

Things You Can Do As a Pre-OT Student: Quarantine Edition

2020-2021

Club Updates

- All meetings this semester are virtual
- Meetings will not be recorded
- No club dues this semester
- Follow us on our platforms including our newest platform,
 - Pre-OT Club GroupMe - Great way to get connected with Eboard & other members
 - Link sent out in prev email
 - QR code above



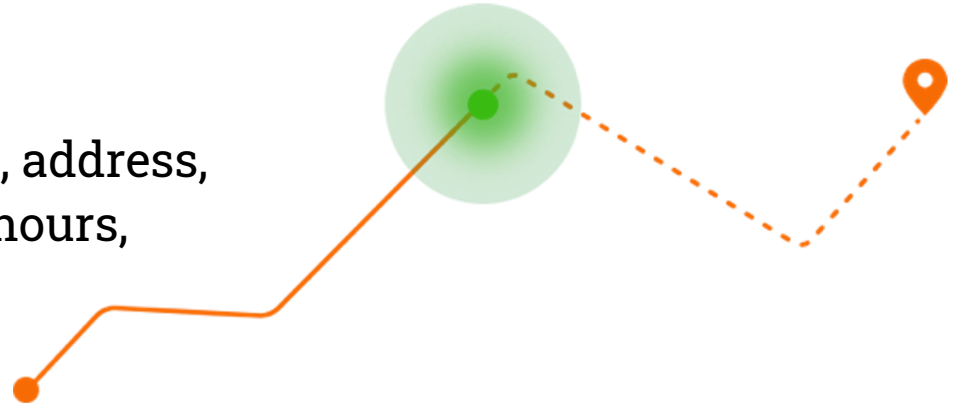
Question: How/Where did you hear about the Pre-OT Club?

Acknowledgements

- COVID-19 has made it **harder to find experiences**
 - On your OTCAS app, there is a section where you can talk about how COVID has affected you
 - Graduate schools should be more understanding of our situation, but make sure to **check out the requirements of graduate programs**, and if you can, **attend a virtual information session**
- **Experience** is one component of your OT CAS Application
 - You can have a lot of experiences, but other areas of your application that need attention too
 - Your experiences **do not have to be OT related**
- **Gap Year:** It's okay to not go into OT school right away!
- When asking about experience opportunities, There is a chance that you might get **"rejected"** but eventually you will get a **YES!**

Tracking Experiences

OTCAS asks for: organization name, address, start and end date, average weekly hours, supervisor, description



Title of Doc: Organization Name Log

Date	Time	Description	Signature

Shadowing

In Person

- ReVive Center for Housing and Healing
(Andrea Leflore: acebul2@uic.edu)
- Contacting places that have OTs
(Schools, Community Organizations, Private Clinic, Hospitals etc...)

Online

- Telehealth
- Quinnipiac University/Lewis University Online Shadowing Program

Other Ways to Learn About OT

***Note:** While this most likely won't count towards observation hours, you can talk about it in PS, CV-19 Essay, and possibly list some activities here as an Extracurricular.*

Webinars

- AOTA Website
- UIC SOP
- Therapy Abroad
- Nova Southeastern University

Conferences

- IRM Unconferenced (10/03/2020)
- Other states, countries, orgs may host virtual conferences

Taking Courses

- OT 350: Intro to Occupational Therapy
- OT 360: Promoting Wellbeing

Gap Year Program:

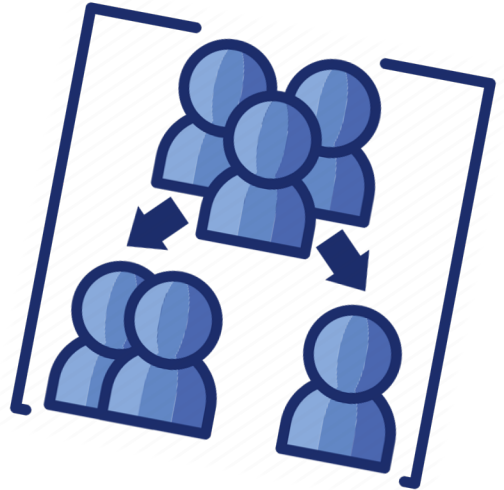
- Chicago Occupational Therapy

Other:

- Interview OTs (Facebook)
- Read Articles, Books

Breakout Room

- Introduce yourself
- Where have you shadowed and/or
- What are you planning on doing?



Virtual Volunteer

- Adopt a Grandparent at CHD Living
- 21st Century Good Neighborhood Program
- Tutoring Chicago
- Be My Eyes app

More info will be available on our Virtual Volunteer Google Sheet sent out after this meeting



In-Person Volunteering

- Ronald McDonald House (Meals From the Heart)
 - prepare meals for families
- Local Food Pantry (e.g., Irving Park Food Pantry)

More info will be available on our Virtual Volunteer Google Sheet sent out after this meeting. Separate tab for in-person volunteer opportunities



Healthcare Volunteering Opportunities in Hospitals

Hospital/Clinic	Location	Contact Information	Website
Adventist La Grange Memorial Hospital	La Grange, IL	(708) 245-8100	www.keepingyouwell.com/lagrange/aboutus/volunteer.aspx
Advocate Healthcare	Multiple Locations	See website	http://www.advocatehealth.com/VolunteerPage
Alexian Brothers Health System	Hoffman Estates, Elk Grove Village, & Arlington Heights	See website	www.alexianbrothershealth.org/volunteer
Central Dupage Hospital, Delnor Hospital	Winfield, IL, Geneva, IL	See website	www.cdoh.org/Careers/Internships-Volunteer.aspx
Children's Memorial Hospital	Chicago, IL	(312) 227-3388	www.luriechildrens.org/en-us/ways-to-get-involved/volunteer/become-volunteer/Pages/index.aspx
Elmhurst Memorial	Elmhurst, IL	(331) 221-1000	www.emhc.org/about-emhc/general-volunteering/
Evanston Hospital (Northshore University Health System)	Evanston, IL	(847) 570-2710	www.northshore.org/community-events/volunteer/
Franciscan St. James Health	Chicago Heights, IL	(708) 756-1000 ext 56223	www.franciscanalliance.org/hospitals/chicagoheights/about/pages/volunteer.aspx
Franciscan St. James Health	Olympia Fields, IL	(708) 747-4000 ext 1236	www.franciscanalliance.org/hospitals/olympiafields/about/pages/volunteer.aspx
Glenbrook Hospital (Northshore University Health System)	Glenview, IL	(847) 657-5621	www.northshore.org/community-events/volunteer/
Gottlieb Memorial Hospital	Melrose Park	(708) 450-4969	http://www.gottliebhospital.org/patient-information/support-services/auxiliary www.northshore.org/community-events/volunteer/
Highland Park Hospital (Northshore University Health System)	Highland Park, IL	(847) 480-3919	www.northshore.org/community-events/volunteer/
Ingalls Memorial Hospital	Harvey, IL	(708) 915-5214	www.ingalls.org/Give-or-Volunteer.aspx
Jesse Brown VA Medical Center	Chicago, IL	(312) 569-8387, extension 56109	www.chicago.va.gov/giving/index.asp
John H. Stroger, Jr. Hospital of Cook County	Chicago, IL	(312) 864-0383	http://www.cookcountyhhs.org/about-cchhs/contribute/become-a-volunteer/
La Rabida Children's Hospital	Chicago, IL	(773) 256-5985	www.larabida.org/volunteer-the-experience
Lake Forest Hospital	Lake Forest, IL	(847) 535-6851	www.lfh.org/volunteering_opportunities
Linden Oaks Hospital	Naperville, IL	(630) 527-3189 or Pamela Briggs at pbriggs@edward.org	www.edward.org/Volunteer
Little Company of Mary Hospital & Health Care Centers	Evergreen Park, IL	(708) 229-5280 for general opportunities; 708-229-6901 for Hospice opportunities	www.lcmh.org/home/patients-families/volunteer/
Loretto Hospital	Chicago, IL	marketing@lorettohospital.org	www.lorettohospital.org/volunteer
Loyola Medicine	Maywood, IL	(708) 216-3794	http://www.loyolamedicine.org/about-loyola/volunteer-services
Marianjoy Rehabilitation Hospital	Wheaton, IL	(630) 909-7400	www.marianjoy.org/JoinUs/Volunteer.aspx
Mercy Hospital	Chicago, IL	(312) 567-2598	www.mercy-chicago.org/giving/volunteer
Methodist Hospital of Chicago	Chicago, IL	See website	http://www.bethanymethodist.org/ways.html
Mount Sinai Hospital	Chicago, IL	(773) 257-6488 or alexis.smith@sinai.org	http://www.sinai.org/content/Volunteering-internships
Capt. James A. Lovell Federal Health Care Center	North Chicago, IL	(224) 610-3714	www.lovellfhcc.va.gov/giving/index.asp
Northwest Community Hospital	Arlington Heights, IL	(847) 618-4450	www.nch.org/giving/volunteering/index.php
Northwestern Memorial Hospital	Chicago, IL	(312) 926-2070	http://volunteer.nm.org/volunteer-at-northwestern-memorial-hospital.html
Norwegian American Hospital	Chicago, IL	(773) 292-7401 or volunteer@nahospital.org	http://www.nahospital.org/index.php/getting-started
Oak Forest Hospital of Cook County	Oak Forest, IL	(312) 864-0383	www.cookcountyhhs.org/about-cchhs/contribute/become-a-volunteer/

Palos Community Hospital	Palos Heights, IL	(708) 923-4041	www.paloscommunityhospital.org/careers/volunteer/
Prevident Hospital of Cook County	Chicago, IL	(312) 864-0383	www.cookcountyhhs.org/about-cchhs/contribute/become-a-volunteer/
Rehabilitation Institute of Chicago	Chicago, IL	(312) 238-6026 or volunteer@ric.org	www.ric.org/advancement/volunteer/
Resurrection Health Care	Locations in Des Plaines, Chicago, and	See website	http://www.presencehealth.org/volunteer
Riveredge Hospital	Forest Park, IL	(708) 771-7000	www.riveredgehospital.com/
RML Speciality Hospital	Chicago, IL	(630) 286-4400	www.rmlspecialityhospital.org/volunteer
Roseland Community Hospital	Chicago, IL	(773) 995-3477 or hr@roselandhospital.org	www.roselandhospital.org/volunteer/
RUSH Oak Park Hospital	Oak Park, IL	(708) 660-5684 or Cynthia_J_Vasquez@rush.edu	www.roph.org/get_involved/volunteer.html
RUSH University Medical Center	Chicago, IL	(312) 942-5574 or volunteer_services@rush.edu	www.rush.edu/volunteer
Sacred Heart Hospital	Chicago, IL	(773) 772-3020	www.sacredheartchicago.com/
Schwab Rehabilitation Hospital	Chicago, IL	Todalaya Shepard-Turner sheton@sina.org	www.schwabrehab.org/
Shriners Hospital for Children	Chicago, IL	(773) 622-5400 (x5264)	http://www.shrinershospitalforchildren.org/locations/chicago/volunteer
Skokie Hospital (Northshore University Health System)	Skokie, IL	(847) 933-6540	www.northshore.org/community-events/volunteer/
South Shore Hospital	Chicago, IL	(773) 356-5000 or info@southshorehospital.com	www.southshorehospital.com/
St. Alexius Medical Center	Hoffman Estates, IL	(847) 755-8708 or SAMCVolunteers@stalexius.net	www.alexianbrothershealth.org/stalexius/volunteer
St. Anthony Hospital	Chicago, IL	(773) 484-1000	www.saintanthonyhospital.org
St. Joseph Hospital	Chicago, IL	(773) 665-3167	http://www.presencehealth.org/presence-saint-joseph-hospital-chicago-volunteer
Swedish Covenant Hospital	Chicago, IL	(773) 878-8200 ext 5273	swedishcovenant.org/careers/volunteering/about-volunteering-swedish-covenant-hospital
Thorek Memorial Hospital	Chicago, IL	Call David Novick at (773) 975-6722	www.thorek.org/
University of Chicago	Chicago, IL	(773) 702-4421	www.uchospitals.edu/contact/volunteer/opportunities.html
University of Illinois Hospital & Health Sciences System	Chicago, IL	(312) 355-4325 or volserv@uic.edu	hospitals.illinois.edu/Patients_and_Visitors/Volunteer_Services.html
Vista Health System	Locations in Waukegan, IL	(847) 360-4228	www.vistahealth.com/vista-health-system/volunteers.aspx
Weiss Memorial Hospital	Chicago, IL	(773) 564-5223	www.weisshospital.com/for-professionals/volunteer.aspx
West Suburban Hospital	Oak Park, IL	(708) 763-6548	www.westsuburbanmc.com/patients-and-visitors/volunteer-services.aspx
Other Healthcare Volunteering Opportunities			
Health Leads - provides patients with access to basic needs and resources such as food, nutrition, jobs, housing, etc.	Chicago Family Health Centers in South Chicago and Chicago Lawn	(312) 344-3680 or chicago@healthleadsusa.org	healthleadsusa.org
Community Health - provides patient-centered medical and dental care at no cost to low-income, uninsured individuals	West Town and Englewood, Chicago, IL	Ava Zeligson, azeligson@communityhealth.org	www.communityhealth.org

Research Experience

- **Research Assistant** (doesn't have to be OT related)
 - Information on how to go about becoming an RA can be found on ure.uic.edu
 - How I became an RA
- **Capstone Project**
 - If you present at a venue, that looks really good too
- **Study Abroad Independent Research Project**



Teaching Experience

- **Become a UTA!**

- If you enjoyed a course, contact the professor and see if they are looking for a UTA
- OT 350, OT 360, KN 251, KN 252, AHS 101, AHS 102, AHS 325, and so much more
- Some professors will send out a form to apply and become a UTA at the end of the sem, so be on the lookout for that!

- **Become a UIC tutor!**

- If you enjoyed a course & did really well, apply at org on campus that have tutors
- ASAP, Learning Centers at UIC, Honors College

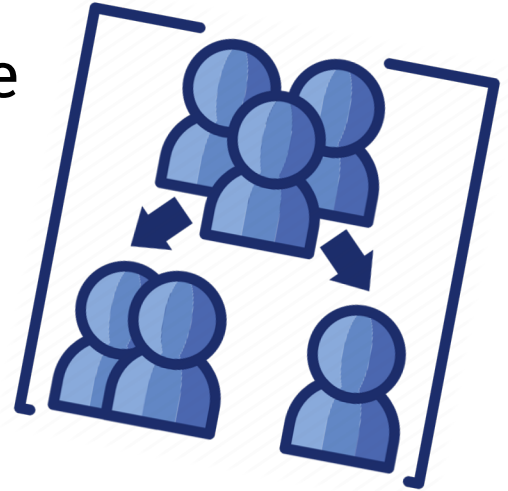
- **Become a tutor for children**

- Tutor elementary school students 1 day a week
- More info will be sent out



Breakout Room 2

- What is your favorite animal?
- Have you had any volunteer, research or teaching experiences?
- Are you interested in doing any of these in the near future?



Employment

- **Anything!**
 - The opportunities you volunteer for can become employment opportunities
- Rehab Aide/Tech
 - Apply at Athletico via website using Category: Clinic Support Staff
- Registered ABA (applied behavior analyst)
- Babysitter/Youth Mentor
- Personal Assistant for people with disabilities
 - Look out for emails from Pre-OT Club on PA opportunities
- Look for job opportunities on UIC's new Handshake platform



Extracurricular Activities

- Clubs (here are some you might be interested in as a Pre-OT Student)
 - Pre-OT Club
 - Rehab Sciences Club (RSC)
 - Mental Health Disability Alliance (MHDA)
 - Disability & Human Development Undergraduate Student Association
 - Applied Health Sciences Student Council (AHSSC)
 - Health Professions Student Council (HPSC)
- **Join an Eboard** - great way to show leadership!
- Athletics (Intramurals), dance, acting or music Organizations
- Fundraisers for a charitable organization



Other Things You Can Do!

- Connect with other Pre-OT students (especially upperclassmen)
- Connect with Professors
- **Be on the lookout** for opportunities on our platforms
- Explore how you can get involved in your own community
- Consider joining the **Honors College**
- Consider looking into **Study Abroad** options



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UNIVERSITY OF ILLINOIS
AT CHICAGO COLLEGE

Reminders

- Follow us on our platforms
 - Join the club's GroupMe
- Fill out the Membership Form
 - No Club Dues
- GBM 3: OT Roundtable

Membership Form



Pre-Occupational Therapy Club
University of Illinois at Chicago



STAY CONNECTED WITH US



preotclubuic@gmail.com



Pre-OT Club at UIC



[preotclubuic](https://www.instagram.com/preotclubuic)



<https://rb.gy/rojshz>



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