

LEISURE STUDIES- THERAPEUTIC RECREATION

COMMON CAREER PATH

The primary purpose of Therapeutic Recreation is to assist individuals with illnesses, disabilities or limitations, to use their leisure in ways that restore, enhance and/or maintain their health, independence, and well-being. Therapeutic Recreation graduates are prepared to work in a variety of settings including mental health treatment facilities, physical rehabilitation treatment facilities, hospitals, day programs, and community-based settings. Over 80% of new healthcare employment opportunities in Oklahoma are in the areas of mental health and physical rehabilitation.

FRESHMAN YEAR

- Access your HIRE System account and update your profile
- Identify and join student organizations
- Explore OSU and the Stillwater community through part-time work, volunteering and participating in events
- Research your desired career: find out the growth rate, expected salary range, possible locations, etc.
- Develop a career plan
- Become familiar with and explore the resources and services available to you for self-discovery
- Visit the Career Services office in 102 Willard Hall

SOPHOMORE YEAR

- LEIS 2433- Intro to Therapeutic Recreation
- Search the HIRE System for part-time and/or summer jobs
- Meet with a Career Consultant to develop and/or update resume
- Identify faculty, advisors, peers, administrators and staff that you can add to your professional network
- Continue to develop and enhance skills by seeking leadership positions in organizations, the classroom, work or other activities you are involved in
- Make revisions to your career plan as necessary
- Make contact with employers by attending information sessions, club speakers and alumni events.
- Visit organizations of interest to you
- Continue to assess your interests, values, skills and abilities

JUNIOR YEAR

- LEIS 3480- Junior Internship
- Have your resume critiqued by a career consultant
- Research specific employers you are interested in working for
- Attend professional meets and conferences
- Continue to build your network of faculty and professional contacts
- Participate in a mock interview
- Attend a career fair
- Begin graduate/professional/medical school applications

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SENIOR YEAR

- LEIS 4480- Senior Internship
- Develop targeted resume and cover letter
- Update your HIRE System account
- Fine tune career plan and decide how you will transition from school
- Attend a career fair or networking event related to your career goal
- Purchase an interview suit (if you haven't already!)
- Apply to positions of interest
- Upon graduation, report your HIRE status at www.hireosugrads.com

ALSO CONSIDER THE FOLLOWING

- Join the Leisure Majors Club
- Obtain CPR/First Aid certification