

Subject challenge for Occupational Therapy

We are so pleased you have chosen to study Occupational Therapy at Northumbria University. We are looking forward to welcoming you to our programme in September and are really looking forward to getting to know you.

In the meantime, we would like to set you a challenge that will get you thinking about Occupational therapy and what inspires you!

One of the most effective ways of learning about the power of occupation is thinking about the things *you* do in your everyday life.

In preparation for the course, we would like you to choose an activity that you like doing. It could be anything – walking the dog, baking a cake, reading to your children, playing sport, chatting on the phone – just whatever you enjoy and are passionate about. Just take a picture of you doing the activity (just you, no images of other people, for confidentiality) and bring it along with you in September.