



Pre-Health Advising
Pre-Professional Advising Office
UNIVERSITY OF GEORGIA

PT & OT

Introductory Orientation

Casey Ellis

Pre-Nursing and Allied Health Advisor Pre-Professional Advising Office



UNIVERSITY OF GEORGIA

About the Pre-Professional Advising Office

- Our office advises all UGA students interested in healthcare and law careers.
 - Medicine, dentistry, optometry, allied-health (PA, PT, OT, GC, AA), and nursing.
- We are located in 130 Memorial Hall
 - **Website:** ppao.uga.edu
 - **Email:** premed@uga.edu
 - **Phone:** 706-542-0444
- Visit our website:
 - To join our Pre-Health UGA listserv
 - To check out our Pre-Health Event Calendar for upcoming meetings/workshops/events.
 - To make an appointment with a Pre-Health Advisor.
 - To review our study abroad opportunities
 - To download the Pre-Professional Planner on your iPhone



Meet Our Pre-Health Staff!

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Casey Ellis (Pre- Nursing & Allied Health Advisor (PT&OT))

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How to Contact Me

- Email me at cme18@uga.edu for a quick question
- Make an appointment with me in SAGE.
 - Appointments are 45 minutes in length and can be either in person or over Zoom (your choice)
 - By [FERPA](#) rules, meetings are with you only. If you must Zoom in a public space, find a quiet area and use earbuds.
- Visit my [walk-in](#) hours.

Tuesdays at 9:00am

Zoom Link: <https://zoom.us/j/94506233939>

Wednesdays at 2:00pm

Zoom Link: <https://zoom.us/j/96787321036>



Orientation Overview

- Physical Therapy, and Occupational Therapy
- Application and Timeline
- Admission Requirements
- Exams (GRE)
- Choosing a major
- Volunteering/Shadowing
- Research
- Letters of Evaluation



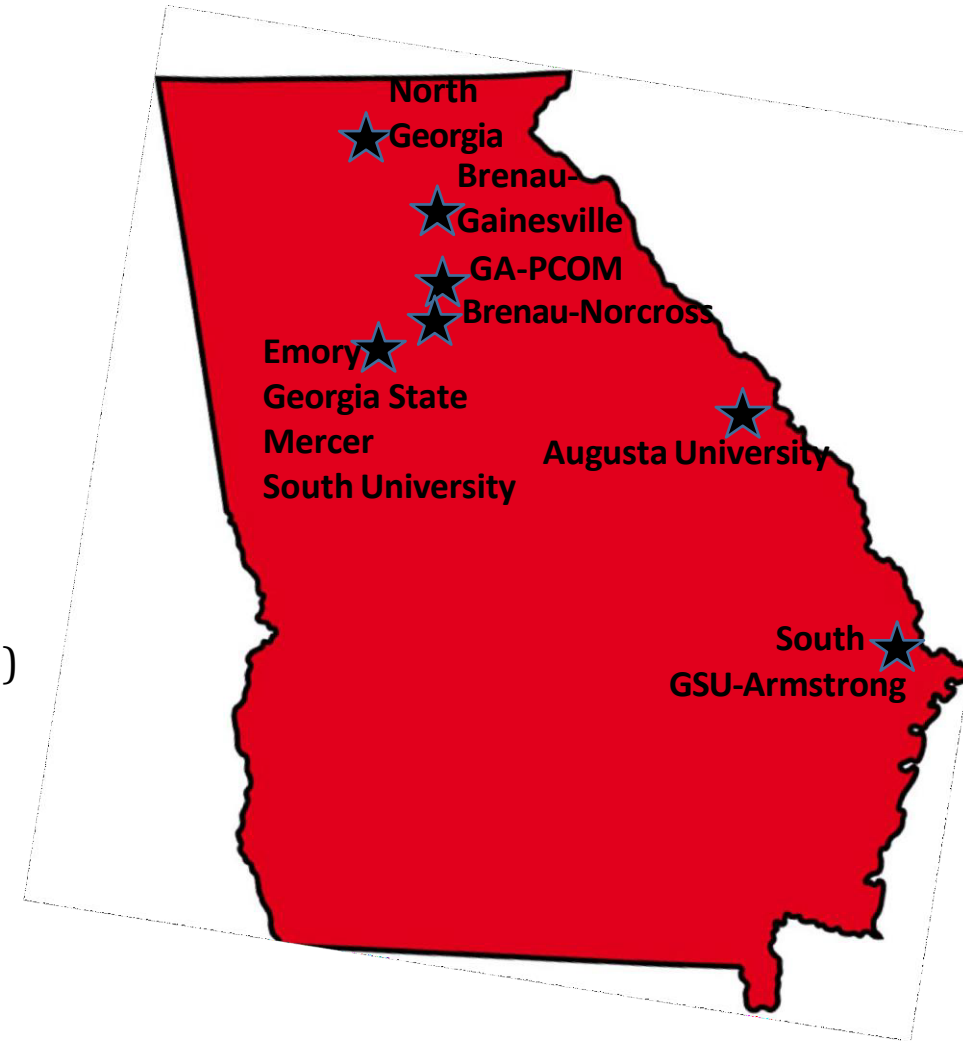
Allied Health Schools in Georgia

▪ PT Schools

- Augusta University (Augusta)
- Brenau University (Gainesville)
- Emory University (Atlanta)
- Georgia Southern University-Armstrong Campus (Savannah)
- Georgia State University (Atlanta)
- Mercer University (Atlanta)
- Philadelphia College of Osteopathic Medicine (PCOM) (Suwanee)
- South College (Atlanta)
- University of North Georgia (Dahlonega)

▪ OT Schools

- Augusta University (Augusta)
- Brenau University (campuses in Gainesville and Norcross)
- Georgia State University (Atlanta)
- Mercer University (Starting 2026!)



What should I major in?

- Major does not matter!
 - Some majors (such as Health Promotion, Food and Nutrition Science, Biology, and Exercise and Sport Science) may be more *convenient* than others.
 - Pre-PT and pre-OT are not majors.
- Challenge yourself, take a full-load (15/16+ hours per semester), and pursue things that interest you.
- Overall GPA vs. Science GPA/Prerequisite GPA
 - Most allied health schools will calculate a prerequisite GPA, but may also calculate a science GPA for application evaluation.
 - Science GPA = Biology, Chemistry, Math, Physics (BCMP) or sometimes just BCP



PT School Admission Requirements

- Always double-check with schools you are interested in!
 - Requirements can change year-to-year

General PT School Requirements

Biology	BIOL 1107/L (BIOL 1108/L required for many out of state programs)
General Chemistry	CHEM 1211/L and CHEM 1212/L
Physics	PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L
Statistics	STAT 2000 (sometimes BIOS 2010)
Anatomy and Physiology	CBIO2200/L and CBIO2210/L
Psychology	PSYC1101
Behavioral Science	ANTH 1102 or SOCIO 1101 are the ones most students choose from but there are a lot of choices
Misc. Recommended	HDFS2200, CLAS1030, NUTR 2100(rarely needed), PSYC 3230,



OT School Admission Requirements

- Always double-check with schools you are interested in!
 - Requirements can change year-to-year

General OT School Requirements

Anatomy and Physiology	CBIO2200/L and CBIO2210/L
Statistics	STAT 2000
Psychology	PSYC1101 and PSYC3230
Lifespan Development	HDFS2200
Medical Terminology	CLAS1030
Anthropology or Sociology	ANTH1102 or SOCI1101
Misc. Recommended	PHYS 1111/L or biomechanics class for colleges that don't want physics, Ethical course for Brenau, CHEM 1211/L



Is AP credit accepted?

The policies regarding acceptance of AP credit vary greatly amongst allied health programs in the state. You will need to check the individual schools that you are applying to for their AP policy and check frequently.

For **PT** programs in state:

Georgia State has stipulations with AP for CHEM 1 & PHYS 1 as long as CHEM 2 & PHYS 2 are done at the college level.

For **OT** programs in state:

Georgia State lists that they do NOT accept AP credit



What is the GRE?

- The GRE is the test you'll need to apply to most allied health programs
- GRE contains 3 sections:
 1. *Quantitative*
 2. *Verbal*
 3. *Essay*
- GRE Composite scores range 260-340
 - Each section (quantitative & verbal) is scored 130-170
 - Writing scores range from 0-6, in half point increments
 - A score of 305 is ~50th percentile
- The length of the GRE is now ~3 hours and 45 minutes.



FAQ regarding the GRE

- **Is there any required coursework pre-GRE?**
 - **No.** Since the exam is a “General” exam, no specific coursework is required before taking this exam.
- **When/Where can I take the test?**
 - The GRE General Test is offered on campus at the University Testing Center. It is typically offered Monday through Friday, with two testing sessions per day. Students usually sit for the exam January-May as they head into the application cycle.
- **What is the policy regarding re-takes**
 - You can take the test once every 21 days, up to five times within any continuous rolling 12-month period (365 days). This applies even if you canceled your scores on a test taken previously.
 - Retakes are not recommended, unless absolutely necessary
- **How long will my scores be valid?**
 - ETS keeps your scores on file for a period of 5 years following the date you took the test
- **How should I prepare?**
 - You can study for the GRE on your own or take a GRE prep-course
 - Key is to make a study plan and take advantage of practice tests!



Shadowing

- Shadowing involves observing professionals in your intended field
 - Hands off, observation only
 - Experience reality of being an allied health professional—not always about healing or curing!
- No standard minimum number of hours for allied health schools as each school differs, but >100 is a good benchmark.
 - Variety of shadowing settings is essential for OT, PT. Strive for 3-4 different settings
- Start with your family healthcare providers, if possible.
 - Connect with campus clubs, they can point you in right direction.
- Do not engage in activity that could be considered practice of medicine!
 - Especially important for medical mission trips and abroad experiences.



PPAO Study Abroad

- Health in Belize (Maymester or July)
- Health in Cuba (13 days in June)
- Pre-Health in South Africa (Winter Break)
- All programs meet UGA's Experiential Learning requirement
- All programs require BIOL 1107/L complete and to be enrolled in BIOL 1108/L by the time of application.



Volunteer Opportunities in Athens (or nearby)

▪ Hospitals/Clinics:

- Piedmont Athens Regional Medical Center
- St. Mary's Health Care System
- Mercy Health Center
- Athens Nurses Clinic
- Athens Neighborhood Health Center

▪ Hospices:

- St. Mary's Hospice
- Gentiva Hospice
- Athena Healthcare & Hospice
- Hospice Advantage
- Pruitt Health

▪ Many, many more. Follow your interests!

▪ Non-medical:

- Thomas Lay After-school Program
- Summer camps (Camp Hardgrove, Camp Twin Lakes, Camp Kudzu, Camp Kesem, etc.)
- Action Ministries of Athens
- Boys & Girls Club of Athens
- Athens-Area Humane Society

▪ Clinical work experiences:

- Medical Scribing
- Medical Assistant
- Phlebotomist



Leadership

- Get involved in student organizations!
 - Allied Health schools like applicants who can manage their time well and are engaged in the community
- Attending meetings is helpful but look for leadership opportunities.
 - Be ACTIVE not PASSIVE
- Check these out:
 - Rho Tau (Pre-PT Club)
 - Omega Tau (Pre-OT Club)
 - Women in Science (WiSci)
 - Minority Student Science Association (MSSA)
 - MED-LIFE @ UGA
 - Whatever It Takes (WIT)

For a complete list of UGA student organizations:

<https://uga.campuslabs.com/engage/organizations>



Research

- Research is favorable for allied health schools, but is certainly not required.
 - Can do it for course credit, for pay, or as a volunteer.
- Only do research if you're actually interested in it.
- Does not have to be medical or translational!
- Search UGA departmental websites for possible research mentors.
 - Email professors detailing who you are and that you're interested in their work.
 - Ask about current projects.



Letters of Evaluation for Allied Health Schools

- Most programs require **three letters**:
 - 1 healthcare provider (PT or OT)
 - 1 professor (preferably in major or in prerequisite course)
 - Additional letter(s) from another academic professional, healthcare provider, supervisor, or someone who knows you well enough to speak positively on your behalf.
- Letters should come from people who know you!
 - Will need to describe you as an individual—behavior, character traits, maturity-level, etc.



Recent PT Admissions Data

- 85 UGA students were accepted into 34 different PT schools.
- 93 Applicants via PTCAS
- 91% UGA acceptance rate
- Average GPA (overall/science) for accepted applicants: 3.64/3.43
- Average GRE percentile (Quantitative/Verbal) for accepted applicants: 151.58/151.5
- • 2022-2023 National Data 72% national acceptance rate
- National Average GPA (overall/science) for accepted applicants: 3.55/3.34
- National Average GRE percentile (Quantitative/Verbal) for accepted applicants: 149.01/148.74
- Gap years (40% of accepted students took at least a full year; longest was 11 years)



Recent OT Admissions Data (don't have last years as OTCAS did not upload it)

University of Georgia Students

- **Average GPA: 3.6**
- **Average GRE Scores:**
 - Analytical Writing: 4
 - Quantitative: 150
 - Verbal: 152
- **Average Age of Applicants: 23**
- **Most applied to at least 3-4 programs**



How do I apply?

■ Centralized Application Service

- PTCAS (for PT school)
- OTCAS (for OT school)
- **Note: Not all programs participate in these CAS systems. Make sure to research your programs of interest to determine if additional institution applications are required.*

■ Supplemental Applications

- Most programs will also require a supplemental application for the institution's graduate program, as well as application fees. Be sure to research all components of the application to ensure yours is considered complete.



PT Application Timeline

Institution		Application Period	Matriculation Date
Augusta University		July – December	May
Brenau University		July – March	May
Emory University		July – October	June
Georgia-PCOM		July – December	June
Georgia Southern University- Armstrong Campus <i>(formerly Armstrong State)</i>		July – October	May
Georgia State University		July – October	June
Mercer University		July – October	August
University of North Georgia		July – October	May
South College		June-May	June



OT Application Timeline

Institution	Application Period	Matriculation Date
Augusta University	July– October	May
Brenau University	July – October*	August* *May for Hybrid Day *January for Hybrid Weekend
Georgia State University	July – January	May
Mercer University	July-June	August

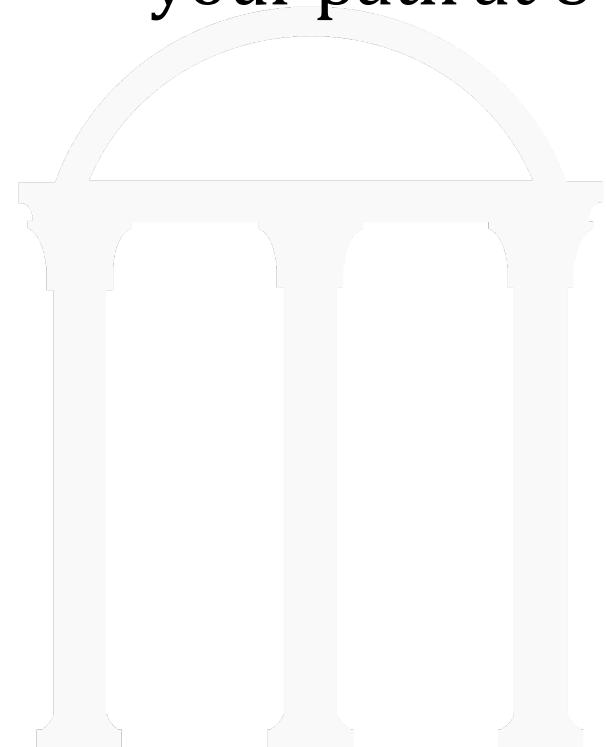
Major Takeaways

- Major in what you're interested in and do well in your science/prerequisite courses.
- Start getting involved early and stay committed.
- Research your specific programs for deadlines and details
- Utilize the Pre-Health Advising Office!
 - Join the Pre-Health List-Serv
 - Download the Pre-Professional Planner on your iPhone
 - Meet with Pre-Health Advisor
 - Review our website (ppao.uga.edu)



Pre-Professional Student Ambassadors (PPSA)

- PPSAs connect students to campus resources, provide peer mentorship, professional development opportunities, and support/guidance.
- Connect with an ambassador who can help you navigate your path at UGA!



Connect with a
**PRE-PROFESSIONAL
STUDENT AMBASSADOR**



*A PPSA who shares
your professional goal
will reach out to you!*



 **PRE-HEALTH**

 **PRE-LAW**

Questions?

Pre-Health Advising Office

Website: ppao.uga.edu

Email: premed@uga.edu

Phone: 706-542-0444

To make an appointment with Pre-Health Advisor, please do so on SAGE, or visit our website for further instructions.

