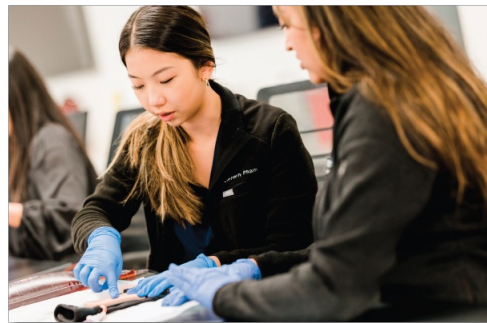


INTEGRATING OCCUPATIONAL THERAPY INTO HIGHER EDUCATION: SUPPORTING STUDENT WELLNESS AND ACCESSIBILITY

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(She/Her/Hers)

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I am employed by Keck Graduate Institute.



IMPEDIMENTS TO ACADEMIC PERFORMANCE FOR STUDENTS IN HIGHER EDUCATION

Problems/Challenges

Undergraduate

- Procrastination (48.8%)
- Finances (16.2%)
- Career (12.4%)
- Intimate Relationships (11.4%)
- Family (11.1%)

Graduate

- Procrastination (34.6%)
- Career (15.4%)
- Finances (15.1%)
- Intimate Relationships (9.7%)
- Health of Someone Close to Me (9.5%)

Medical Conditions

Undergraduate

- Stress (38.3%)
- Anxiety (31.5%)
- Sleep difficulties (23.6%)
- Depression (21.1%)
- ADHD (13.5%)

Graduate

- Stress (30.6%)
- Anxiety (25.5%)
- Sleep difficulties (16.9%)
- Depression (16.0%)
- ADHD (11.0%)

STUDENT NEEDS THROUGH A PARTICIPATION LENS

Accessible learning environments

Emotional regulation and executive function supports

Basic needs are met

Effective roles, routines, and habits

Social Determinants of Health



Social Determinants of Health
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Healthy People 2030

WHY OCCUPATIONAL THERAPY IN HIGHER EDUCATION?

Evidence-based profession focused on meaningful participation

Understands impacts of disability, injury, and illness on function

Expertise in activity and task analysis

Applies assistive technology and universal design

Integrates mental health and psychosocial support

Addresses life transitions affecting roles and identity

Collaborates across disciplines to strengthen support systems



SERVICE DELIVERY MODELS IN HIGHER EDUCATION



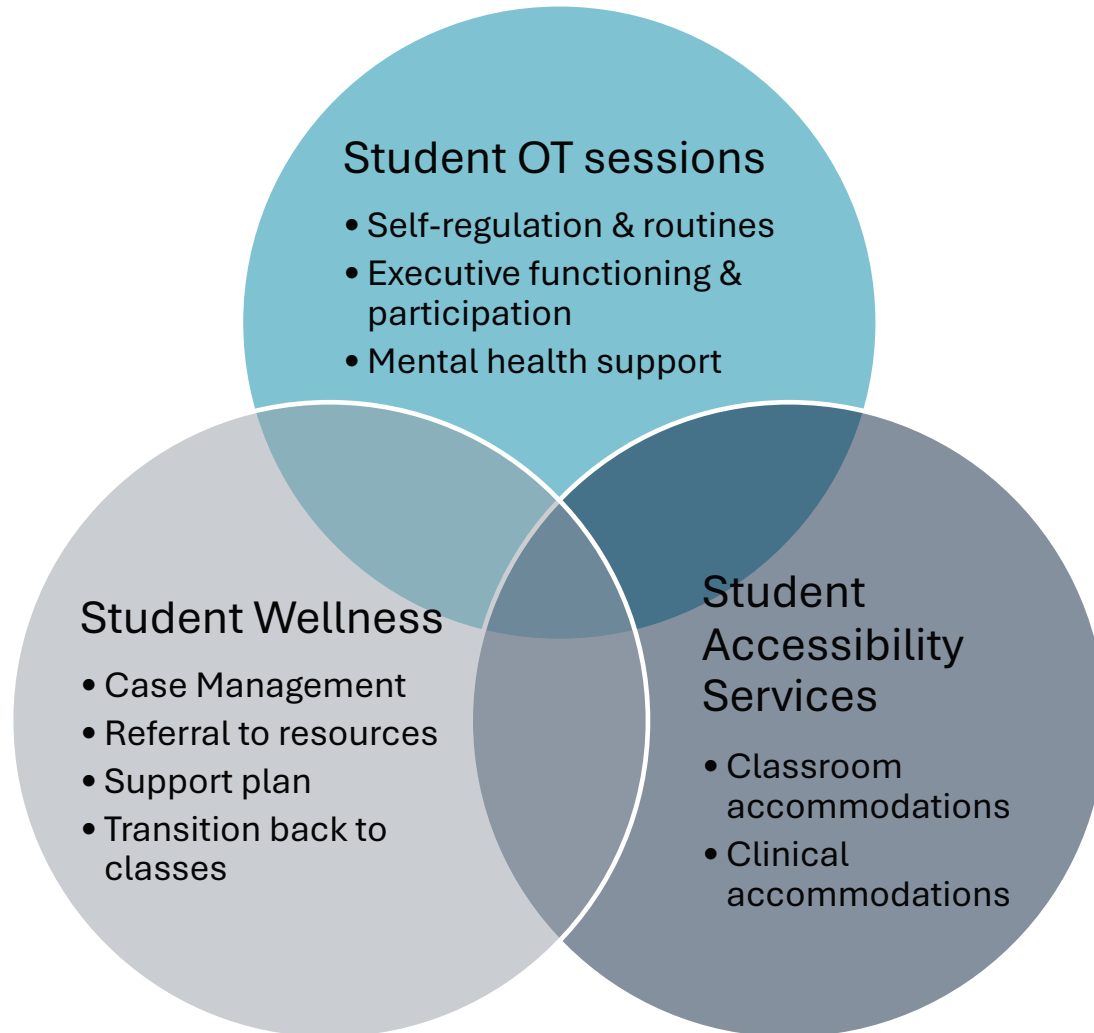
Student affairs & wellness services

Student health services

Accessibility/disability services

Academic support & advising

MICRO LEVEL: INDIVIDUAL STUDENT SUPPORT



Common topics addressed:

Time management <ul style="list-style-type: none">• Prioritization• Planning• Organization• Procrastination	Mental health <ul style="list-style-type: none">• Self-compassion• Stress management• Executive functioning
Goal setting for habit and routine development	Managing diagnoses/chronic conditions
Sleep routines	Role management
Communication and advocacy	Future planning
Work/Life balance	Study skills

PRACTICE IMPACT & OUTCOMES

- Improved participation & engagement
- Earlier access to support
- Reduced crisis escalation
- Enhanced student retention

Student Occupational Therapy Services

“When I first heard what OT services offered, I was curious to see how it would work. I wanted assistance in learning how to navigate the new environment I found myself and it has been one of the best resources KGI has to offer. I learned different techniques and strategies to try and felt supported every session I have attended. **It has not only helped make a smoother transition for graduate school but also helped improve my quality of life!**”

Student Accessibility Services

"Student accessibility services have been vital in supporting my success and education. Graduate school is very hard and demanding, and it places a lot of pressure on myself and my peers. **SAS has made sure that I have the tools and resources to succeed alongside my cohort.**"



MEZZO LEVEL: PROGRAMS & CAMPUS PARTNERSHIPS

Workshops & group programs

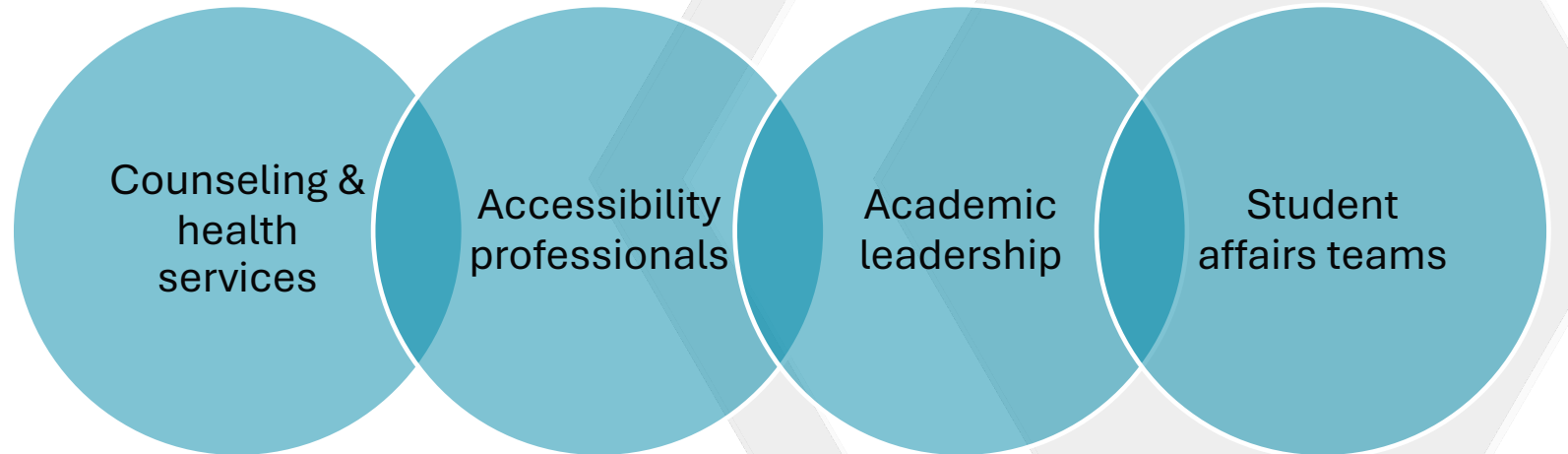
Faculty & staff consultation

Wellness initiatives

Universal strategies

INTERPROFESSIONAL COLLABORATION

1. OT does not replace existing campus services; it strengthens them.
2. OT reduces service fragmentation and improves continuity of care.
3. OT uses practical application to increase participation.



MACRO LEVEL:
SYSTEMS, POLICY &
ACCESS



Translating legal compliance into functional access and participation.

Supporting functional engagement, participation, and reintegration alongside clinical care/crisis protocols.

Addressing participation barriers created by systemic inequities.

ADVOCACY & WHAT IS NEXT



OT AS SYSTEMS-LEVEL
PARTNER



ALIGN WITH
INSTITUTIONAL
PRIORITIES



SCALABLE,
SUSTAINABLE MODELS



EXPANDING OT'S
GLOBAL ROLE

THANK YOU

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