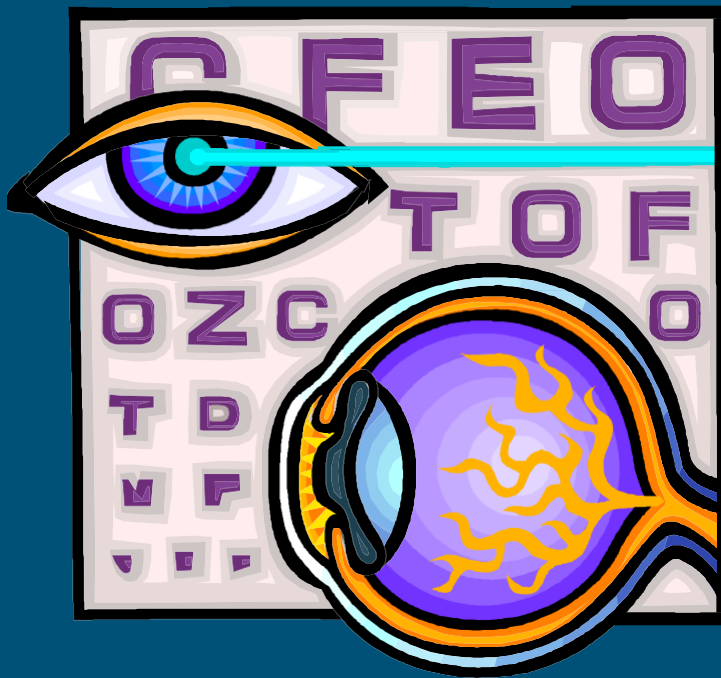


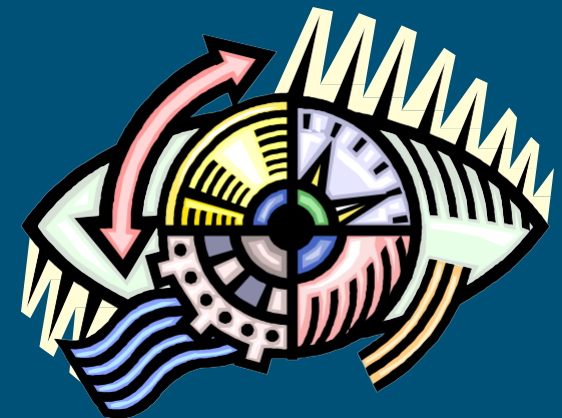


SOS PRESENTS...

# How to get into Optometry School



Presented by: Sara and Sharan

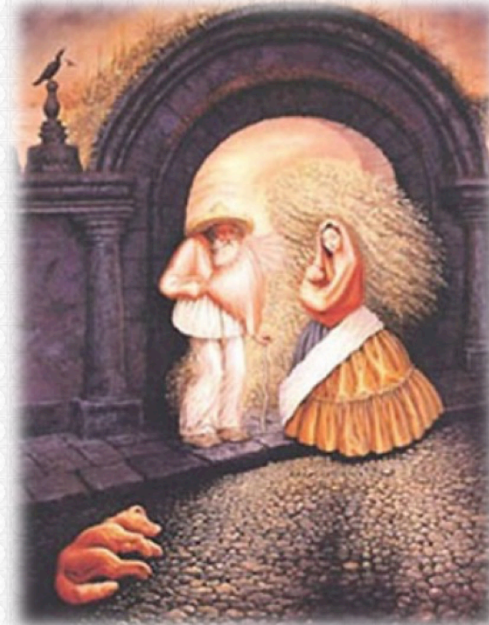


\*Presentation will be available online: <http://bethune.yorku.ca/events/>

# Introduction

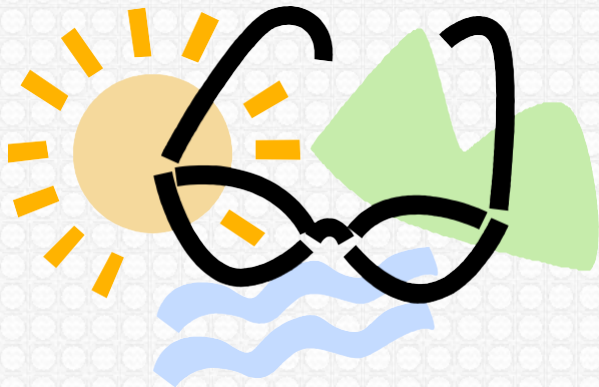
## 1. Who are we?

- Sara Wasef: 2<sup>nd</sup> year Biomedical Sciences student
- Sharan Johal: 2<sup>nd</sup> year Environmental Biology student



# AGENDA

- About Optometry
- Available Schools
- Application Process
- After Graduation

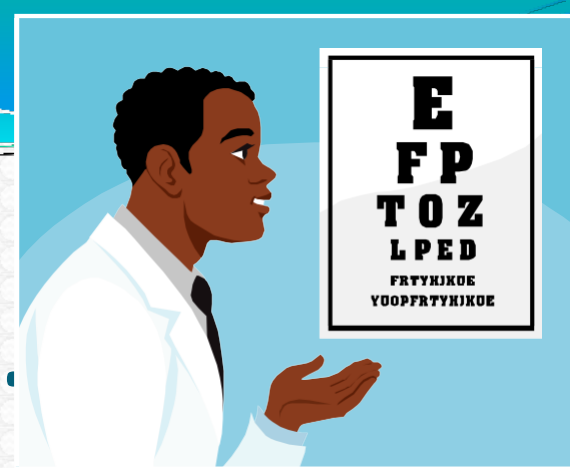


# About Optometry

## *A Doctor of Optometry (OD)*

- Primary health care provider
- Provincially licensed, independent
- Specializes in the examination, diagnosis, treatment, management and prevention of diseases and disorders of the human visual system, the eye, and the associated structures

# What they do...



1. Prescribe glasses and contact lenses
2. Rehabilitate the visually impaired
3. Diagnose and treat ocular diseases
4. Perform comprehensive examinations of both the internal and external structures of the eye

# What they do...

5. Evaluate patients' vision and determine appropriate treatments
6. Treat clarity problems or eye diseases such as glaucoma and ulcers
7. Diagnose complications due to the aging process, accidents, or malfunction

# Where Can I Study Optometry?

**In Ontario** → University of Waterloo  
- School of Optometry


**In Quebec** → Université de Montréal  
- L'École d'optométrie

**In the U.S.** → 23 Schools in the USA

# List of schools in the U.S.

1. Ferris State College – Michigan College of Optometry
2. Illinois College
3. Indiana University
4. InterAmerican University of Puerto Rico
5. Midwestern University, Arizona College of Optometry, Glendale, AZ
6. New England College of Optometry
7. Northeastern State University – College of Optometry Tahlequah, OK
8. NOVA Southeastern University, Ft. Lauderdale---Davie, FL
9. Ohio State University
10. Pennsylvania College of Optometry at Salus University
11. Pacific University Forest Grove, OR
12. Southern California College of Optometry
13. Southern College Memphis, TN
14. State University of New York College of Optometry
15. University of Alabama at Birmingham
16. University of California – Berkeley Optometry
17. University of Houston – Optometry
18. University of the Incarnate Word – Rosenberg School of Optomtery, San Antonio, TX
19. University of Missouri---St. Louis
20. Western University of Health Sciences, Pomona, CA



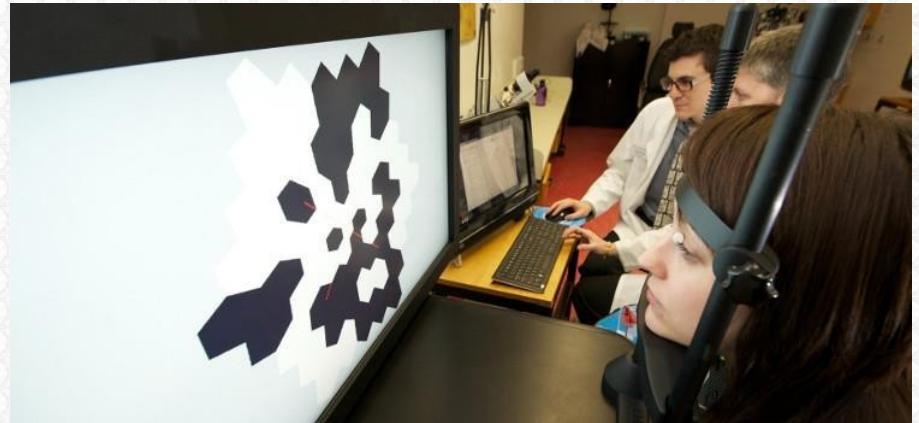


We will only be focusing on the  
**University of Waterloo School  
of Optometry**  
in this seminar

# Optometry at Waterloo

- Four year program
- First year class size: 90 students
- *However, ~300 applicants/year*

***\*\*They have no preference for undergraduate universities***



# Optometry at Waterloo

- **First & Second Years:** Visual optics, visual neurophysiology, cell and molecular biology, pharmacology, genetics, epidemiology, and ethics
- **Third Year:** Clinical internship,
- **Fourth Year:** Consists of 3 clinical terms → one will be on campus, other 2 will be outside



# Waterloo School of Optometry Timeline

## → For September 2018 Admissions

- Applications available: **mid July, 2017**
- Deadline to write OAT (Optometry Admission Test):  
**August 31<sup>st</sup>, 2017**
- Online application and payment deadline:  
**October 1<sup>st</sup> 2017**
- Deadline for Admission Information Form (AIF) and interim transcripts: **October 26<sup>th</sup>, 2017**

# Waterloo School of Optometry Timeline

- Deadline for both confidential assessment forms:  
**November 30<sup>th</sup>, 2017**

\*\*Interview selection will have finished by **December 1<sup>st</sup> 2017**\*\*

Interviews will be held the week of **January 14<sup>th</sup>, 2018**

- Deadline for final fall 2018 transcripts:  
**January 30<sup>th</sup>, 2018**

- Admission Decision letters mailed: **End of March 2018**
  - **All winter courses must be completed by May 5<sup>th</sup> 2018**
- Deadline for final winter 2018 transcripts: **June 20<sup>th</sup>, 2018**

# Admission Requirements

## Academic:

- **Three or more years BSc.**
  - Full course load
- **Overall average**
  - Maintain a **MINIMUM OVERALL AVERAGE** of 75%
  - Recent acceptance averages ranged from 79%—92%

# Prerequisite Courses

1 term = 3 credit-courses

2 terms = 6 credit-courses

## Arts

### York equivalent

| Prerequisite  | Length (terms) | Non-Waterloo equivalents  | <i>calendar equivalents</i>  |
|---|----------------|---|------------------------------|
| English   | 1              | Any English (ENGL, e.g. ENGL XXXX) or any writing (WRIT, e.g. WRIT XXX) course  | Any one <u>ENGL</u> course   |
| Other humanities courses will not satisfy the English prerequisite. |                |   |                              |
| Introductory Ethics   | 1              | Any introductory ethics or biomedical ethics course<br><br>For example: <ul style="list-style-type: none"> <li>▪ Biomedical Ethics</li> <li>▪ Contemporary Moral Issues</li> <li>▪ Introduction to Ethics and Values</li> </ul> | PHIL 2070<br>OR<br>PHIL 2075 |
| Not all philosophy courses are introductory ethics.                 |                |   |                              |
| Introductory Psychology   | 1              | <b>Any</b> year 1 introductory psychology course  | PSYCH 1010                   |

# Prerequisite Courses

## Biology

| <i>Prerequisite</i>             | <i>Length (terms)</i> | <i>Non-Waterloo equivalents</i>   | <i>York equivalent</i>                         |
|---------------------------------|-----------------------|---|--|
| Introductory Biology with lab   | 2                     | Any two terms of year 1 biology with labs   | BIOL 1000 & 1001                               |
| Introductory Microbiology       | 1                     | Any one term introductory microbiology<br><br>For example: <ul style="list-style-type: none"> <li>▪ Fundamentals of Microbiology</li> <li>▪ Basic and Medical Microbiology</li> <li>▪ Biology of Prokaryotes</li> </ul>   | BIOL 3150                                      |
| Physiology (human or mammalian) | 2                     | <i>Only</i> physiology will satisfy the two terms<br><br>For example: <ul style="list-style-type: none"> <li>▪ Principles of Human Physiology 1 and Principles of Human Physiology 2</li> <li>▪ Human Physiology</li> <li>▪ Human Anatomy and Physiology</li> <li>▪ Mammalian Physiology</li> </ul> | BIOL 3060 & 3070<br><br>OR<br>KINE 2011 & 3012 |

Anatomy courses will not satisfy the prerequisite, unless the course is called **Human Anatomy and Physiology**.



# Prerequisite Courses

## Chemistry

| <i>Prerequisite</i>             | <i>Length (terms)</i> | <i>Non-Waterloo equivalents</i>  | <i>York equivalent</i> |
|---------------------------------|-----------------------|--|------------------------|
| Introductory Chemistry with lab | 1                     | Any year 1 intro chemistry course with lab<br><br>For example: <ul style="list-style-type: none"><li>▪ General Chemistry</li><li>▪ Intro chemistry</li></ul>                   | CHEM 1000<br>OR 1001   |
| Introductory Biochemistry       | 1                     | Any one term introductory biochemistry<br><br>For example: <ul style="list-style-type: none"><li>▪ Introduction to Biochemistry</li><li>▪ Principles of Biochemistry</li></ul> | BIOL 2020              |
| Introductory Organic Chemistry  | 1                     | Any one term introductory organic chemistry<br><br>For example: <ul style="list-style-type: none"><li>▪ Introductory Organic Chemistry</li><li>▪ Organic Chemistry 1</li></ul> | CHEM 2020<br>OR 2021   |

## Mathematics

| <i>Prerequisite</i> | <i>Length (terms)</i> | <i>Non-Waterloo equivalents</i>   | <i>York equivalent</i>  |
|---------------------|-----------------------|---|---|
| Calculus            | 1                     | <p>Any one term calculus</p> <p>For example:</p> <ul style="list-style-type: none"><li>▪ Calculus</li><li>▪ Calculus 1</li><li>▪ Calculus for Science Students</li><li>▪ Calculus for Biology Students</li><li>▪ Introductory Calculus</li></ul>            | MATH 1013<br>OR<br>MATH 1300<br>(not 1505)                          |
| Statistics          | 1                     | <p>Any one term statistics</p> <p>For Example</p> <ul style="list-style-type: none"><li>▪ Statistics</li><li>▪ Statistics 1</li><li>▪ Statistics for Science Students</li><li>▪ Statistics for Biology Students</li><li>▪ Introductory Statistics</li></ul> | MATH 1131<br>OR<br>BIOL 2060<br>OR<br>PSYCH 2020<br>OR<br>KINE 2050 |

# Prerequisite Courses

## Physics

| <i>Prerequisite</i>           | <i>Length (terms)</i> | <i>Non-Waterloo equivalent</i>            | <i>York equivalent</i>       |
|-------------------------------|-----------------------|---|------------------------------|
| Introductory Physics with lab | 2                     | Any two terms of year 1 physics with labs | PHYS 1010 OR 1410<br>OR 1420 |

# Course Eligibility

- If you are still uncertain, first contact an undergraduate advisor at York. Subsequently, help can be obtained by sending an e-mail to [opt---admissions@uwaterloo.ca](mailto:opt---admissions@uwaterloo.ca)

# Course Eligibility

- Your full name
- Your e—mail address
- The prerequisite in question
- The university name
- The name of the BSc program
- The course name & number
- A full course description
- A web reference to the course description (usually found in the undergraduate calendar)
- The name & e—mail address of the undergraduate advisor

# Admission Requirements

## Non--Academic

### Optometry Admissions Test (OAT)

--<http://www.opted.org/> ← More details

--Minimum score: 300

Average for 2015: 370

### Confidential Assessment Forms

- An optometrist CAF; expected that you spend a minimum of 8 hours of job shadowing with an optometrist
- A character CAF. (For example, the character CAF can be from an employer, supervisor, professor, minister.) It should be from someone who knows you well.

<https://uwaterloo.ca/optometry-vision-science/future-optometry-students/admission-requirements/non-academic-requirements>

# Admission Requirements

## Non--Academic

### – Canadian Citizenship

- Or living in Canada for the last 12 months prior to first day of registration

### – English Language Requirements

#### • Test of English as a Foreign Language (TOEFL):

- Paper--based: 580 or Computer--based: 237 **and**
- Essay Rating: 4.5 **and**
- Test of Spoken English: 45

#### • The International English Language Testing System (IELTS): 7.0

#### • The Michigan English Language Assessment Battery (MELAB): 85

# Admission Requirements

## Non--Academic

### **Autobiographical sketch:**

- Academic awards
- Non--academic awards
- Work experience
- Volunteer experience
- Job shadowing or working with an optometrist

### **INTERVIEW!**



# Admission Requirements

## Police check (Criminal Record Check)

**\*\*New admission requirement for September 2017\*\***

## **The CASPer Test: Computer-Based Assessment for Sampling Personal Characteristics**

- You will need access to a computer with audio capabilities, a webcam and reliable internet connection on your selected test date
- Consists of 12 sections of video and written scenarios
- Answer a set of questions under a time limit
- Go to [takeCASPer.com](http://takeCASPer.com) for an example of the test structure and more information!

# Practice CASPer Question:

- <https://takecasper.com/sample-casper-content/>

# Application Process

## OUAC (Ontario University Application Center) Application

- Program choice: September 2018 entry in Optometry
- Personal information (Basic ID, citizenship, etc.)
- Postal code and email address
- Post---secondary Academic Background
- Transcripts
- Fee: \$215

# Application Process

- After submitting online:
  - Confirmation email
  - Within two weeks
    - PDF file: Optometry Instructions 2016
      - Includes instructions for filling out the *Admission Information Form (AIF)*

# Steps to get ready for the OAT

1) Read the OAT guide

- Eligibility requirements
- 

2) Apply to Take the Test

- non-refundable fee of \$270
- 

3) Schedule the test appointment at a

Prometric Test centre [https://  
www.prometric.com/en-us/Pages/home.aspx](https://www.prometric.com/en-us/Pages/home.aspx)

More info: <https://www.ada.org/oat/>

# OAT

| <b>Optometry Admission Test</b>    |                           |
|------------------------------------|---------------------------|
| Optional Tutorial                  | 15 minutes                |
| <b>Survey of Natural Sciences</b>  | <b>90 minutes</b>         |
| <b>Reading Comprehension Test</b>  | <b>50 minutes</b>         |
| Optional Break                     | 15 minutes                |
| <b>Physics Test</b>                | <b>50 minutes</b>         |
| <b>Quantitative Reasoning Test</b> | <b>45 minutes</b>         |
| Optional Post Test Survey          | 15 minutes                |
| <b>Total Time</b>                  | <b>4 hours 40 minutes</b> |

# OAT

- NATURAL SCIENCES

- Covers

- Biology (40 questions)

- General chemistry (30 questions)

- Organic chemistry (30 questions)

- You have 90 minutes to complete 100 questions.

# OAT Sample Questions

Which of the following are typically autotrophic?

- A. Protozoa
- ★ B. Plants
- C. Animals
- D. Fungi
- E. Bacteria

Which one of the following processes is accompanied by a decrease in entropy?

- ★ A. Freezing of water
- B. Evaporation of water
- C. Sublimation of carbon dioxide
- D. Shuffling a deck of cards
- E. Heating a balloon filled with a gas



# OAT

## • READING COMPREHENSION

- Questions, based on three reading passages (between 1,200 and 1,500 words each) related to basic or clinical science. You do not need prior scientific knowledge to complete this section.
- Includes 40 questions to be completed in 50 minutes.

# OAT

- PHYSICS TEST

- Measures your knowledge of
  - Vectors
  - Energy and momentum
  - Waves
  - Thermodynamics
  - Magnetism
  - Optics
- Includes 40 questions covered in 50 minutes.

# OAT Sample Questions

## Sample Questions

A vector quantity is BEST described as having

- A. A direction only
- B. A magnitude only
- C. Units only
- ★ D. A magnitude and a direction
- E. Significant figures

# OAT Sample Questions

A magnifying glass is constructed when the lens is

- A. Converging and the object is located at twice the focal length
- ★ B. Converging and the object is between the lens and the focal point
- C. Diverging and the object is at twice the focal length
- D. Diverging and the object is between the lens and the focal point

# OAT

- QUANTITATIVE REASONING
  - This section measures
    - Mastery of arithmetic
    - Algebra
    - Geometry
    - Trigonometry
  - Consists of 40 questions answered in 45 minutes.

# OAT Sample Questions

A tank can be filled by a pipe in 30 minutes and emptied by another pipe in 50 minutes. How many minutes will it take to fill the tank if both pipes are open?

- A. 45
- B. 60
- ★ C. 75
- D. 80
- E. 100

# OAT

- An UNSCORED SECTION
  - Lasts about 15 minutes
  - Can include science, math, or physics questions.
  - They are experimental questions to see if the questions are appropriate before they are included among the scored items
  - Will not affect your score report

# OAT

- The OAT is scored on a scale from 200 to 400
- Separate sub-scores for the different sections: biology, general chemistry, organic chemistry, reading comprehension, and quantitative reasoning.



# OAT – Waterloo requirements

- Minimum score of 300, no total science or section score below 300
- Average OAT score for 2015 Waterloo Optometry applicants: 370

# Interview

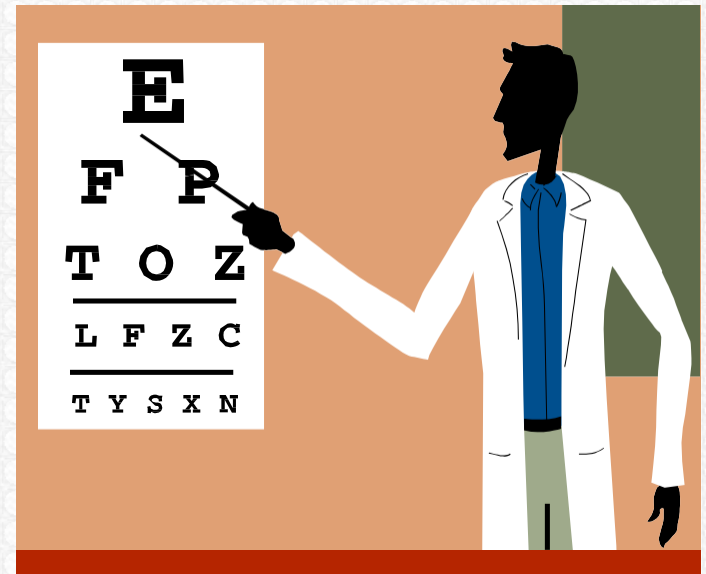
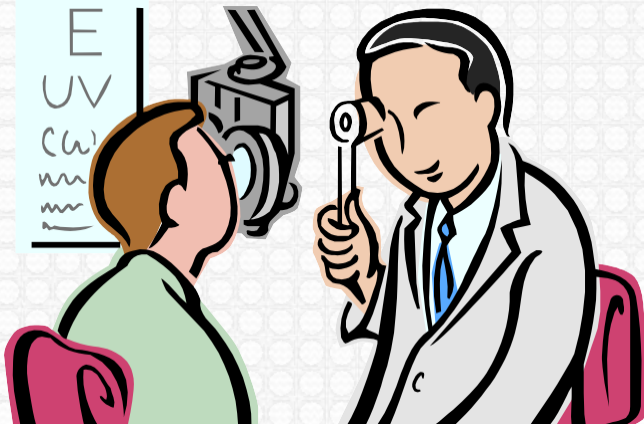
- If you pass the first cut, you will get an interview
- Interviews will be contacted at the School in late November
- The interviews will be conducted at the School the week of January 14<sup>th</sup>, 2018, and will consist of:
  - Multi Mini interviews with faculty and members of the profession
  - A round table discussion with our current OD students
  - Tour of the facility

# Applying to schools other than Waterloo

- Apply online on school—by—school basis. Usually an *Application for Admission to the School of Optometry* form will be emailed to you from each school
- Each school may have its own requirements, common ones are:
  - Referral letters
  - Autobiographical sketch
  - Official university transcripts, OAT scores to be sent to each Optometry school by May deadline (arranged by you)
  - Interview

# Post Graduation

- Write and pass the professional board & jurisprudence exams for the geographic regions you wish to practice
- Find a place to practice, be a resident, or enter grad studies



# Interesting Facts...

- The average Canadian optometrist in practice earns \$80,000 – \$100,000 per year, excluding benefits
- How long does an optometrist stay in the career?  
Typically life--long, until retirement
- There are approximately 3,000 practising optometrists in Canada

# Interesting Facts...

- The School of Optometry and Vision Science at uWaterloo offers the only English language optometry program in Canada
- The École d'Optométrie at the Université de Montréal offers the only French language optometry program in Canada
- Each year, approximately 90 optometrists graduate from Waterloo and about 40 graduate from the Université de Montréal

# Important Links!

- **ASCO (Association of Schools and Colleges of Optometry):**

<http://www.opted.org>

- **UWaterloo Optometry –FAQs:** <https://uwaterloo.ca/optometry---vision---science/future---optometry---students/frequently---asked---questions>

- **ADA for OAT application:**

- <https://www.ada.org/oat/index.html>

- **Ask a Doctor of Optometry:**

- <https://www.facebook.com/AskadoctorofOptometry>

<http://www.urbanoptiques.com/vision-care-focus-on-vision-care/vision-care-articles/optometrist-vs-ophthalmologist-whats-the-difference>

**Thanks for coming!**

**For more information,  
check out:**

**[https://uwaterloo.ca/optometry-  
vision-science/](https://uwaterloo.ca/optometry-vision-science/)**

**Or come visit us in**

**BC 208 (i.e. SOS Office)**

**Sara: [sarawa@my.yorku.ca](mailto:sarawa@my.yorku.ca)**

**Sharan: [sharanj@my.yorku.ca](mailto:sharanj@my.yorku.ca)**