

College of St. Scholastica – Occupational Therapy – Applied Psychology – A.S. Degree

Campus: Itasca

First Year

FALL SEMESTER 2024 – 16 credits	Credits	Hr Lc/Lb
ENGL 1231 – College Composition 1 (MnTC Goal 1)	4	(4)
PHIL 1230 – Ethics (MnTC Goals 6 & 9)	3	(3)
PSYC 1100 – Intro to Human Services and Community Resources	3	(3)
PSYC 1215 – General Psychology (MnTC Goals 5 & 7)	3	(3)
SOC 1200 – Intro to Sociology (Goal 5 & 7)*	3	(3)

SPRING SEMESTER 2025 – 16 credits	Credits	Hr Lc/Lb
ENGL 1232 – College Composition 2 (MnTC Goal 1) OR ENGL 1240 – Technical Report Writing (MnTC Goal 1)	3	(3)
PSYC 1220 – Lifespan Development (MnTC Goals 5 & 7)	3	(3)
PSYC 2215 – Human Sexuality (MnTC Goals 5 & 8)	3	(3)
BIOL 1200 – Intro to Biology (MnTC Goals 3 & 10)	4	(3/2)
HUM 1245 – World Religions (MnTC Goal 6 & 8)	3	(3)

First Year – Summer - *Recommended

SUMMER SEMESTER 2026 – 3 credits	Credits	Hr Lc/Lb
COMM 1210 – Intro to Communication (MnTC Goal 1) OR COMM 1220 – Interpersonal Communication (MnTC Goal 1)	3	(3)

Second Year

FALL SEMESTER 2025 – 14 credits	Credits	Hr Lc/Lb
PSYC 2216 – Abnormal Psychology (MnTC Goals 5 & 7)	3	(3)
MATH 1215 – Statistics (MnTC Goal 4), recommended course	4	(4)
BIOL 2371 – Human Anatomy/Physiology 1 (MnTC Goal 3)*	4	(3/1)
GOAL 6 – Creative Process/Interpretive Performance	3	(3)

SPRING SEMESTER 2026 – 16 credits	Credits	Hr Lc/Lb
PSYC 2100 – Basic Interviewing and Helping Skills	3	(3)
PSYC 2191 – Psychology/Human Services A.S. Degree Practicum (PSYC1100; 2.5 GPA in major; instructor consent)	3	(3)
PSYC 2217 – Learning and Cognition	3	(3)
PSYC 2225 – Group Processes (MnTC Goals 5 & 7)	3	(3)
BIOL 2372 – Human Anatomy/Physiology 2 (MnTC Goal 3)*	4	(3/1)

***Courses required for the College of St. Scholastica Occupational Therapy Graduate Program, but not the A.S.**

Required Courses for the College of St. Scholastica Occupational Therapy Graduate Program

COURSES (all four courses are required)	Credits	Hr Lc/Lb
BIOL 2371 – A & P 1 (MnTC Goal 3)	4	(3/1)
BIOL 2372 – A & P 2 (MnTC Goal 3)	4	(3/1)
PHYC 1220 – Lifespan Dev (MnTC Goal 5 & 7) OR PSYC 1215 – General Psychology (Goal 5 & 7) OR SOC 1200 – General Sociology (Goal 5 & 7)	3	(3)

Note:

Program Description

The Applied Psychology/Human Services program is one of a kind in Minnesota! It was designed to provide a strong foundation of knowledge and skills for students who are interested in going into a variety of human service-related fields. This pathway targets Occupational Therapy. The curriculum has been specifically designed so that students completing this pathway degree are on track for completing a bachelor's degree in psychology and entering the occupational therapy graduate program at the College of St. Scholastica. In addition to completing general education requirements, the AS offers students a transformative experience that emphasizes the application of learning and direct field experience.

Occupational Description

An occupational therapist (OT) is a healthcare professional who helps individuals of all ages to develop, recover, or maintain the skills necessary for daily living and working. Occupational therapists work with people who have physical, mental, emotional, or developmental challenges that interfere with their ability to perform everyday activities. The primary goal of an OT is to enable individuals to lead independent, productive, and satisfying lives by promoting engagement in meaningful activities, known as "occupations."

Key Responsibilities of an Occupational Therapist:

1. Assessment and Evaluation:
 - OTs assess a patient's physical, cognitive, emotional, and social abilities through interviews, observations, and standardized tests.
 - They evaluate the impact of injuries, illnesses, disabilities, or developmental issues on a person's ability to perform daily tasks.
 - The therapist considers the patient's environment (home, school, workplace) to identify any barriers that might prevent full participation in daily activities.
2. Individualized Treatment Planning:
 - Based on the assessment, OTs develop customized treatment plans tailored to each patient's needs, goals, and capabilities.
 - These plans may focus on improving motor skills, cognitive functions, sensory processing, and social interactions, depending on the patient's specific challenges.
3. Therapeutic Interventions:
 - OTs use a variety of therapeutic techniques to help patients improve their ability to perform daily tasks. This can include exercises to enhance fine motor skills, coordination, and strength.
 - Cognitive rehabilitation strategies are employed to improve memory, attention, and problem-solving skills.
 - Sensory integration therapy might be used for patients who have difficulty processing sensory information.
4. Adaptive Techniques and Equipment:
 - OTs often recommend adaptive devices and technologies that assist patients in performing daily activities. These might include tools for dressing, eating, or bathing, as well as mobility aids like wheelchairs or walkers.
 - They also educate patients on how to use these devices effectively and may modify the patient's environment (such as rearranging furniture or installing grab bars) to enhance accessibility and safety.
5. Patient and Family Education:
 - Occupational therapists educate patients and their families or caregivers about the nature of the patient's condition, the goals of therapy, and strategies for managing daily tasks.
 - They provide training on how to use adaptive equipment and techniques to facilitate independence.
6. Rehabilitation and Recovery:
 - OTs play a key role in the rehabilitation process, particularly after injuries, surgeries, or illnesses that affect a person's ability to function independently.
 - They work with patients recovering from conditions such as stroke, traumatic brain injury, arthritis, or spinal cord injuries to regain the skills needed for daily life.

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7. Support for Mental Health:
 - In addition to physical challenges, OTs address mental health issues that affect daily functioning. They might work with individuals experiencing depression, anxiety, or other mental health conditions to develop coping strategies and build resilience.
8. Workplace and School Interventions:
 - Occupational therapists assist individuals in adapting to work or school environments, ensuring that they can meet the demands of their roles despite any limitations.
 - They might design job modifications or suggest alternative ways of performing tasks to help patients succeed in these environments.
9. Holistic Approach:
 - OTs take a holistic approach to treatment, considering not just the physical aspects of a patient's condition, but also their emotional, social, and environmental needs.
 - They focus on improving overall well-being, helping patients engage in activities that are meaningful and fulfilling to them.

Work Settings:

Occupational therapists work in a variety of settings, including hospitals, rehabilitation centers, schools, nursing homes, outpatient clinics, and private practices. They may also provide in-home therapy for patients who require assistance in their everyday environments.

Occupational therapists are essential in helping individuals achieve greater independence, improve their quality of life, and participate fully in daily activities, regardless of the challenges they face.

Program Learning Outcomes

Graduates of this program will:

1. Demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, careers, and historical trends in psychology/human services.
2. Respect and use critical thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes.
3. Understand and apply psychological/human services principles and basic helping skills to personal, social/community, and organizational issues in a landscape that involves increasing diversity.
4. Develop an understanding of career opportunities and professional issues in psychology/human services.
5. Gain insight into their own and others' behavior and mental processes and apply this knowledge to promote more effective functioning.
6. Demonstrate competence in writing and in oral and interpersonal communication skills.
7. Become familiar with the formal regulations that govern professional ethics in psychology/human services and begin to embrace human services values as well as demonstrate adherence to professional values/ethics.

Transfer and Articulation Agreements

The AS degree in Applied Psychology/Human Services affords easy transfer to various institutions through the completion of the Minnesota Transfer Curriculum (MnTC). In addition to the Applied Psychology – Occupation transfer pathway with the College of St. Scholastica, there are also formal articulation agreements with Bemidji State University (BSU) and the University of North Dakota (UND) for students interested in pursuing a four-year degree in psychology at those institutions. See your advisor for further information and to ensure all MnTC goal areas are met.

Program Faculty Contact

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