

# COLLEGE OF NATURAL AND SOCIAL SCIENCES

# HEALTH SCIENCE



## PRE-OCCUPATIONAL THERAPY HEALTH SCIENCE PRE-PROFESSIONAL PROGRAM

Occupational therapists help people who are challenged in their ability to participate with daily activities because of injuries, illnesses, or disabilities. They help these patients develop, recover and improve the skills needed for everyday living and working. After completing the requirements, career opportunities will be in hospitals, physician practices, mental health centers, nursing care facilities, public schools and home health agencies.

### Responsibilities of an occupational therapist:

- Observes and evaluates the patient's condition and needs
- Establishes a treatment plan including activities and goals
- Helps people with various disabilities with different tasks
- Demonstrates exercises that help relieve pain from chronic conditions
- Evaluates a home or workplace with a patient's health needs in mind
- Educates a patient's family and employer about accommodations for patient
- Recommends special equipment and instruct patients how to use it
- Assesses and records patient's activities and progress for evaluating clients, billing, and reporting to physicians and other healthcare providers

### Advantages that UNK has to offer health science students:

- Smaller class size
- Low student-to-faculty ratio
- Laboratory experiences
- Student research opportunities
- Strong science preparation
- Academic advising
- Mentoring
- Contact with local professionals
- Extensive health careers course
- Health science seminar course
- Application process assistance
- Shadowing programs
- Health Science Club
- Health Careers Fair

## Alumni profile

"I chose UNK because I could do everything I loved to do and pursue my degree at the same time," said Brooke Brown, a 2012 graduate who majored in psychology and minored in music.



**BROOKE BROWN**

"A psychology major interested me mainly because I was advised by my health science adviser, Liz Stout, that it was a common major chosen by pre-occupational therapy students. The major has really been helpful to me in my professional program, as it gave me a lot of background in research and a knowledge base that is very useful when working with patients in a rehabilitation setting."

"I really enjoyed my experience at UNK. The chance to be involved in service organizations, marching band, the honors program and undergraduate research helped me to learn time management and develop many skills expected of a professional."

Brown now attends Creighton University School of Pharmacy and Health Professions in Omaha, Neb., and plans to pursue a career in occupational therapy at a skilled nursing facility working with the geriatric population.

### HEALTH CAREER BENEFITS

- Chance to help people in need
- Advancement opportunities
- Secure and meaningful employment
- Variety of jobs in different settings

### SUCCESSFUL STUDENTS

Students majoring in health sciences display good moral character, value healthcare, communicate well, lead with confidence, adapt to change and show compassion.

**HEALTH SCIENCE PRE-PROFESSIONAL PROGRAM:  
Pre-Occupational Therapy**

**SUGGESTED SEQUENCE FOR KEY PREREQUISITE COURSES**

Consult with your academic adviser.

<b>Semester 1</b>  CHEM 145 or 160	<b>Semester 2</b>
<b>Semester 3</b>  BIOL 225	<b>Semester 4</b>  BIOL 226
<b>Semester 5</b>  Complete required major courses	<b>Semester 6</b>  Complete required major courses
<b>Semester 7</b>  Complete required major courses	<b>Semester 8</b>  Complete required major courses

**Health Science Club  
Members in Health Science Club  
would love to have you join!**

- Be sure to check your LoperMail for the weekly edition of the Health Science Weekly newsletter that will include information on upcoming activities.
- Interested students can also **Like** UNK Health Sciences on Facebook to learn more about the organization.



**Did you know?**

**More than 700 students are enrolled in Health Science programs at UNK.** ?

That means, one of 10 Loper students are interested in health-related careers. ?

**UNK has an excellent record helping health science students gain acceptance into professional schools or clinical programs.** ?

For more than a decade, the overall acceptance rate of UNK students into various health programs has been approximately 70 percent. ?

**Job shadowing leads to employment according to the U.S. Department of Labor.** ?

Not only will you benefit from the on-the-job training and gain insight into a particular career, industry, or company, but you will also be mentored. ?

**Learn more at**  
[www.unk.edu/healthsciences](http://www.unk.edu/healthsciences)

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**STUDENT PROFILE – Shelby Rother**



Hometown: Wolbach, Neb. Graduation: spring 2016

“I chose pre-occupational therapy because my boyfriend’s youngest sister was born with Down syndrome, and I have watched her grow and change. I am completely amazed when she achieves [skills and tasks] way before many people said she would be able to or does things she was never expected to do. I want to be that inspiration to young children, elderly and everyone in between and help them be able to achieve their full potential.”

**ALUMNI PROFILE – Kylee (Gardner) Saathoff**



2008 University of Nebraska Kearney, biology graduate  
2011 Creighton University, Doctor of Occupational Therapy

“Growing up, I had a deep love and passion for science, which helped me to choose biology as a major. I was also interested in the healthcare field and felt biology would give me a solid foundation. In the biology department, I had wonderful professors who took the time to get to know me personally and who were truly invested in my success as a student.”