FALL

Academic and Advising
- Take CHEM 1110: General Chemistry I and BIOL 1710: Foundations of Biology I if you are a science major; consider a math course. You may wish to take PSYC 1000: Introductory Psychology.
- Take the math placement exam to determine the appropriate math level or use HS math scores for placement in an appropriate math class.
- Attend the pre-health informational meeting to create a plan that fits your interests and optometry goal.
- Think about majors that interest you. You don't have to major in biology or chemistry to go to Optometry School, but it's important to have a background in science and math.

Career Development
- Meet with a counselor in the Career Development Office and ask about taking a career interest inventory. Work with your career counselor to see how your interests fit with a career in medicine.
- Research options for optometry careers. Where would you want to practice? At an independent office, associated with national chains, or as a member of an health maintenance organization? Or are you considering pharmacy school or perhaps medical school? Career Development resources can help you with this.
- Check out the Optometry information at the bureau of labor statistics website: www.bls.gov/ooh/healthcare/optometrists.htm.

Community Connections
- Join the Medical Interest Group (MIG), a student club sponsoring events for students interested in medical health fields.

SPRING

Academic and Advising Connections
- Take CHEM 1120: General Chemistry II and a statistics class (either MATH 1080 or PSYC 2050). Take Biol 1720: Foundations of Biology II, necessary for upper level pre-requisite.
- Challenge yourself academically: explore opportunities in the Antonian Scholars Honors Program. Keep in mind that successful optometry school applicants need to achieve a high GPA. In 2012 the applicants offered admission had an average GPA of 3.31.
- Determine your college major. Seek a departmental advisor to plan a timeline for major courses.
- Investigate study aboard opportunities, if interested, and determine when they will fit in your 4 year program. If study abroad for a year is your desire, you may need to plan for a gap year before optometry school with the OAT and OptomCas application occurring in Year 4.
Career Development
- Conduct an informational interview with an alumna who is working in the optometry field to learn about different areas of practice and to obtain recommendations on how to best prepare for the optometry school application. Schedule an appointment to meet with a Career Development counselor to identify alumnae or search for alumnae on LinkedIn.

Suggestions for making connections to your developing career goals.

FALL
Academic and Advising Connections
- Check in with the pre-optometry advisor to be sure your coursework and grades are on track.
- Take CHEM 2010: Organic Chemistry I and BIOL 2510: Human Anatomy (recommended but not required by all schools). You will need Calculus I (MATH 1130 or the math with functions MATH 1110 and MATH 1120). MATH 1130 may be taken in the summer.
- Register for appropriate major courses and check in with your major advisor.
- Develop excellent study skills. Not only do you need to keep your grades high, but you must hone the study skills you’ll need to persevere during a rigorous optometry school education.

Career Development
- Consider taking the INDI 2000: Career Development for Women class. Test your assumptions about how your interests, skills, and values fit with your plans for a career as an Optometrist. J-term is a perfect time to take this class.
- Continue to build relationships with alumnae or community members who are optometrists. Consult with Career Development for alumnae contacts who can serve as mentors for you or find alumnae on LinkedIn.

Community Connections
- Begin an applications process to volunteer at a hospital or eye clinic. Many local hospitals offer volunteer opportunities that provide experience in a hospital setting and observing patient procedures. Optometry schools will expect that you have had some direct patient experience. In 2012, the average amount of healthcare work experience for admitted students was a minimum of 250 hours. Some schools require a 1000 hours or more.
- Be active in MIG and attend club events and consider sponsoring a used eyeglasses drive. Watch for opportunities to attend events that feature alumnae who are optometrists.

SPRING
Academic and Advising Connections
- Take CHEM 2020: Organic Chemistry II (often recommended, but not required) and second semester BIOL 2520: Human Physiology; consider OPH 1020: Ocular Anatomy & Physiology — recommended pre-requisite
- Register for 1 or 2 course(s) in your major.
- Consider taking a Microbiology class (BIOL 2200 or BIOL 3210 if biology major). Summer school is a good option to fit BIOL 2200 into your schedule.
- Talk to your faculty about opportunities for an internship or research experience.

Career Development
- Meet with a Career Development counselor to plan a search for a health-care related internship.
- Develop relationships with optometrists that work at your volunteer experience and ask to shadow them. Be sure to record all aspects of this experience so that you can use this information when you create your personal statement.
- Plan to spend time during the summer exploring schools that offer Doctor of Optometry programs that might be a fit for you. Have three to five possibilities.
Summer Session Year 2
- Consider taking MATH 1130: Calculus during the summer to stay on track and perhaps BIOL 2200: Microbiology.

Suggestions for implementing your plans.

YEAR 3 Avenues

FALL
Academic and Advising Connections
- Register for Physics I (PHYS 1080, or PHYS 1110 if you have calculus). This is a very critical class for success on the OAT exam.
- Consider taking SOCI 1000: Principles of Sociology or SOCI 3250: Cultural Anthropology as preparation for the cultural diversity of your future clients. Consider OPH 1040: Physiological Optics recommended pre-requisite.
- Consider CHEM 3400: Principles of Metabolism: Applied Biochemistry (recommended and not always required) fall or CHEM 4400: Biochemistry, spring.
- Take courses in your major.

Career Development
- Begin preparing for the Optometry Admissions Test (OAT) (www.ada.org/oat)
- Begin your application process through OptomCas — read all information material (www.optomcas.org). The yearly cycle for this website is April through March of the following year.

Community Connections
- Continue your volunteer work throughout this academic year.
- Join the club or outreach organization that involves your major area of interest.
- Consider serving as an officer of the MIG group; help coordinate a major event like the Little Red Dress.

SPRING
Academic and Advising Connections
- Take Physics II (PHYS 1090 or 1120), PHIL 3400: Biomedical Ethics and Medical Terminology (INDI 2220 or HIMP 1020)
- Take an English Literature class, if you haven’t already done so.
- Take appropriate major courses
- If you have space, consider taking BIOL 3350: Molecular Biology or BIOL 3220: Immunology (or, offered alternate years). These courses will be useful background in studying for the OAT.

Career Development
- Open your account and begin your OptomCas application.
- Register for the OAT (www.opted.org). Score is good for 2 years. Consider purchasing a practice exam.
- Plan to take the OAT spring/summer between your 3rd and 4th year. You will need your OAT to complete your OptomCas application. Remember admission generally is on a rolling basis, completed applications are submitted beginning June or July will be reviewed first.
- Contact the faculty on campus who will serve as references for your application. Discuss your post-graduation plans with them. Send them a fairly complete draft of your personal statement and a complete resume with volunteer experience.
- Apply for internship or research experiences for the summer. Use the “Internship Ideas Books” in the Career Development Office to get started. Use these resources to begin developing a “Plan B” alternative for your post-grad career.

Suggestions for implementing
your plans.

Take a look at optometry programs in schools that are popular with St. Kate’s students.

Illinois College of Optometry
www.ico.edu

Midwestern University Arizona College of Optometry
www.midwestern.edu/programs-and-admission/az-optometry.html

Indiana University College of Optometry
www.opt.indiana.edu

Michigan College of Optometry
www.ferris.edu/mco
Finish working on your personal statement. Ask faculty and career development staff to review and comment on your statement.

Community Connections
- Plan a budget for applying to optometry school. The process can be expensive! Following amounts are for 2013. The OptomCas processing fee is $125, which includes one school designation. Additional school designations are $45 each. The OAT exam fee is $226. Schools may require a secondary application, typically ranging from $25 to $100. Plan for travel expenses to visit schools you’re considering. For help with a budget, meet with a Peer Money Mentor in CdC. Or, meet with St. Kate’s certified financial counselor to develop a budget to live on during graduate school. Call (800) 577-2227 and indicate you are a St. Kate’s student.

SUMMER YEAR 3
- Request letters of recommendation from faculty early! Allow faculty a minimum of three weeks to write a letter for you. Provide your personal statement and resume, along with a list of potential schools to the faculty member.
- Complete and upload your personal statement to your OptomCas application.
- Aim to finish your OptomCas application before fall semester! Most schools have rolling admissions deadlines, so the earlier you submit your application, the better.
- Finalize the list of schools where you will apply. Take into consideration your OAT score, your GPA, and specialization areas that interest you.

Submit your completed OptomCas application with references by September or October.

Suggestions for making connections to your profession and to your life after graduation.

FALL
Academic and Advising Connections
- Take CHEM 3400: Principles of Metabolism: Applied Biochemistry (if not taken in Year 3) or CHEM 4400: Biochemistry in the spring.
- Take courses needed to complete your major and degree.
- Start working on your FAFSA. The filing deadline will be around February 1.
- Consider a Global Studies option. Think about taking GSJ Women and Health as a J-term study-abroad class.

Career Development
- Continue your volunteer work throughout this academic year.
- Consider becoming an officer of the MIG or your major club.
- Prepare and discuss Plan B options for something other than optometry school in the following year. Get feedback from Career Development counselors, your academic advisor, and the optometry advisor. Is graduate school in another area an option, i.e. Masters in Public Health.
- Make an appointment with Career Development to practice interviewing skills.
- When invited for an interview, visit schools you are seriously considering to see if they are a fit for you.

SPRING
Academic and Advising Connections
- Take courses needed to complete your degree.

Career Development
- Finalize optometry school decision! Submit enrollment fees.
- Or pursue Plan B.

Leadership Development
- Mentor a younger member of the MIG. Offer advice as she begins the application process.
## OPTOMETRY SCHOOLS PREREQUISITES

| Biology with lab | X | X | X | Anatomy | X | X | X |
| Biology II with lab | X | X | X | Physiology | X | A & P or Bio Chem |
| General Chemistry I with lab | X | X | X | X | X | X | X |
| General Chemistry II with lab | X | X | X | X | X | X | X |
| General Physics I with lab (calc. based not req) | X | X | X | X | X | X | X |
| General Physics II with lab (calc. based not req) | X | X | X | X | X | X | X |
| Calculus I | X | X | X | X | X | X | X |
| Statistics | X | X | X | X | X | X | X |
| Microbiology with lab | X | X | X | X | X | X | X |
| Organic Chemistry | X | X | 2 semesters | 2 semesters or Bio Chem + O Chem | X + Bio Chem 1 semester | X |
| Psychology | X | X | X | X | X | 2 courses |
| Additional Social Science | X | X | X | X | 2 courses | liberal arts/humanities 2 courses |
| Composition/Literature (writing intensive) | X | 2 writing intensive courses | Speech | 2 English courses writing intensive | 2 writing intensive courses |
| 3+4 program (bachelor’s degree completion) | X | X | X | X | X |