


# Health Professions Student Center

## Optometry School Requirements



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**Name:**

**Date:**

**GPA:**

**ID:**

**Major:**

**Academic Advisor:**

**Year:**

COURSE	CREDITS	COMPLETED	GRADE
BIOL 106 Organismal Biology	4		
BIOL 107 Cell Biology and Genetics	4		
CHEM 105 Principles of Chemistry I	4		
CHEM 106 Principles of Chemistry II	4		
CHEM 345 Organic Chemistry I	4		
CHEM 348 Organic Chemistry II (Recommended)**	4		
MBIOS 303 Intro Biochemistry (Recommended)**	4		
PHYS 101 & 111 General Physics w/ Lab	4		
PHYS 102 & 112 General Physics II w/ Lab	4		
Math 212 Intro to Statistical Methods	3		
Math 171 Calculus I	3		
BIOL 315 Gross and Microanatomy	4		
Physiology (Biol 251, 353)*	4		
MBIOS 101 or 304 and/or 305*	3-4		
PSYCH 105	3		
English (One Year) Composition/Writing Courses	6		
MBIOS 440 Immunology (Recommended)	3		

\*Check the requirements for schools, as pre-requisites and credits vary among schools. Some schools may not take lower-level courses.

\*\* Schools may require one or both of Ochem 2 or Biochem.

To-Do:

# Timeline/Checklist for Pre-Optometry

## First Year

- Explore coursework.
- Meet with pre-health advisor at least once each semester (begin completing prerequisites).
- Work on earning a strong GPA.
- Start earning clinical, research, volunteer, and leadership experience in all areas. Fill out Experience Log.

## Second Year

- Meet with pre-health advisor at least once each semester.
- Continue gaining experience.
- Begin researching optometry programs. Each may have specialized pre-requisite classes: [www.opted.org](http://www.opted.org). Students should start working in extra courses now.

## Junior Year

- Finish as many prerequisites as possible.
- Meet with your pre-health advisor.
- Continue to maintain a strong GPA and continue shadowing.
- Begin to research the Optometry Admissions Test (OAT) and prepare to take in the summer. This allows for a retake in December. <https://www.ada.org/oat/index.html> (December is earliest deadline for Optometry Schools).
- Review required materials and fees for the Optometry Centralized Application Service, OptomCAS: [optomcas.org/](http://optomcas.org/).
- Begin drafting your personal statement.
- Line up letter writers. You will need at least two letters of recommendation.

## Summer between Junior and Senior Year

- Prepare and complete the OAT. Must wait 3 months for a retake.
- JULY:** OptomCAS launches.
- Provide ample planning time to your letter writers.
- Begin supplemental application(s).

## Senior Year

- Continue maintaining a strong GPA and shadowing experience. Ensure that you have fulfilled all prerequisites.
- Meet with pre-health advisor.
- Take or retake OAT if necessary.
- Send fall transcripts (to OptomCAS) as soon as they are available (you can apply before these are sent).
- Fill out supplemental apps and OptomCAS (submit by school's deadline).
- Fill out FAFSA. Request that Financial Aid reports be sent to schools of choice.
- Prepare for interviews. Schedule a mock interview with your pre-opt advisor.

# Admissions Criteria Requirements

**Completion of pre-requisites:** (see reverse for course listings)

**GPA:** Average 3.4

**OAT Scores:** Some schools have minimum of 300. Competitive is around 330.

**Letters of Recommendation:** Max of 4 letters, minimum of 1 for OptomCAS, but most schools want minimum of 2. Must include an Optometrist and preferably 1 professor or employer. Schools may specify science professor for second letter.

**Experience:** Quality hours spent shadowing or working in an optometrist's office (40-80). Recommend multiple clinics.

**Community service, awards, employment, extracurricular activities, research:** List all volunteer, employment, or extracurricular activities as well as any honors/awards. Include clubs, hobbies, Honor's Society, scholarships, employment history, and leadership positions.

**Personal statement:** Your opportunity to make a case as to why you are the best candidate. Incorporate why you want to be an optometrist, steps you have taken to accomplish this goal, and background information. Explain special situations and describe where you see yourself in the future.

**The personal interview:** 30-60 minutes. Used to assess the applicant's maturity, motivation, communication skills, knowledge of the profession (current events), and desire to contribute to society.