

HOW TO GET INTO OPTOMETRY SCHOOL (SOS)

By: Kiran Badial and Gerbie Nkosi

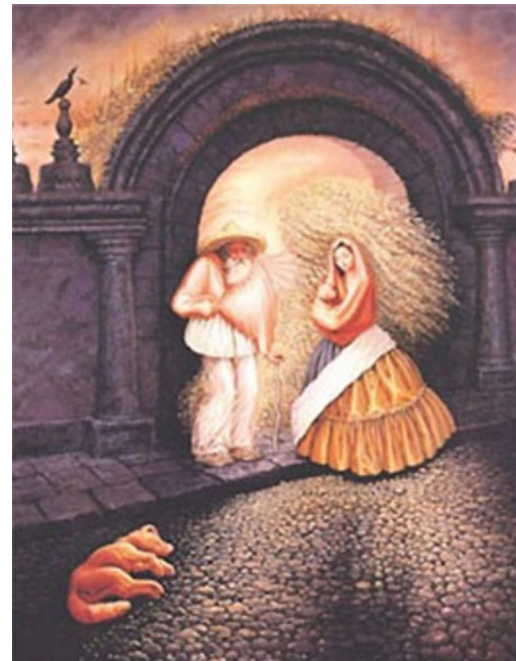


*Presentation will be available online: <http://bethune.yorku.ca/events/>

INTRODUCTION

I. Who are we?

- ❑ Kiran Badial: 3rd year Biomedical Science student
- ❑ Gerbie Nkosi: 3rd year Biomedical Science 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



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 2020 Admissions

- Applications available: **mid July**

Deadline to write OAT (Optometry Admission Test):

January 8th, 2021

- **NEW: Must take CASPer Snapshot, slots are available August-October**

Online application and payment deadline:

October 2nd, 2020

Deadline for Admission Information Form (AIF) and

interim transcripts: **October 26th, 2020**

WATERLOO SCHOOL OF OPTOMETRY

TIMELINE

Deadline for both (2) confidential assessment forms = January 15, 2021

Interview selection will have finished by December 1st 2020

Interviews will be held the week of January 16th, 2021

Deadline for final fall 2020 transcripts = January 31st, 2021

Admission Decision letters mailed: End of March 2021

All winter courses must be completed by May 7th, 2021

Deadline for final winter 2018 transcripts: June 25th, 2021

ADMISSION REQUIREMENTS

Academic:

3 or more years BSc

With a full course load

Overall GPA

Maintain a minimum overall average

Recent acceptance averages ranged 75%-92%

PREREQUISITE COURSES

1 term = 3 credit-courses

2 terms = 6 credit-courses

Arts

York equivalent

Prerequisite	Length (terms)	Non-Waterloo equivalents	<u>calendar equivalents</u>
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.			PHIL 2070 OR PHIL 2075
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	
Not all philosophy courses are introductory ethics.			
Introductory Psychology	1	Any 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 For example: <ul style="list-style-type: none"> Fundamentals of Microbiology Basic and Medical Microbiology Biology of Prokaryotes 	BIOL 3150
Physiology (human or mammalian)	2	Only 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 3060 & 3070 OR 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 For example: <ul style="list-style-type: none"> ▪ General Chemistry ▪ Intro chemistry 	CHEM 1000 OR 1001
Introductory Biochemistry	1	Any one term introductory biochemistry For example: <ul style="list-style-type: none"> ▪ Introduction to Biochemistry ▪ Principles of Biochemistry 	BIOL 2020
Introductory Organic Chemistry	1	Any one term introductory organic chemistry For example: <ul style="list-style-type: none"> ▪ Introductory Organic Chemistry ▪ Organic Chemistry 1 	CHEM 2020 OR 2021

Mathematics

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

PREREQUISITE COURSES

Physics

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

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)
-

ADMISSION REQUIREMENTS (NON ACADEMIC)

Optometry Admissions Test (OAT)

more details at <http://www.opted.org/>

Minimum score= 300

Avg for 2020= 380

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

ADMISSION REQUIREMENTS

Police check (Criminal Record Check)

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

- Implemented in September 2017
- 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 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 2021 entry in Optometry
- Personal information (Basic ID, citizenship, OAT status, etc.)
- Postal code and email address
- Post-secondary Academic Background
- Transcripts (often require an extra fee)
- Fee: \$215

APPLICATION PROCESS

- Must submit OUAC application before taking CASPER
- After submitting online:
 - Confirmation email sent within 1 week
 - 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 \$490
 - Optional 45\$ fee to obtain test results
- 3) Schedule the test appointment at a Prometric Test centre <https://www.prometric.com/test-takers/search/oat>
 - Limited test centres open at the moment due to COVID-19
 - More info: <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

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.

Optional break after this section*

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.

OAT

●● AN UNSCORED SECTION

●● 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 section score below 300
- Average OAT score for 2015 Waterloo Optometry applicants: 370

Profile of Past 1st Year Students

<i>Applicants</i>	<i>2020</i>	<i>2019</i>	<i>2018</i>	<i>2017</i>
Total	245	250	260	265
Enrolled Students	2020	2019	2018	2017
First year class size	90	90	90	90
Gender				
Women	57	62	63	67
Men	24	23	24	23
Undeclared	9	5		
Overall Average				
Average	86	88	88	85
Range	80-95	79-95	81-95	79-94
Optometry Admission Test (OAT) Scores				
Average	380	381	370	370

INTERVIEW

- If you pass the first cut, you will get an interview
- If selected, you will be contacted in late November
- As of now, the interviews will be conducted at the School in January , 2021 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

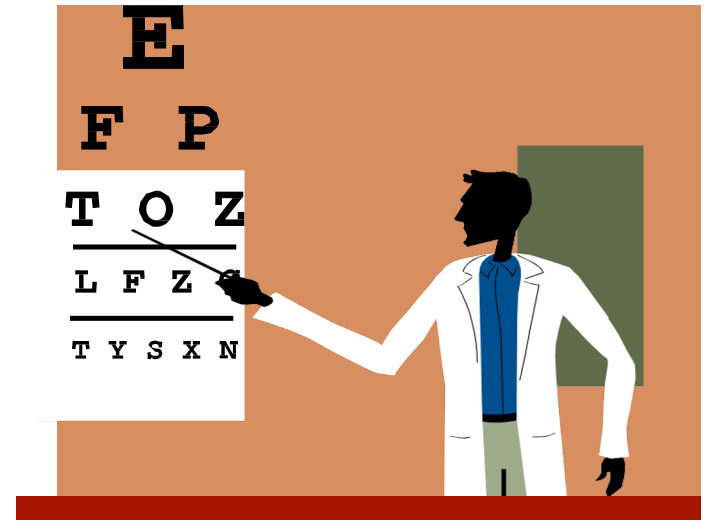
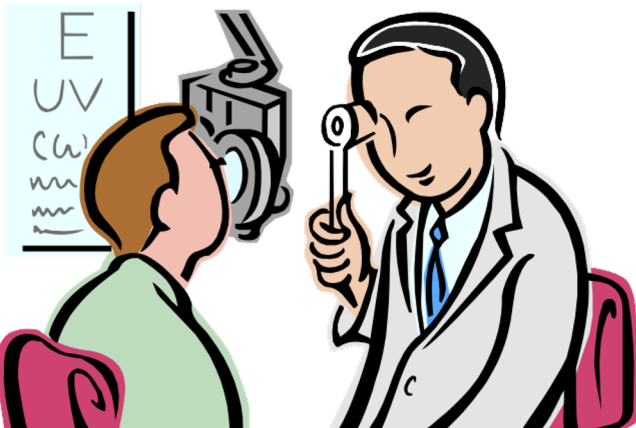
<https://uwaterloo.ca/optometry-vision-science/future-optometry-students/interview>

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
 - University transcripts and OAT scores to be sent to each Optometry school by the deadline
 - 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 practicing 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 email us!

Kiran: kiranb46@my.yorku.ca

Gerbie: gerbie23@my.yorku.ca

Guest Speaker!

Dr. Peter Lorenz

Cedarbrae Eye Doctors Clinic

Waterloo Optometry School Graduate