

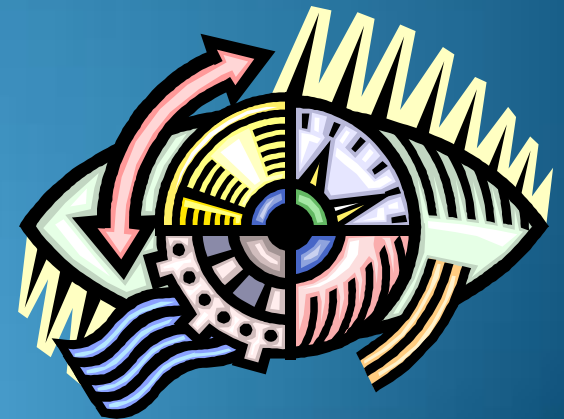


<http://bethune.yorku.ca/sos/>

SOS PRESENTS...

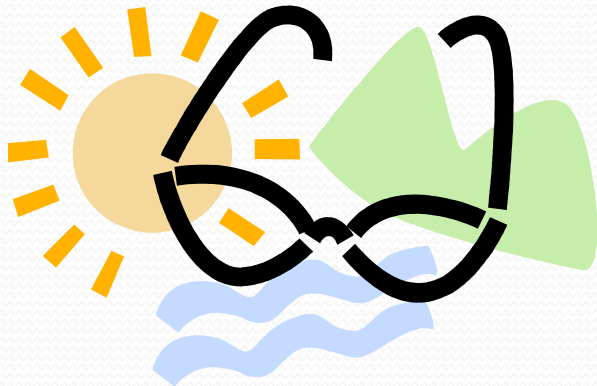
# How to get into Optometry School

Presented by Barsha and Bonnie  
Guest Speaker: Sarah Elkhazendar



# AGENDA

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



# About Optometry

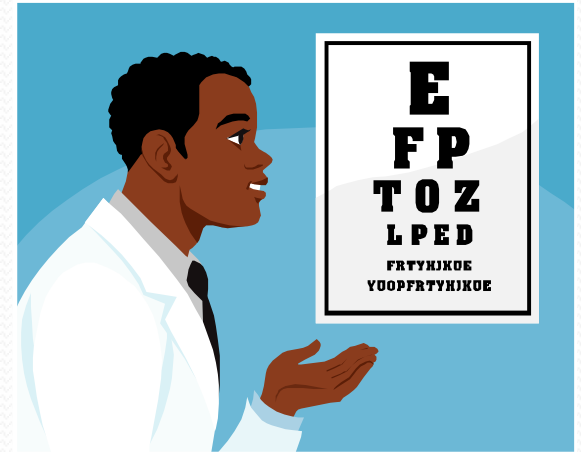
- A Doctor of Optometry (DO)
  - Primary health care provider
  - Provincially licensed, independent
  - Specializes in the examination, diagnosis, treatment, management and prevention of diseases and disorders of the human visual system, the eye, and the associated structures

# About Optometry

- Primary vision care ranging from sight testing and correction to the diagnosis, treatment, and management of eye disease
- Provide pre- and post-surgical care for various conditions and procedures

# What they do...

- Prescribe glasses and contact lenses
- Rehabilitate the visually impaired
- Diagnose and treat ocular diseases
- Perform comprehensive examinations of both the internal and external structures of the eye



# What they do...

- Evaluate patients' vision and determine appropriate treatments
- Treat clarity problems or eye diseases such as glaucoma and ulcers
- 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 Montreal
- **In the US** → 20 Schools in the USA

# List of schools in the US

- University of Alabama at Birmingham
- Midwestern University- Arizona College of Optometry

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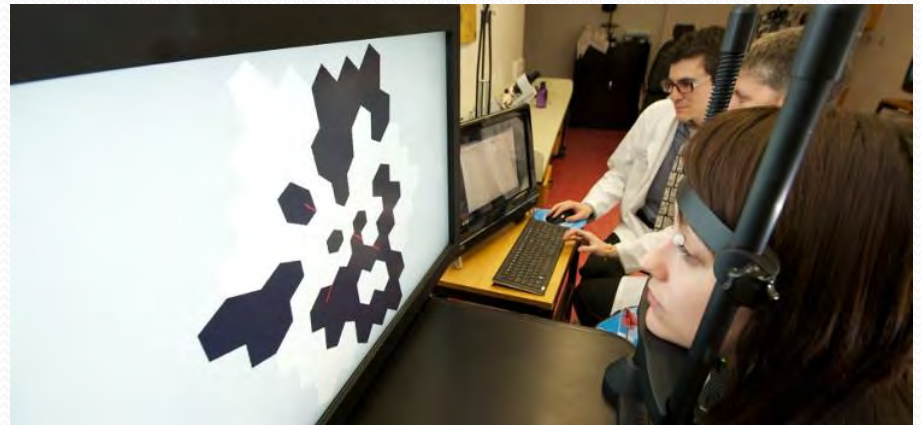
**We will only be focusing on  
the University of Waterloo  
School of Optometry in this  
seminar**

- Pennsylvania College of Optometry
- Interamerican University of Puerto Rico, School of Optometry
- Southern College of Optometry
- University of Houston
- University of the Incarnate Word



# Optometry at Waterloo

- Four year program
- Clinical internship begins in 3<sup>rd</sup> year
- 4<sup>th</sup> year consists of clinical terms concentrating on different types of hands-on experience
- First year class size: 90
- *However, ~300 applicants/year*



# Waterloo School of Optometry Timeline

- For September 2015 Admissions

- Applications available: **July 2<sup>nd</sup> to October 3rd, 2014**
- Deadline to write OAT (Optometry Admission Test): **August 31<sup>st</sup>, 2014**
- Online application and payment deadline: **October 3rd 2014 at 11:59pm**
- Deadline for Application for Admission to the School of Optometry and interim transcripts: **October 24<sup>th</sup>, 2014**

# Waterloo School of Optometry Timeline

- Deadline for both confidential assessment forms:  
**November 28<sup>th</sup>, 2014**
  - **\*\*Interview selection will have finished by December 1<sup>st</sup> \*\***
  - External Interview will be held the week of **January 12<sup>th</sup>, 2015**
- Deadline for final fall 2014 transcripts:  
**January 31<sup>st</sup>, 2015**
- Admission Decision letters mailed: **End of March 2015**
- All winter courses must be completed by **May 5<sup>th</sup> 2015**
- Deadline for final winter 2015 transcripts: **June 19<sup>th</sup>, 2015**

# 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

## Arts

Prerequisite	Length (terms)	Non-Waterloo equivalents	Waterloo Course calendar equivalents
English	1	Any English (ENGL, e.g. ENGL XXXX) or any writing (WRIT, e.g. WRIT XXX) course	Any one <a href="#">ENGL</a> course
Other humanities courses will not satisfy the English prerequisite.			
Introductory ethics	1	Any introductory ethics or biomedical ethics course  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 <a href="#">110B</a> , <a href="#">218J</a> , <a href="#">219J</a> , <a href="#">220</a> , or <a href="#">226</a>
Not all philosophy courses are introductory ethics.			
Introductory psychology	1	<b>Any</b> year 1 introductory psychology course	PSYCH <a href="#">101</a>

## Biology

Prerequisite	Length (terms)	Non-Waterloo equivalents	Waterloo Course calendar equivalents
General biology with lab	2	Any two terms of year 1 biology with labs	BIOL <a href="#">130</a> & <a href="#">130L</a> , BIOL <a href="#">211</a>
Microbiology	1	Any one term introductory microbiology  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 <a href="#">240</a>
Physiology (human or mammalian)	2	<i>Only</i> physiology will satisfy the two terms  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 <a href="#">273</a> , BIOL <a href="#">373</a>
Anatomy courses will not satisfy the prerequisite, unless the course is called <b>Human Anatomy and Physiology</b> .			

# Prerequisite Courses

## Chemistry

<i>Prerequisite</i>	<i>Length (terms)</i>	<i>Non-Waterloo equivalents</i>	<i><u>Waterloo Course calendar equivalents</u></i>
General chemistry with lab	1	Any year 1 intro chemistry course with lab  For example: <ul style="list-style-type: none"> <li>▪ General Chemistry</li> <li>▪ Intro chemistry</li> </ul>	CHEM <a href="#">120</a> & <a href="#">120L</a>
Biochemistry	1	Any one term introductory biochemistry  For example: <ul style="list-style-type: none"> <li>▪ Introduction to Biochemistry</li> <li>▪ Principles of Biochemistry</li> </ul>	CHEM <a href="#">237</a>
Organic chemistry	1	Any one term introductory organic chemistry  For example: <ul style="list-style-type: none"> <li>▪ Introductory Organic Chemistry</li> <li>▪ Organic Chemistry 1</li> </ul>	CHEM <a href="#">266</a>

## Mathematics

<i>Prerequisite</i>	<i>Length (terms)</i>	<i>Non-Waterloo equivalents</i>	<i><u>Waterloo Course calendar equivalents</u></i>
Calculus	1	Any one term calculus  For example: <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 <a href="#">127</a>
Statistics	1	Any one term statistics  For Example <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>	STAT <a href="#">202</a>

## Physics

<i>Prerequisite</i>	<i>Length (terms)</i>	<i>Non-Waterloo equivalents</i>	<i><u>Waterloo Course calendar equivalents</u></i>
Physics with lab	2	Any two terms of year 1 physics with labs	PHYS <a href="#">111/ 111L</a> & <a href="#">112/ 112L</a> or <a href="#">121/ 121L</a> & <a href="#">122/ 122L</a>

# Course Eligibility

- If you are still uncertain, first contact an undergraduate advisor at the university you attend or will attend. Subsequently, help can be obtained by sending an e-mail to **opt-admissions@uwaterloo.ca** including:



# 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 2013: 370

### Confidential Assessment Forms

- An optometrist CAF;
- 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!!!**

# Application Process

## OUAC (Ontario University Application Center) Application

- Program choice: September 2015 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
    - Two PDF files
      - Includes the *Application for Admission to the School of Optometry*

# 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 Time at a Prometric Test centre

- <https://www.prometric.com/en-us/Pages/home.aspx>

<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

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

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

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
- “Average scoring system” (you are competing against others) with an average score of 320.
- Separate sub-scores for the different sections: biology, general chemistry, organic chemistry, reading comprehension, and quantitative reasoning.

# OAT

- Minimum score of 300, no total science or section score below 300
- Average OAT score for 2013 Waterloo Optometry applicants: 370

# Interview

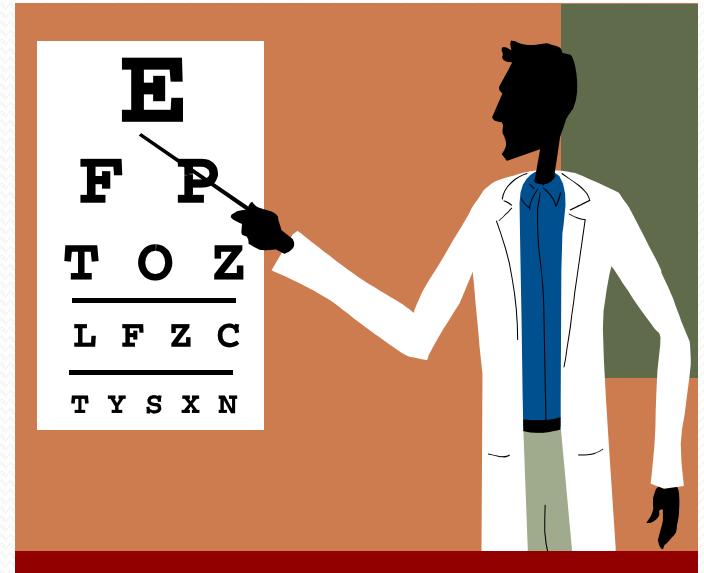
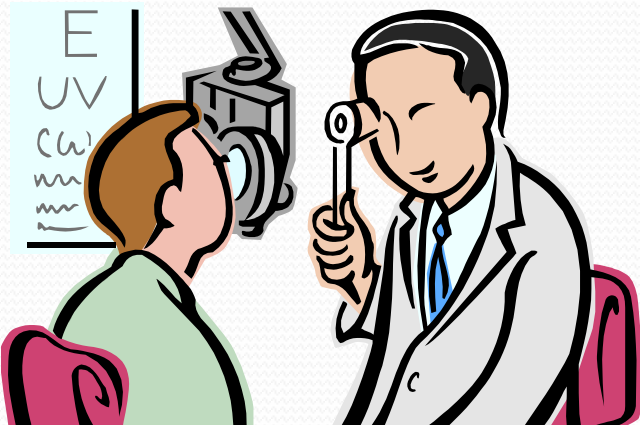
- If you pass the first cut, you will get an interview
- Interviews will be contacted at the School in late November
- The interviews will be conducted at the School the weekend of January 10, 2015, and will consist of:
  - Multi Mini interviews with faculty and members of the profession
  - A round 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:**

- <http://www.opted.org/i4a/pages/index.cfm?pageid=1>

- **UWaterloo Optometry - FAQs:**

- <https://uwaterloo.ca/optometry-vision-science/future-optometry-students/frequently-asked-questions/>

- **ASCO (OAT):**

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

- **Ask a Doctor of Optometry:**

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



## Academics

- Excel at prerequisite courses
- Maintain a high GPA
- Full course load

## Extracurricular Activities

- Diversity in volunteer work:
  - ❑ Leadership skills
  - ❑ Communication skills
  - ❑ Teamwork
  - ❑ Compassion
  - ❑ Patience
- **Long term commitment**
- Experiences Gained

## Reference Letters

- Choose wisely
- No TAs ( not considered credible )
- A professor that
  - knows you well
  - calls you by your first name
  - knows your love for optometry and how important this is

## Essay

- They want to know **YOU**
- Your passion for Optometry
- What got you here to this point
- Knowledge gained while shadowing
- Accidental things that might have shaped your career path
- Highlight specific moment in you volunteer work

## Shadowing an Optometrist

- Long term at least 1 month (~ 4 months)
- They want to know you are all in
- Learned enough about the profession

## For Interview

- Learn about the school
- Ask the interviewer at least one question
- Learn more about optometry from shadowing and research
- Know about the different sub-specialties, hint about your interest in one during the interview :
  - Binocular Vision and Pediatric Optometry
  - Cornea and Contact Lenses
  - Low Vision Rehabilitation and Ocular Disease
  - Primary Care and Ocular Disease

## My Experience

- ▶ Everyone is nervous
- ▶ Have a good support system- friends/family
- ▶ If you love it and put effort into it, you can get in
- ▶ Remember things that are worth having don't come easily
- ▶ **The admission process is the easiest thing about optometry school**

**Any questions ???**

# Thanks For Coming!!

For more information,  
Check out this website:

<http://www.optometry.uwaterloo.ca/>

Or come visit us at  
BC 208 (ie. The SOS office)