



OT SENSE Program Support to Effectively Navigate the School Environment

Are you a Regis University Undergraduate Student looking for help to transition to university life?

PROGRAM OVERVIEW: The OT SENSE Program was developed by the Program Director, who is an Occupational Therapist. The program is connected with the Doctor of Occupational Therapy (OTD) program through the Creighton-Regis pathway. The program has two trained volunteer peer mentors who are full-time professional students in the OTD program and who are supervised by the Director. The Program provides support and strategies for Regis University undergraduates who want to develop effective daily self-care routines and habits, create successful time management and organizational skills, and discover innovative stress management techniques. Students may self-refer and there are currently no additional fees.

FORMAT: Sessions are limited to 30 minutes and are virtual. Students will be offered four (4) weekly 30-minute consecutive sessions. The Program's peer mentors volunteer their time. Therefore, there are limited openings and appointments. If the number of students requesting services exceeds the program capacity, a wait list will be used. Continuation with the program beyond four sessions is dependent on progress made towards weekly goals, attendance, being on time, and active participation.

ATTENDANCE EXPECTATIONS: The OT SENSE Program's peer mentors are supervised by the Director of the Program, who is an occupational therapist. The peer mentors are full-time doctoral level students in occupational therapy and volunteer their time to provide mentorship. Therefore, there are limited OT SENSE Program openings and appointments each semester. OT SENSE seeks to serve all students who request support and guidance. However, Program efforts will be focused on undergraduate students who commit to program recommendations, communicate openly with their peer mentors, and are on time for and attend their regularly scheduled virtual sessions.

FOR ADDITIONAL INFORMATION or TO REQUEST AN APPOINTMENT:

Contact the OT SENSE Program Director by email at sholm001@regis.edu. Students in the program will complete and return the required intake packet prior to being scheduled for the first appointment. The OT SENSE Program intake packet can be downloaded [here](#). If you have any difficulty downloading the packet, just reach out to the Program Director for assistance. Thank you!

Occupational therapy enables people to live life to its fullest by helping them prevent, or live better after injury, illness, or disability. Occupational therapy encourages wellness through a balance of healthy and meaningful life activities.