski: Reacted to "This question is for..." with 

00:54:10 Izabela Liszewski: Reacted to "For Andrea and Kyra ..." with 

00:55:00 Krupa Patel: Andrea - how much does mental health matter in roles where you helped someone with their body - i.e. helping stroke victim be able to play the drums again.

00:55:08 Genna Viloría: I have a question for Andrea! You mentioned making a splint for a patient. What is a splint, and how did you make it?

How did you learn to make splints?

00:55:08 Sasha Zweig: This is mainly a question for Ray, but also for anyone with thoughts on this! I am very interested in intersections of OT and public health, but it seems very niche and challenging to find openings in. Are there other areas of OT that incorporate public health and social justice work? How do you find these opportunities?

00:55:54 Paige Way: Hello, I'm Paige Way, a current pre-OT student and a current graduate student at University of Illinois Chicago. I'm currently in the application process, and have an interest in sexuality, women's health, and clinical research.

00:56:57 Izabela Liszewski: Reacted to "I have a question fo..." with 

00:57:32 Cheya Bishop: Would the panelist contact information or LinkedIn be available for us mentees?

00:57:40 Izabela Liszewski: Reacted to "Would the panelist c..." with 

00:59:06 Julia Kramper: Thank you!!

01:00:05 Anne Kiraly-Alvarez (she/her): I would argue that you can address social justice (and occupational justice) issues in all practice settings!

01:00:17 Izabela Liszewski: Reacted to "I would argue that y..." with 

01:00:22 Julia Kramper: Reacted to "I would

argue that y..." with ♥

01:00:24 Richie Ramirez (he/him/él):

Replying to "I would argue that y..."

I was just about to say this x)

01:00:35 Krupa Patel: Replying to "Andrea

- how much do..."

Did you do anything during grad school to specifically prepare for acute roles?

01:01:53 Luther King: Some academic programs are embedded in the community and address some of the public health issues within the curriculum to give students the tools to address this as a clinician.

01:01:54 Julia Kramper: If you had to give a piece of advice or tip to someone starting OT school, what would you say?

01:02:25 Cheya Bishop: What are things you do outside of work to prevent burnout?

01:02:36 Richie Ramirez (he/him/él):

Replying to "Andrea - how much do..."

We can talk more about this later when we discuss the application process too! 😊

01:02:46 Richie Ramirez (he/him/él):

Reacted to "Some academic progra..." with ♥

01:02:54 Leslie Morales Rivera: A question for anyone in the panel, how do you manage the tougher days that you face in your everyday OT life

and what advice would you give mentees to hold onto for when we reach those days within our grad or professional days?

01:03:05 Paige Way: I am very interested in pursuing clinical research within occupational therapy, particularly in the areas of women's health and sexuality.

How do occupational therapists become involved in clinical research roles, especially in specialized areas such as women's health and sexuality?

01:03:18 Leslie Morales Rivera: Reacted to "I am very interested..." with 

01:03:27 Sasha Zweig: Replying to "I would argue that y..."

Yes, this is very true! Thank you for addressing this. I appreciated Kyra's example too.

01:03:45 FastFX 2: What things are advised to do during a gap year times before entering OT school?

01:03:51 Sasha Zweig: Reacted to "Some academic progra..." with 

01:03:51 Krupa Patel: Reacted to "We can talk more abo..." with 

01:04:41 Anne Kiraly-Alvarez (she/her): Replying to "What things are advi..."

We'll get into some ideas regarding shadowing/volunteering/working later in this workshop!

01:04:57 Izabela Liszewski: Reacted to "We'll get into some ..." with ♥
01:04:58 FastFX 2: Would taking a gap effect likelihood of being accepted into an OT school
01:05:17 Izabela Liszewski: Replying to "Would taking a gap e..."

short answer, no 😊

01:05:24 FastFX 2: Reacted to "short answer, no 😊" with ♥
01:05:25 Daniel Lopez: Reacted to "short answer, no 😊" with 🍷
01:05:26 Leslie Morales Rivera: Reacted to "short answer, no 😊" with ♥
01:05:27 Genna Viloría: Reacted to "short answer, no 😊" with ♥
01:05:29 Richie Ramirez (he/him/él):
Replying to "What things are advi..."

This is definitely an "it depends"! Some applicants use this time to work and gain that work experience, others may also combine that with volunteering & shadowing. More to come later today!

01:05:40 Izabela Liszewski: Reacted to "This is definitely a..." with ♥
01:05:42 Daniel Lopez: This might be a silly question but when you specialize in a certain area of OT, like working with children, what specifically is it that an OT helps work on? Is it

social skills? Physical rehabilitation? Or does it depend on the child/ person? Kyra mentioned that one of her patients was extremely happy when he bit into a vegetable so I was just wondering about how far the 'lengths of help' may look like.

01:05:43 Misael Reyes: for anyone, what do your working hours look like? I shadowed a hand therapist and their day consisted of around 9-10.5 hours a day. just wanted to know if anyone had a similar situations

01:07:48 Richie Ramirez (he/him/él):
Replying to "This might be a sill..."

Ultimately, the role of the OTA and OT is to promote participation in meaningful activity (occupation) - that can look so different between each practice setting! For a child, it may be play or talking with friends or working on feeding -- all meaningful activity! This is one reason OT is so great 😊

01:08:13 Daniel Lopez: Reacted to "Ultimately, the role..." with ❤️

01:08:36 Anne Kiraly-Alvarez (she/her):
Replying to "Would taking a gap e..."

I would say 'it depends', which is a common response in OT! It depends on how strong your application is. Some people benefit from a gap year to get shadowing hours, more experience with work/volunteering that can contribute to your

understanding of OT. However, most applicants are successful applying to OT programs right after graduating from undergrad as long as they meet application requirements without a gap year.

01:08:43 Krupa Patel: Reacted to "for anyone, what do ..." with 

01:08:48 Misael Reyes: thank you for your response!

01:08:56 Izabela Liszewski: Replying to "This might be a sill..."

great question! Please save it to ask your mentor. It will vary from setting and client.

01:08:57 Sasha Zweig: Reacted to "I am very interested..." with 

01:10:19 Ray Cendejas:
ray.cendejas@gmail.com

01:10:21 Richie Ramirez (he/him/él):
Thank you to our panelists!!!

01:10:37 Kyra Barillier-van de Wijngaard:
People are welcome to reach out to me at kyrabvdw.ot@gmail.com 

01:10:48 Andrea Karr:
akarr@midwestern.edu , please email me with any questions!

01:10:58 Sabrina Pierre (she/her/hers):
Thank you panelists!

01:11:20 Krupa Patel: Reacted to "akarr@midwestern.edu..." with 

01:13:19 Izabela Liszewski: Replying to

"I am very interested..."

Great question! research is often completed during your OT coursework. It is a combination of networking, clinical expertise, advanced/continued education and mentorship. Feel free to expand on this further with your mentor 😊

01:13:45 Izabela Liszewski: Reacted to "Thank you to our pan..." with 🍷

01:14:25 Krupa Patel: Replying to "I am very interested..."

I love this question. I've been wondering about if OTs work in pelvic health specifically like PTs do.

01:14:33 Krupa Patel: Reacted to "I am very interested..." with ❤️

01:14:59 Richie Ramirez (he/him/él):
Replying to "I am very interested..."

Pelvic health is a growing & emerging area in OT!



01:15:05 Krupa Patel: Reacted to "Pelvic health is a g..." with ❤️

01:15:07 Izabela Liszewski: Replying to "I am very interested..."

They def can, it is a specialized (sub)field that can be pursued with advanced education!

01:15:22 Allison Hellmers: Replying to "I am very interested..."

Hi! I have listened to this podcast episode about pelvic health & OT

<https://www.moxieot.com/podcast/lindsey-vestal>

01:15:34 Izabela Liszewski: Reacted to

"Hi! I have listened ..." with 

01:15:36 Krupa Patel: Reacted to "Hi! I

have listened ..." with 

01:17:07 Leslie Morales Rivera: Reacted to

"Hi! I have listened ..." with 

01:17:20 Krupa Patel: Replying to "I am

very interested..."

@Allison Hellmers Thanks so much!

01:17:34 Richie Ramirez (he/him/él):

Replying to "I am very interested..."

@functionalpelvis on IG -- great resource (guest from podcast)

01:17:52 Krupa Patel: Reacted to

"@functionalpelvis on..." with 

01:17:56 Krupa Patel: Replying to "I am

very interested..."

@Richie Ramirez (he/him/él) Thank you so much!

01:17:57 Izabela Liszewski: Reacted to

"@functionalpelvis on..." with 

01:18:06 Anne Kiraly-Alvarez (she/her):

Replying to "I am very interested..."

I would say OTP involvement in research is most common at larger institutions like a research hospital, or in collaboration with an OT program at a university. For example, at Midwestern, our students partner with a faculty research mentor to review the literature, identify a gap/need, design a study, submit it for ethics review, implement the study and collect data, analyze the data, and then disseminate through a manuscript and poster presentation. Many of the research projects that our students complete are in collaboration with a community site, such as a community mental health organization or public parks.

01:19:16 Krupa Patel: Megan, was your child diagnosed with autism or another disorder? I was just curious. Sorry if this was answered.

01:20:08 Anne Kiraly-Alvarez (she/her):
Replying to "for anyone, what do ..."

When I worked in the schools, my schedule was similar to the students' schedule, with a little extra time before and after school. So, I worked Mon-Fri 7:30-3:30.

01:21:21 Cheya Bishop: Thanks!

01:23:02 Anne Kiraly-Alvarez (she/her): Any other questions for Megan?

01:26:00 Natalie Phornruangwong: Thank you for sharing with us!

01:26:11 Cheya Bishop: No, Thank you so much!

01:26:21 Sabrina Pierre (she/her/hers):
Thank you!

01:34:08 FastFX 2: Does she intend to
finish OT school

01:34:49 Anne Kiraly-Alvarez (she/her):
Replying to "Does she intend to f..."

No, she decided to pursue a different path as a
writer! She published her first book a couple years
ago!

01:34:59 Izabela Liszewski: Reacted to
"No, she decided to p..." with ♥

01:35:00 FastFX 2: Reacted to "No, she
decided to p..." with ♥

01:35:09 Daniel Lopez: Reacted to "No, she
decided to p..." with ♥

01:36:43 Anne Kiraly-Alvarez (she/her):
OTAs can also get a bachelors!

01:36:57 Anne Kiraly-Alvarez (she/her): But
there are no bachelor's programs for OTA here in IL
yet/now.

01:36:57 Cheya Bishop: Just to clarify -
we will have to go for our doctorates though after
2027?

01:37:07 Anne Kiraly-Alvarez (she/her):
Replying to "Just to clarify - we..."

No!

01:37:13 Anne Kiraly-Alvarez (she/her):
Replying to "Just to clarify - we..."

That was a mandate that was reversed

01:37:25 Leslie Morales Rivera: Reacted to "That was a mandate t..." with 

01:37:39 Sarah Phillips: What is the benefit to getting your doctorate versus your masters to be an OT?

01:37:39 Cheya Bishop: Replying to "Just to clarify - we..."

Okay cool because I knew I read that somewhere recently ! :)

01:37:53 Anne Kiraly-Alvarez (she/her): Replying to "Just to clarify - we..."

Dual entry (masters or doctorate) will remain in effect for the foreseeable future!

01:38:31 Julia Kramper: Will we have access to the slideshow after the workshop?

01:38:39 Leslie Morales Rivera: Reacted to "Will we have access ..." with 

01:38:43 Daniel Lopez: Reacted to "Will we have access ..." with 

01:39:39 Cheya Bishop: When should we start applying in our undergrad?

01:39:49 Leslie Morales Rivera: Reacted to "When should we start..." with 

01:39:59 Anne Kiraly-Alvarez (she/her): Replying to "What is the benefit ..."

There are different perspectives on this. A very few settings (like some school settings), you may get more pay (if paid on the teacher's scale which recognizes degree). Most settings pay does not vary. Doctorates may better prepare you to participate in research.

01:40:55 FastFX 2: Do shadowing hours done at a PT clinic count towards OT school or are they required only OT hours?

01:41:02 Anne Kiraly-Alvarez (she/her):
Replying to "What is the benefit ..."

The biggest difference between masters and doctorate programs is the doctoral capstone experience, which includes a project and a 14-week full time experience that gives you a chance to delve more deeply into a topic(s) such as clinical practice, program development, research, leadership, or advocacy.

01:41:47 Anne Kiraly-Alvarez (she/her):
Replying to "What is the benefit ..."

Graduates in our MWU OTD program have been successful using their capstone as a way to create a position for themselves in a non-traditional setting where they previously didn't have an OT

01:42:30 Anne Kiraly-Alvarez (she/her):
Replying to "Will we have access ..."

Just to confirm Richie's response- yes!

01:43:10 Anne Kiraly-Alvarez (she/her):
Replying to "When should we start..."

Every program is a little different, but many OT programs in IL use OTCAS, which opens in July each year for admission the following year.

01:43:24 Izabela Liszewski: Replying to
"Do shadowing hours d..."

PT shadowing is insightful and beneficial experience however look at the requirements in each schools application. OT hours are required.

01:43:49 Krupa Patel: Is it possible to get any research experience if you've out of school for many years and looking to go into a MOT or OTD program? I'd like to do research, but not sure if that must come through working with a Professor at a university.

01:43:49 Anne Kiraly-Alvarez (she/her):
Replying to "Do shadowing hours d..."

If you observed an OT at that PT clinic, you can count that in your shadowing hours.

01:44:44 Allison Hellmers: For other life experience, I've had some people tell me that I should mention being a parent in my resume/application in some way (mostly in regards to experience with kids), but I'm not really sure if this is good advice or not

01:45:45 Anne Kiraly-Alvarez (she/her):

Replying to "Is it possible to ge..."

I'm not aware of many research opportunities outside of connecting with a university or a research hospital.

01:46:28 Anne Kiraly-Alvarez (she/her):
Replying to "For other life exper..."

I personally would definitely highlight your personal experiences! Especially if you were a parent while completing undergrad- it shows your ability to manage multiple responsibilities.

01:46:44 Krupa Patel: Reacted to "I'm not aware of man..." with 

01:46:45 Amanda Polachek: Hi! I have a couple of questions. From your view as someone on the Rush admittance committee- Do you look more closely at overall GPA or prerequisite GPA? What makes a personal statement memorable? How heavily do you weigh GPA versus experience?

01:46:45 Allison Hellmers: Replying to "For other life exper..."

Thanks!

01:47:43 Sabrina Pierre (she/her/hers): I had a question about pre-reqs: Do you happen know if there is a cap on when it comes to how long ago you took the pre-reqs?

01:48:15 Amanda Polachek: Thank you!

01:48:43 Sarah Phillips: what's the

typical/average GPA that OT schools are looking for?

01:48:51 Sabrina Pierre (she/her/hers):
Thank you!

01:48:51 Julia Kramper: What are some examples of volunteer positions that can relate to the OT field?

01:48:55 Paige Way: What separates a strong applicant from a waitlisted applicant, when applying for OTD programs?

01:49:23 Krupa Patel: Do universities offer T.A. positions? If so, do you apply for these when you are originally applying to MOT/OTD programs?

01:49:40 Krupa Patel: Replying to "Do universities offe..."

What makes someone a good candidate for a T.A. position?

01:56:38 Katie Ptasnik: My brother went to OT as a kid, and I saw firsthand how impactful it was. I want to help kids in the same way

01:56:52 Amanda Polachek: I've worked for the past two summers at Shirley Ryan AbilityLab as a Rehab Tech and it has influenced me heavily to switch from SLP to OT for my post grad plans. Seeing their daily impact with the patients and being able to work with patients daily helped me create my why for switching to OT.

01:56:54 Megan Nicklaus: Replying to "Do

universities offe..."

My "why" is based on my personal experience as a chronically ill/neurodivergent person (who has worked with an OT and somatic therapist and had it change my life)! I also worked as a nanny for a child who needed physical therapy and that process also gave me an interest in exploring PT/OT!

01:57:05 Krupa Patel: Reacted to "I've worked for the ..." with 

01:57:18 Krupa Patel: Reacted to "My "why" is based on..." with 

01:57:36 Diana Gonzalez: My dad received services recently and coming from a Hispanic community the profession of Occupational therapy is not understand and overlooked. Seeing his life change with the services really sparked my interest on creating the understanding in the community and helping others as much as it did for my family

01:57:54 Krupa Patel: Reacted to "My dad received serv..." with 

01:58:50 Ariana Avila: As the daughter as immigrants, I want to make health care facilities a more welcoming place for minority communities in the US. by providing a familiar face and someone who can culturally connect with. Especially as I took care of two grandparents who suffered from strokes but would not attend rehabilitation settings because of the scary environment for them, I would like to help make it more accessible with

that! But I also extremely enjoy rehabilitation sciences, so it's a very nice combination of my interest.

01:58:51 Kamryn Celis: I like that OT takes a humanistic approach to care. OT focuses on the individual, not the illness. I think that is a model all of healthcare field should follow, and something I want to be apart of.

01:59:00 Katie Ptasnik: Reacted to "I like that OT takes..." with 

01:59:40 Yeili Luense: I want to be an OT because I love how creative and diverse being an OT can be. My little sister had help at home from an OT and seeing her progress show me how life-changing the profession can be.

01:59:53 Leslie Morales Rivera: Diagnosed with rheumatoid arthritis at a young age, I was provided with great doctors who helped me manage my diagnoses with interventions or treatments for me to grow up to do anything I wanted to do. When I found that OT was an existing profession and how it focuses on patient-centered care or quality of life with its interventions, I wanted to provide the same care I was given as kid.

02:00:42 Izabela Liszewski: Thank you everyone for sharing, these stories are inspirational!

02:00:46 Krupa Patel: Reacted to "As the daughter as i..." with 

02:01:07 Krupa Patel: I benefited from

working with an OT when I experienced a life-altering disability and illness. I loved how the OT affirmed my disability, helped me make adaptations to my life, and reconnected me back to meaningful occupations. I really want to be of service to humanity, and OT seems like a great way to do that.

02:01:19 Leslie Morales Rivera: Reacted to "I benefited from wor..." with 

02:03:45 Krupa Patel: Reacted to "Diagnosed with rheum..." with 

02:04:13 Kamryn Celis: Font is hard to read

02:04:13 Cheya Bishop: Hard to read

02:04:15 Leslie Morales Rivera: The font is hard to read

02:04:29 Sasha Zweig: The categories are confusing

02:04:31 Natalie Phornruangwong: Organization of topics is unconventional

02:04:49 Natalie Phornruangwong: This is better!

02:04:50 Leslie Morales Rivera: Its neat, easy to read

02:04:51 Sarah Phillips: organized well

02:04:52 Cheya Bishop: I think it is nice

02:05:04 Sabrina Pierre (she/her/hers): Offers more detail about experiences

02:17:48 Leslie Morales Rivera: A question to the mentees here, is anyone comfortable sharing

where they found observation opportunities? I have been struggling in the Chicagoland areas 😊

02:19:04 halie: Replying to "A question to the me..."

Rush University has an informational site where you can reach out and they can pair you with an OT to shadow/observe!

02:19:31 Leslie Morales Rivera: Replying to "A question to the me..."

Thank you so much, Halie!

02:19:34 Leslie Morales Rivera: Reacted to "Rush University has ..." with ❤️

02:19:35 Natalie Phornruangwong: Reacted to "Rush University has ..." with ❤️

02:21:03 FastFX 2: Replying to "A question to the me..."

how long should they be

02:21:27 Kamryn Celis: Do you have to wait until the 'common app' opens in July to ask for letters of recommendation?

02:21:48 Cheya Bishop: Replying to "A question to the me..."

Westside Children's Therapy , Some ATI locations have OT (I know the one in Naperville does), and Hospitals

02:22:01 FastFX 2: Replying to "A

question to the me..."

Also if the letter of rec is not ideal to what you wanted is it rude to ask for a revision

02:22:02 Leslie Morales Rivera: Reacted to "Westside Children's ..." with 

02:22:20 Leslie Morales Rivera: Replying to "A question to the me..."

@Cheya Bishop Thank you so much!

02:22:45 Julia Kramper: If we are several years out of college, do we still need a professor/academic letter of recommendation?

02:23:06 Natalie Phornruangwong: Replying to "A question to the me..."

Athletico clinics have OTs, not all of them but if you search it up you should be able to find at least one near you that has an OT you can reach out to!

02:24:25 Leslie Morales Rivera: Replying to "A question to the me..."

@Natalie Phornruangwong Thank you for this info, I appreciate it!

02:25:32 Ana Cinch: Replying to "A question to the me..."

Pediatric clinics in the Chicagoland area, outpatient hand therapy clinics, or public school

OTs! Sometimes hospital based observation can be tricky, but if you start as a volunteer, this helps establish trust and rapport and then you can inquire about OT shadowing if they would allow. 😊

02:25:54 Leslie Morales Rivera: Reacted to "Pediatric clinics in..." with ❤️

02:26:35 Leslie Morales Rivera: Replying to "A question to the me..."

@Ana Cinch Starting as an volunteer is an aspect I did not think of prior, thank you for this information!

02:27:25 Ana Cinch: Replying to "A question to the me..."

Of course!

02:27:40 Krupa Patel: Reacted to "Pediatric clinics in..." with ❤️

02:27:48 Krupa Patel: Reacted to "Athletico clinics ha..." with ❤️

02:27:57 Krupa Patel: Reacted to "Westside Children's ..." with ❤️

02:30:19 Krupa Patel: Since the administration has now created a \$40k max for grad school loans, how are students affording MOT or OTD programs? I don't come from a wealthy family that can pay for me to attend grad school.

02:30:34 Leslie Morales Rivera: Reacted to "Since the administra..." with ❤️

02:31:24 Genna Vilorio: Reacted to "Since

the administra..." with ♥

02:31:44 Krupa Patel: Replying to "Since the administra..."

FAFSA only gives \$40k. This isn't enough to pay for grad school.

02:33:19 Ana Cinch: As a current student - some schools are establishing "financial coaches" versus financial counseling given the new changes. So some schools may be partnering with private loan services to ensure you are getting a reasonable interest rate for the remainder of your tuition. Many schools have this on their focus - so you are not alone!

02:33:28 Leslie Morales Rivera: Reacted to "As a current student..." with ♥

02:33:56 Ana Cinch: So if you have a school you're interested in - ask what they are doing about this concern! Again - you're not alone :)

02:34:05 Izabela Liszewski: Reacted to "So if you have a sch..." with 👍

02:35:08 Leslie Morales Rivera: If it's not required for the program we are applying for, is it better to take the test anyway to stand out?

02:35:31 Leslie Morales Rivera: Replying to "If it's not required..."

This was answered! Thank you! haha

02:35:50 Sandy Marin: Have many

observational hours should we attain to have?

02:35:59 Amanda Polachek: In terms of resumes, what do you think about keeping it under a page or not?

02:36:21 Leslie Morales Rivera: Someone asked previously on the personal statements how long they should be and approaching a situation where they do not like what the recommendation stated - I was interested in those questions as well 😊

02:37:45 halie: Is it beneficial to have letters of recommendation from occupational therapists you have shadowed compared to from professors?

02:37:57 Misael Reyes: are there any jobs or internships we can do over breaks and how can we get those jobs>

02:37:58 Misael Reyes: ?

02:38:37 Sandy Marin: Reacted to "Is it beneficial to ..." with ❤️

02:38:45 Leslie Morales Rivera: Oh, sorry! It was a question I saw about letter of recommendations and a student not exactly sure that the statement reflects who they are

02:38:50 Sandy Marin: Reacted to "are there any jobs o..." with ❤️

02:39:11 Allison Hellmers: This doesn't help with letters of recommendation that you already don't like, but I know some professors and others like to get info about you along with a

recommendation request - it can be useful to send them your resume and a bit about what you're applying for and why along with your request

02:39:19 halie: yes

02:39:31 Leslie Morales Rivera: Reacted to "This doesn't help wi..." with 

02:39:38 Leslie Morales Rivera: Replying to "This doesn't help wi..."

Thank you!

02:40:02 Misael Reyes: thank you!

02:41:15 Julia Kramper: I know you mentioned a high school teacher can write a letter of recommendation. Is this viewed different from a professor and would a professor recommendation be more highly regarded?

02:41:42 Izabela Liszewski: Replying to "I know you mentioned..."

if you are in high school it is appropriate. if you are in college, use a college instructor

02:41:56 Sandy Marin: Reacted to "if you are in high s..." with 

02:42:01 Krupa Patel: Is it possible for there to be a workshop on how low-income applicants can navigate preparing for the financial aspects of grad school? Because I just feel like there are real systemic barriers that make it nearly impossible for Black, Indigenous, Latino, and/or anyone who might come from low-income backgrounds

(irregardless of race) to get into grad school. It's reflective in why most OTs in the US are White women.

02:42:10 Izabela Liszewski: Reacted to "Is it possible for t..." with 

02:42:41 Megan Nicklaus: Reacted to "Is it possible for t..." with 

02:42:48 Leslie Morales Rivera: Reacted to "Is it possible for t..." with 

02:42:55 George Buckley:
<https://www.ilota.org/ilota-student-conclave>

02:43:25 Sandy Marin: Reacted to "Is it possible for t..." with 

02:44:40 Sandy Marin: I have a question in regards to our future workshops. When would we have our future workshops held, is there a schedule?

02:45:05 Leslie Morales Rivera: A question about the ILOTA student membership, would it benefit us Pre-OT to invest into this membership for applying for OT or networking?

02:45:25 Amanda Polachek: Reacted to "A question about the..." with !!

02:45:48 Sandy Marin: Reacted to "A question about the..." with !!

02:45:53 Izabela Liszewski: Reacted to "A question about the..." with 

02:47:01 Cheya Bishop: So we can get a membership as Pre-OT student?

02:47:16 Leslie Morales Rivera: That price

is very student-friendly, definitely something I want to look into!

02:47:42 Izabela Liszewski: Replying to "So we can get a memb..."

yes!

02:47:57 Izabela Liszewski: Reacted to "That price is very s..." with 

02:49:04 Cheya Bishop: Replying to "That price is very s..."

I agree - I def. feel like it is very beneficial for Pre-OT students because it is hard for us to find certain things :(

02:49:23 Leslie Morales Rivera: Reacted to "I agree - I def. fee..." with 

02:50:09 Leslie Morales Rivera: Replying to "That price is very s..."

@Cheya Bishop Agreed!

02:50:28 Cheya Bishop: Will you be open to maybe dedicating something for Pre-OT student membership? I am not opposed to the regular one as well - I feel like I have been able to attend certain events as a Pre-OT student that was open to OT students

02:50:46 Leslie Morales Rivera: Reacted to "Will you be open to ..." with 

02:51:30 Richie Ramirez (he/him/él):
Replying to "Will you be open to ..."

We're happy to pass that on to the ILOTA leadership team! It is not up to the committee members on this call 😊

02:51:38 Leslie Morales Rivera: Reacted to "We're happy to pass ..." with ❤️

02:51:39 Izabela Liszewski: Reacted to "We're happy to pass ..." with ❤️

02:52:07 Cheya Bishop: Reacted to "We're happy to pass ..." with ❤️

02:52:16 Cheya Bishop: Replying to "Will you be open to ..."

Thanks!

02:54:04 Richie Ramirez (he/him/él): #1.

Yemi Ogunbuyide, Erin Donaire; Marlee Bates

#2. Ashley Burks, Carina Cabrera; Sabrina Pierre

#3. Giovanna Marzano, Adison Eisenberg; Grace Jasinski

#4. Mina Kim, Lizbeth Tlapa; Sandy Marin; Stella Carroll

#5. Zeljana Antic, Mixtli Rojas; Jasleen Alvarez; Sayra Rodriguez

#6. Diamond Josephs, Nitaya Williams; Jimena Vazquez

#7. Araceli Urbina, Alany Gonzalez; Eliza Alfonso

#8. Anna Miller, Maya Montavon; Jaylin Quintero; Ariana Avila

#9. Jackie Rizzi, Cecilee Burns

#10. Sophie Meier, Ava Engstrom; Lexie Rivera

(gmail)

#12. Shae Madula, Emma Gonwa; Halie Plaut

#13. Lauren Frame, Katherine Ptasnik; Hannah Roggensack

#14. Juliette Giorgio, Amanda Lee

#15. Josel Solis, Elena Jackson; Kamryn Celis; Abby Meneses

#16. Grace Zoellick, Lesly Toledo; Diana Gonzalez Zavala

#17. Asfia Mohammed, Paige Way; Antwan Elam

#18. Ana Cinch, Maya Dagamac; Nicole Muench

#19. Samantha Benak, Sasha Zweig

#20. Hannah Vercellotti, Abbey Tan

02:54:24 Richie Ramirez (he/him/él):

#21. Olivia Rotelle, Mallary Dirks; Olivia Samet

#22. Annika Knuth, Kaelyn Bonner; Marcela Vega

#23. Debbie Patino Juarez, Zzaje Jean; Avia McKinzie

#24. Dustin Hogan, Nicole Svartoiien; Daniel Lopez

#25. Bryanna Johnson, Mary Kate Halleran

#26. Rocio Leon, Krupa Patel; Fritz Nicklaus; Nathaniel Martinez

#27. Sophie Masini, Lia Velez; Sophia Simboli

#28. Izabela Liszewski, Talia Cottrell; Sloan Leyda; Ivana Donev

#29. Lydia Schallenberg, Avery Counihan; Genna Vilorio

#30. Mycah Reiland, Aileen Chesniak; Allison Fritz; Nicole Vlad

- #31. Bethany Keuter, Faith Mrksic; Leah Renne
02:54:31 Richie Ramirez (he/him/él):
- #32. Caroline Bernstein, Emily Klempa
- #33. Ashlie Broadhurst, Karen Solis; Natalie
Phornruangwong
- #34. Kayla De Cicco, Haley Huber; Isabella Bedini
- #35. Ashley Hong, Riley Dunlavy; Ashley London
- #36. Taeja Foster, Alexandra Nita; Syaana Campbell
- #37. Kaitlyn Thornton, Samantha Opalinski; James
Spiller III; Lydia Hawkins
- #38. Annalisa Ranallo, Lexie Rivera (illinois.edu)
- #39. Jacqueline Becker, Leah Piotrowski
- #40. Gabriela Arteaga, Sarah Phillips; Chèya Bishop
- #41. Emma Ospina, Julia Fitzgerald; Olivia Allen
02:54:54 Emily Klempa: Thank you all so
much!
- 02:54:56 Richie Ramirez (he/him/él):
- #42. Katie Coakley, Angelina Arellano; Kate Halbig
- #43. Asmaa Musleh, Madison Allen
- #44. Kimberly Weinberg, Samantha Serpico; Adriana
Platt;Trista Geagan
- #45. AJ Olivares, Ella Buzek; Laretta John; Sannie
Ruan
- #46. Samantha Holton, Madison Lockhart
- #47. Emma Lopez, Yeili Luense
- #48. Madison Miller, Stephanie Hu; Claire Black;
Claudia Muchoki
- #49. McKenna Halverson, Jocelyn Lagunas Vargas
- #50. Ruby Gates, Nora McGovern; Molly Wallace;
Kelli Hewitt

#51. Nicole Karabas, Christion Moore-Burks; Owusua Peprah

#52. Kaj Patel, Cesar Altamirano

02:55:09 Alexandra Nita: My mentor isn't here, but I want to thank you all.

02:55:13 Natalie Phornruangwong: Thank you so much for all the effort and organizing, this was extremely helpful and insightful! 😊

02:55:15 Izabela Liszewski: Reacted to "Thank you so much fo..." with 👍

02:55:16 Richie Ramirez (he/him/él):

#53. Abigail Lapins, Alicia Macleod

#54. Olivia Kauffman, Iveth Aguilera

#55. Marissa Wayne, Ella Ackerman; Wendy Perez

#56. Jennifer Walberg, Maegan Panes; Misael Reyes

#57. Stephanie Olson, Alexandria Hoger

#58. Claudia Cirrincione, Xochitl Sanchez

#59. Hahnbit Lee, Leslie Morales Rivera

#60. Karolyn Keiken, Allison Hellmers; Isabella Villalobos

#61. Monika Robinson, Amanda Polachek; Emily Neumann

#62. Jenin Hasan, Norah Britt; Mya Laster

#63. Bridget Hahn, Abigail Schrauben

#64. Franny Fotopoulos, Nicole

Vlad

02:55:34 Marlee Bates: How do we get to these break out rooms?

02:56:00 Izabela Liszewski: Replying to "How do we get to the..."

notification to ocme

02:56:02 Richie Ramirez (he/him/él):
Replying to "How do we get to the..."

We are about to open them!

02:56:02 Izabela Liszewski: Replying to
"How do we get to the..."

come*

02:56:24 Paige Way: My mentor told me
in advance that she would not be able to attend
this meeting, but thank you for the time and
information provided.

02:56:40 Richie Ramirez (he/him/él):
Reacted to "Thank you so much fo..." with ♥

02:56:47 Richie Ramirez (he/him/él):
Reacted to "My mentor isn't here..." with ♥

02:56:47 Marlee Bates: Reacted to "We are
about to op..." with 👍

02:57:00 Izabela Liszewski: Reacted to
"My mentor told me in..." with 👍

02:57:04 Nicole Vlad: Okay no worries!!

02:58:31 Olivia Rotelle: I hopped on a
couple minutes late, are you able to tell me which
break out room I'm in?

03:21:17 Cheya Bishop: Thank you!

03:21:20 Sannie: Thank you all! This was
very helpful.

03:21:22 Leslie Morales Rivera: Thank you

for this opportunity!

03:21:23	Kamryn Celis:	Thank you so much!
03:21:23	Isabella Villalobos:	Thank you!!
03:21:24	Allison Hellmers:	Thank you!
03:21:24	Ashley London:	Thank you!
03:21:25	Sarah Phillips:	Thank you!!
03:21:26	Iveth Aguilera:	Thank you!!
03:21:26	Samantha Serpico:	Thank you
03:21:27	Daniel Lopez:	Thank you for all the info!
03:21:28	Nicole Vlad:	Thanks!!
03:21:29	Kaelyn Bonner:	thank you!!
03:21:29	Maya Dagamac:	thank you!
03:21:31	Ashley Hong:	Thank you!
03:21:34	Owusua Peprah:	Thank you!