

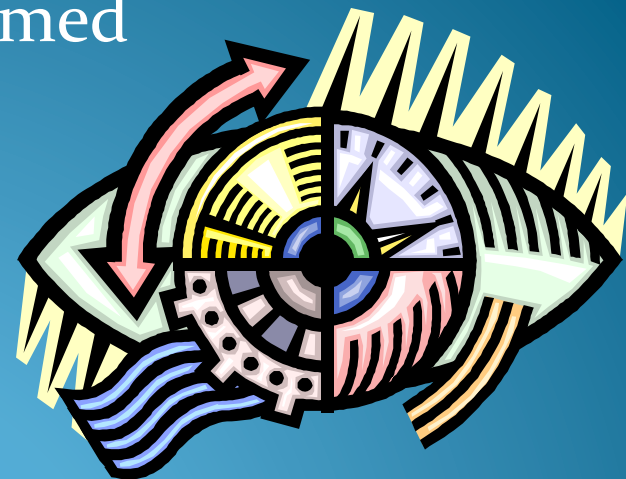
<http://bethune.yorku.ca/sos/>

SOS PRESENTS...

How to get into Optometry School

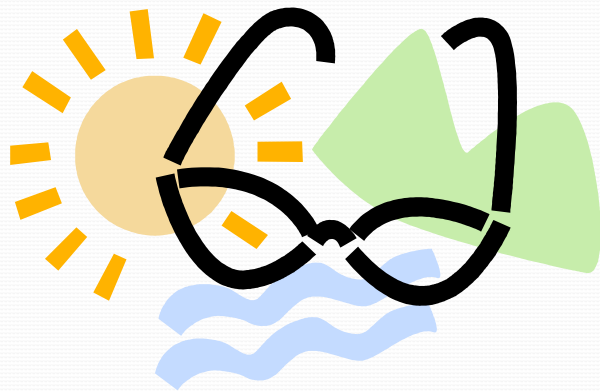


Presented by Akshay Lobo,
Samy Shash, and Bilal
Mohammed



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

<https://uwaterloo.ca/optometry-vision-science/careers-optometry>



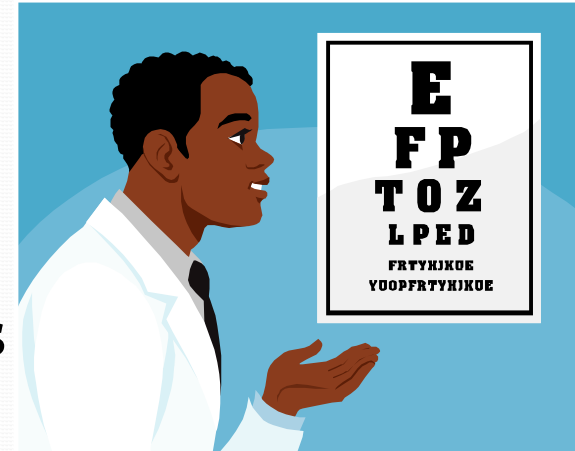
About Optometry

- 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

<https://uwaterloo.ca/optometry-vision-science/careers-optometry>

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** → 18 Schools in the USA



List of schools in the US

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

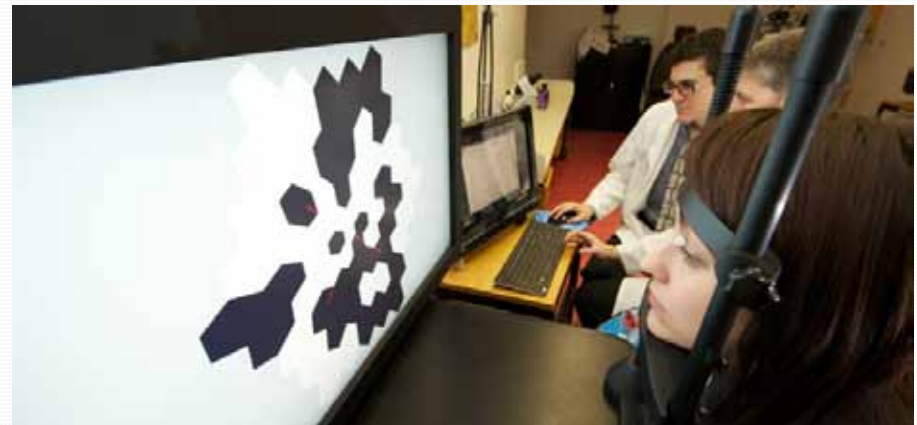
• U
• S
• P
• I
• I
• P
• M
• U
• S
• C
• P
• F

**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 3rd year
- 4th 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 2014 Admissions
 - Applications available: **July 2nd to October 4th, 2013**
 - Deadline to write OAT: **July 31st, 2013**
 - Online application and payment deadline: **October 4th 2013 at 11:59pm**
 - Deadline for Application for Admission to the School of Optometry and interim transcripts: **October 24th, 2013**

<https://uwaterloo.ca/optometry-vision-science/important-dates>

Waterloo School of Optometry

Timeline

- Deadline for both confidential assessment forms:
October 31st, 2013
 - ****Interview selection will have finished by Nov. 30th****
- Deadline for final fall 2012 transcripts:
January 31st, 2014
- Admission Decision letters mailed: **End of March 2013**
- Deadline for final winter 2013 transcripts: **May 31st, 2013**

<https://uwaterloo.ca/optometry-vision-science/important-dates>



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%-94%

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

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 ENGL 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"> ▪ Biomedical Ethics ▪ Contemporary Moral Issues ▪ Introduction to Ethics and Values 	PHIL 110B , 218J , 219J , 220 , or 226
Not all philosophy courses are introductory ethics.			
Introductory psychology	1	Any year 1 introductory psychology course	PSYCH 101

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 130 & 130L , BIOL 211
Microbiology	1	Any one term introductory microbiology For example: <ul style="list-style-type: none"> ▪ Fundamentals of Microbiology ▪ Basic and Medical Microbiology ▪ Biology of Prokaryotes 	BIOL 240
Physiology (human or mammalian)	2	<i>Only</i> physiology will satisfy the two terms For example: <ul style="list-style-type: none"> ▪ Principles of Human Physiology 1 and Principles of Human Physiology 2 ▪ Human Physiology ▪ Human Anatomy and Physiology ▪ Mammalian Physiology 	BIOL 273 , BIOL 373
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><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"> ▪ General Chemistry ▪ Intro chemistry 	CHEM 120 & 120L
Biochemistry	1	Any one term introductory biochemistry For example: <ul style="list-style-type: none"> ▪ Introduction to Biochemistry ▪ Principles of Biochemistry 	CHEM 237
Organic chemistry	1	Any one term introductory organic chemistry For example: <ul style="list-style-type: none"> ▪ Introductory Organic Chemistry ▪ Organic Chemistry 1 	CHEM 266

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"> ▪ Calculus ▪ Calculus 1 ▪ Calculus for Science Students ▪ Calculus for Biology Students ▪ Introductory Calculus 	MATH 127
Statistics	1	Any one term statistics For Example <ul style="list-style-type: none"> ▪ Statistics ▪ Statistics 1 ▪ Statistics for Science Students ▪ Statistics for Biology Students ▪ Introductory Statistics 	STAT 202

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 111/ 111L & 112/ 112L or 121/ 121L & 122/ 122L



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 2011: 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 Application**

- Program choice
- Personal information (Basic ID, citizenship, etc.)
- Postal code and email address
- Post-secondary Academic Background
- Transcripts
- Fee: \$210



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

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

https://www.ada.org/oat/oat_examinee_guide.pdf

OAT

- NATURAL SCIENCES

- Covers biology (40 questions), general chemistry (30 questions), and organic chemistry (30 questions).
- You have 90 minutes to complete 100 questions.

- Sample questions:

Which of the following is the smallest?

- A. mRNA
- B. tRNA
- C. rRNA

OAT

Which of the following is not a derivative of the amino acid Tryptophan?

- A. Melanin
- B. Serotonin
- C. Creatine
- D. Niacin

Aldehydes can be synthesized by the oxidation of:

- A. Primary alcohols
- B. Secondary alcohols
- C. Organic acids
- D. Inorganic acids



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, and optics.
- Includes 40 questions covered in 50 minutes.

- Sample questions:

A spherical mirror that forms only virtual images has a radius of curvature of 0.5m. The focal length of this mirror is?

- A. -0.125m
- B. -0.25m
- C. 2.5m
- D. 2.75m



OAT

Which phenomenon can occur with light, but not with sound?

- A. Doppler effect
- B. Interference
- C. Polarization
- D. Refraction

OAT

- QUANTITATIVE REASONING

- This section measures your mastery of arithmetic, algebra, geometry, and trigonometry.
- Consists of 40 questions answered in 45 minutes.

- Sample question:

If Lynn can type a page in p minutes, what piece of the page can she do in 5 minutes?

- A. $5/p$
- B. $P-5$
- C. $P+5$
- D. $p/5$
- E. $1-p+5$

OAT

Jim is able to sell a hand-crafted statue for \$670 which was a 35% profit over his cost. How much did the statue originally cost him?

- A. \$496.3
- B. \$512.2
- C. \$555.4
- D. \$574.9
- E. \$588.2

OAT

- An UNSCORED SECTION
 - Lasts about 15 minutes
 - Can include science, math, or physics questions.
 - 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 2011 Waterloo Optometry applicants: 370



Interview

- If you pass the first cut, you will get an interview
- Interviews will be conducted at the School in late November and will consist of:
 - Panel interviews with faculty and members of the profession
 - A round table discussion with our current OD students

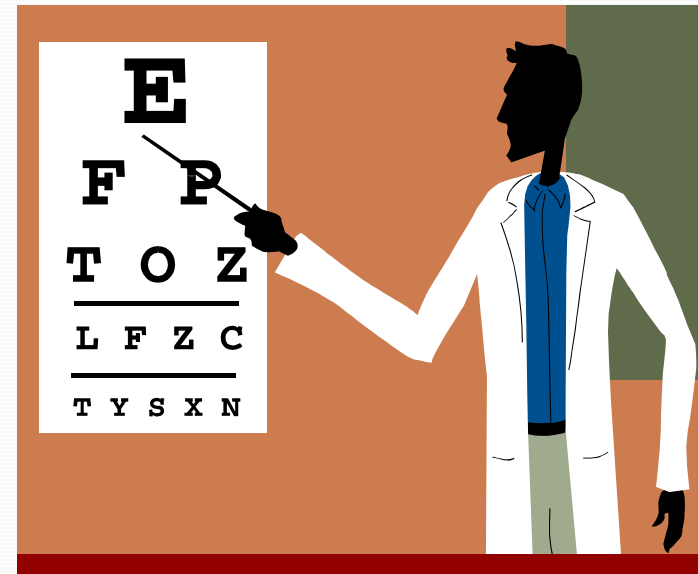
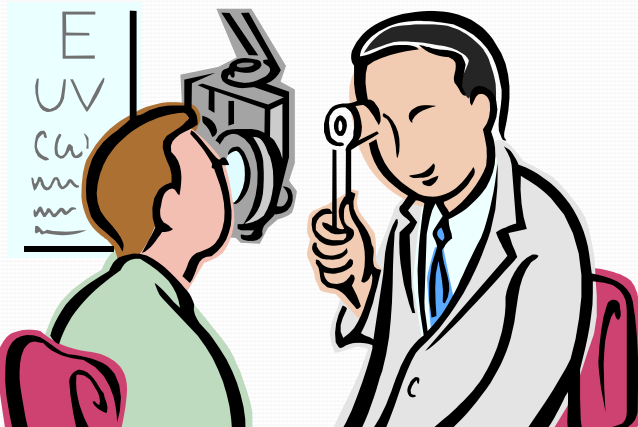
<https://uwaterloo.ca/optometry-vision-science/future-optometry-students/applying-optometry/interview>

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 \$70,000 – \$80,000 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>

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)