

Options with a degree in Occupational Therapy

What skills will you develop?

Occupational Therapy graduates are able to:

- communicate effectively and with sensitivity and understanding
- develop and evaluate treatment plans for patients
- problem-solve and make decisions
- adapt and work with flexibility
- manage time and caseloads effectively
- liaise effectively with multi-disciplinary teams
- maintain written and electronic records

[Job Profile: Occupational Therapist \(NHS Careers\)](#)

[Job Profile: Occupational Therapist \(Prospects\)](#)

[Job Profile: Occupational Therapist \(National Careers Service\)](#)

Most occupational therapy graduates work in occupational therapy, but there are other options where an occupational therapy degree would be a useful background or relevant first step prior to further training or study.

- Adult nurse
- Art therapist
- Condition management practitioner
- Drug rehabilitation worker
- Higher education lecturer
- Learning disability nurse
- Mental health nurse
- Children and young people engagement
- Mental health support worker
- Social services manager
- Social worker
- Speech and language therapist

What other career options are there?

Many employers seek graduates with a good degree (usually a 2.2 or higher), and over 80% of employers don't have a preference for the subject studied. These are some of the areas you could also consider. Some of these will involve further study or training

- Accountancy
- Advertising
- Banking
- Charity and voluntary work
- Civil Service
- Events management
- Finance
- Hospitality
- HR
- Insurance
- Law
- Local government
- Marketing
- Politics
- Public Relations
- Recruitment
- Sales and retail
- Tourism

For more information about different sectors and job roles, including career-planning tools, the following websites are helpful:

[Prospects](#)

[National Careers Service](#)

[TargetJobs](#)

[AllAboutCareers](#)

What help is available from the University of Cumbria?

The Careers and Employability Service can support you with your career planning throughout your time at university, and for up to three years after you graduate. During this time, you can access our career hub, [My Career Enriched](#), which enables you to:

- search for graduate jobs, part-time work, work experience, placements and paid internships
- book one-to-one advice and guidance appointments
- book a practice interview
- book onto employability events
- CV/application review service

We also offer practical workshops on a range of employability topics, as well as advice and information about further study.

Students with a disability or health condition can request information and advice on finding disability confident employers, how to declare a disability, applying for work, and requesting adjustments in the recruitment process.

Access our range of careers information and resources on My.Cumbria.ac.uk

Other useful sources of advice

[Royal College of Occupational Therapists](#)

[World Federation of Occupational Therapists](#)

[Health and Care Professions Council](#)

[Targetpostgrad](#)

[FindAMasters](#)

[UNISON](#)

[NHS Health Careers](#)

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