



UTD POPS

*Pre-Optometry
Professional Society*

GBM #1

Sept. 4th, 2025



Our Team



Zaynab Hameed
President

Our Team



Nguyen Tran
Vice President

Our Team



Leslie Hernandez
Secretary

Our Team



Marie Louis
Treasurer

Our Team



Nithya Bellomkonda
Public Relations

Our Team



David Bui
Social Coordinator

WHAT IS OPTOMETRY?

What is Optometry?

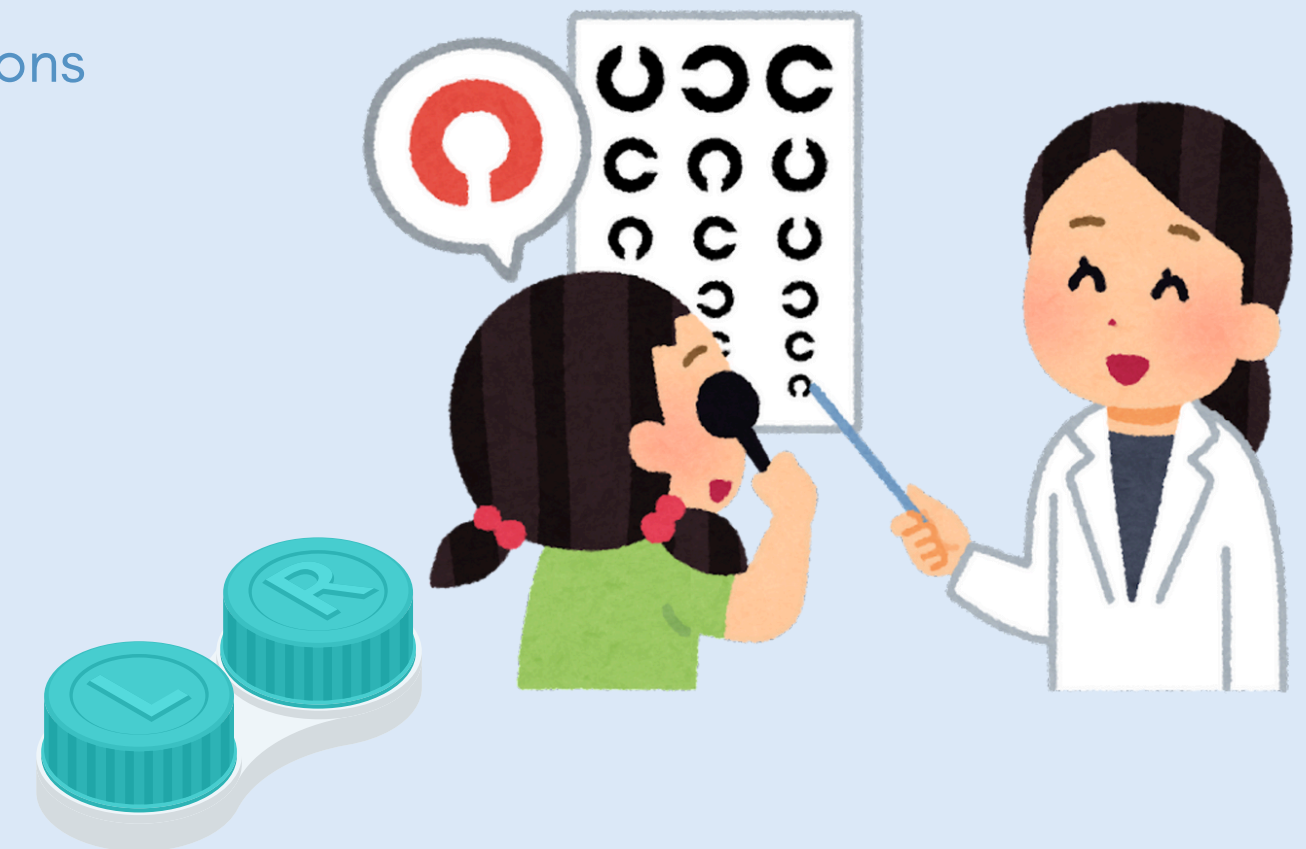
Optometry is a healthcare profession focused on the examination, diagnosis, treatment, and management of conditions affecting the eyes and visual system.

Optometrists primarily:

- Conduct comprehensive eye exams & vision tests
- Diagnose and treat refractive errors (nearsightedness, farsightedness, astigmatism)
- Prescribe and fit eyeglasses & contact lenses
- Provide low-vision care & vision therapy
- Detect and manage eye diseases, injuries, and related conditions

Areas of Specialization:

- Pediatric Optometry
- Geriatric Optometry
- Low-Vision Rehabilitation
- Sports Vision
- Neuro-Optometry
- Plus more!



Optometry vs Ophthalmology

Profession	Education & Training	Education & Training
Optometrist (OD)	4 years undergraduate + 4 years of optometry school	- Prescribe glasses/contact lenses - Perform eye exams and vision tests - Prescribe medications for less severe eye diseases.
Ophthalmologist (MD/DO)	4 years undergraduate + 4 years med school + residency (3-4 years)	- Medical & surgical eye care - Treatment of severe eye conditions (cataract surgery, glaucoma, LASIK, macular degeneration, etc.)

EDUCATION PATHWAY

**Undergrad Degree
4 YEARS**

**Doctor of Optometry (OD)
4 YEARS**

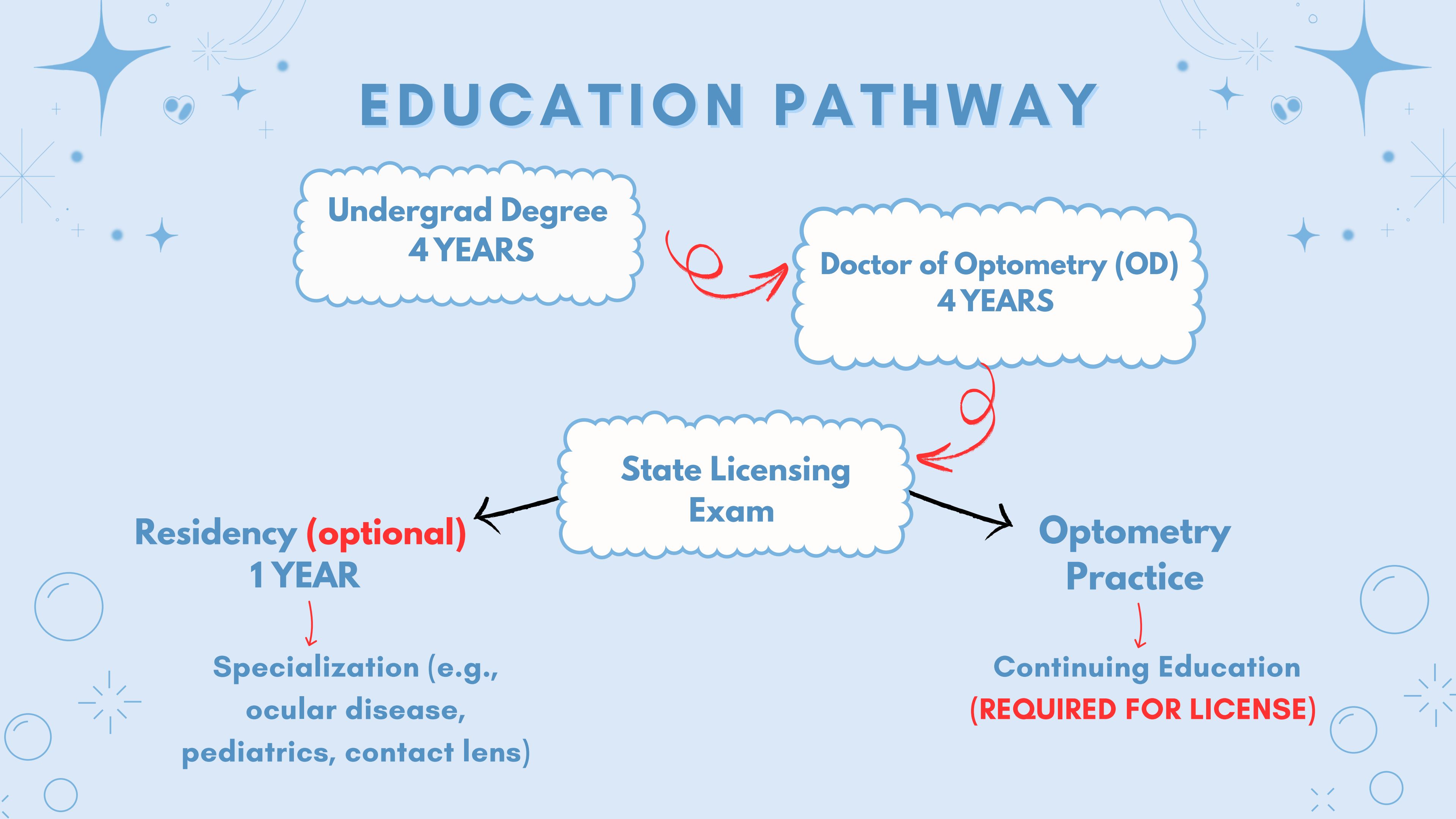
**State Licensing
Exam**

**Residency (optional)
1 YEAR**

**Optometry
Practice**

**Specialization (e.g.,
ocular disease,
pediatrics, contact lens)**

**Continuing Education
(REQUIRED FOR LICENSE)**

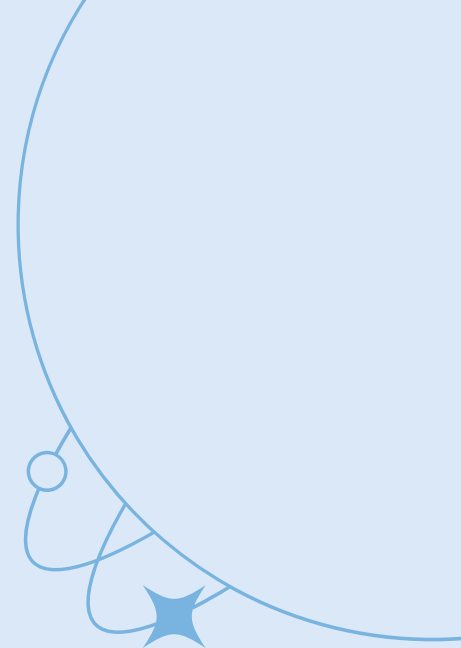


WHY POPS?

✨ Opportunities & Support ✨

- Volunteer experiences with community partners
- Shadowing opportunities with local optometrists
- Job listings and networking connections
- Class resources and peer study support
- Campus visits to optometry schools
- Fun socials and professional events





BECOME A MEMBER

- Membership fee: \$15
 - Fill out interest form
 - Payment Options
 - Zelle: utdpops
 - Venmo: UTD-POPS
 - Cash
- 





MEMBER POINT SYSTEM



Attendance	Points
Meetings	2 pts
Volunteering	3 pts
Conferences	5 pts
Socials + OAT questions	1 pt

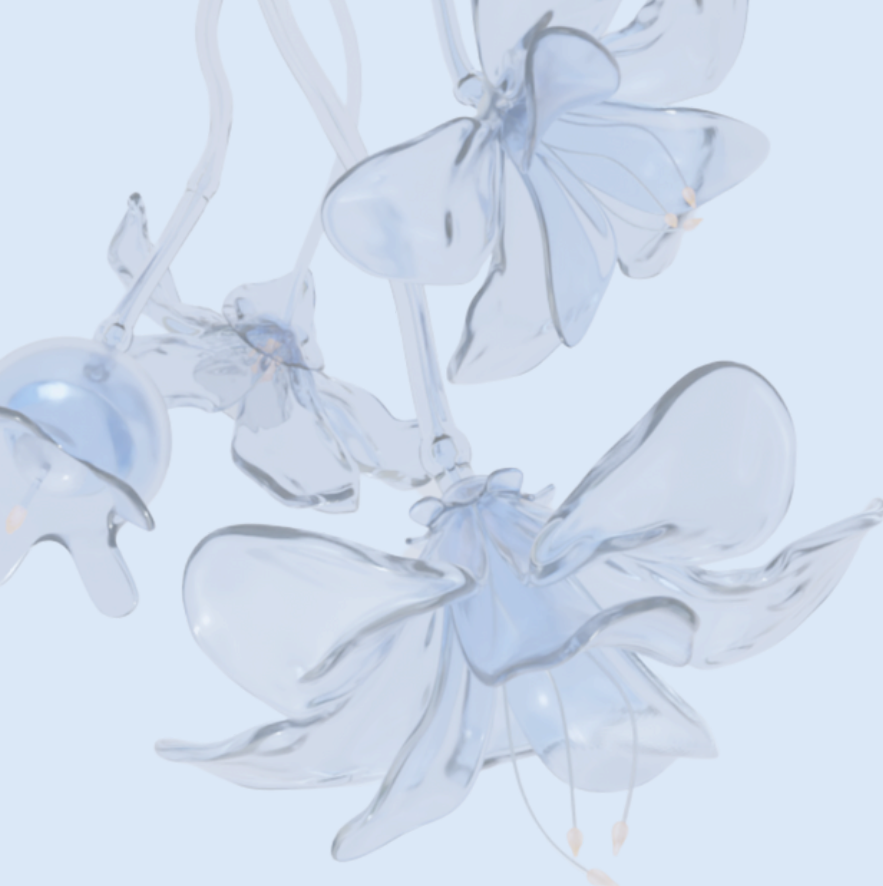
Member of the Month – Receive an appreciation post on our instagram ★

Member of the Semester – Receive free POPS merch and a special prize 🌟

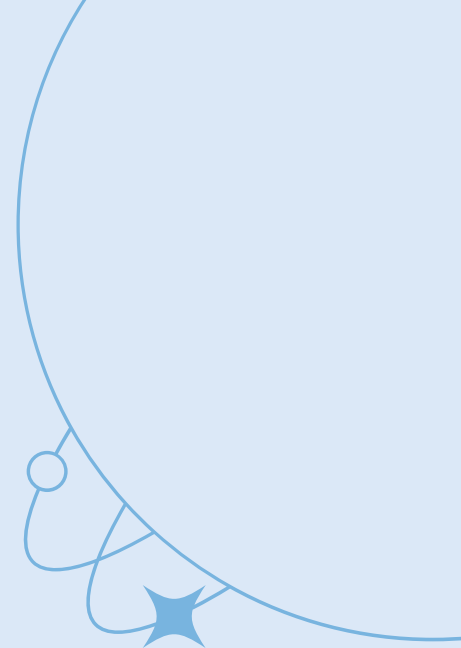
JOIN OUR NEW POPS GROUPME



- Stay connected with UTD POPS all semester!
- Get updates and reminders on meetings, socials, and volunteer opportunities
- Job listing
- Ask questions and chat with members/officers



UTD POPS NOTION



- 
- One-stop shop for all things POPS!
 - Semester calendar & event details
 - Information on classes and professors
 - Volunteer info & resources
 - OAT and OptomCAS tips

PAID YOUR MEMBERSHIP DUES TO ACCESS



PREVENT BLINDNESS TEXAS

- Prevent Blindness Texas offers various volunteer opportunities.
- **Roles include:**
 - Certified vision screener
 - Special event assistance
 - Other support roles to help prevent blindness and preserve sight.
- Interested volunteers should:
 - **ATTEND OUR PBT CLINIC TRAINING ON 9/23 AT 7PM IN SCI 3.230 !**



Scan the QR code for
more info!



NORTH TEXAS FOOD BANK

- To close the hunger gap in North Texas by providing access to nutritious food
- Sorting, packing, and distributing food to those in need.



VOLUNTEER WITH DR. TRAN

- 
- Year-round volunteer/shadowing opportunities available at her clinic
 - **Address:** 6000 Coit Rd, Plano, TX 75023 (Summit Eye Care, inside Walmart)
 - **Email address:** luomtran@msn.com
 - Email to schedule a training day and share your class schedule

CENTER FOR VISION HEALTH KIDS CLINIC



- Help perform visual acuity exams, give dilation drops, set up the clinic, check in the students, collect paperwork, help pick out frames, help with breakdown after the clinic.
- 2 different locations
- Must arrive at 7:30 AM and finish around 1 PM.
- Casual wear
- Bring snack + water bottle

TIME LOG

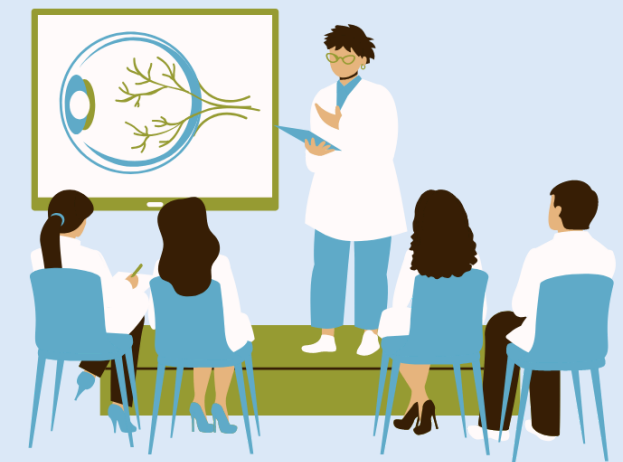


- Use this template to keep track of your volunteer/shadowing hours
- Take photos of yourself at volunteer sites and send to Treasurer (Marie) to earn points!

SHADOWING LIST

- Browse available doctors and clinics to shadow
- Track your hours and experiences easily with our template
- Build professional exposure for your OptomCAS application
- Get connected with local optometrists

PAID YOUR MEMBERSHIP DUES TO ACCESS





Fall 2025 Semester calendar

THE DAY AND TIME ARE SUBJECT TO CHANGE



✧ SEPTEMBER 2025 ✧

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 III	2	3	4 GBM #1	5	6	7
8 THAI TEA FUNDRAISER	9	10	11	12	13	14
15	16	17	18 GBM #2	19	20	21
22	23 PBT CLINIC TRAINING	24	25	26	27	28
29	30					

NOTES

- GBM #1 - 7 PM in ECSS 2.312
- Thai Tea Fundraiser - 11:30 AM-2:30 PM in SU Upper Level
- GBM #2 - 7 PM in SCI 3.250 ft. Guest Speaker Dr. Duong
- PBT Clinic Training - 7 PM in SCI 3.230

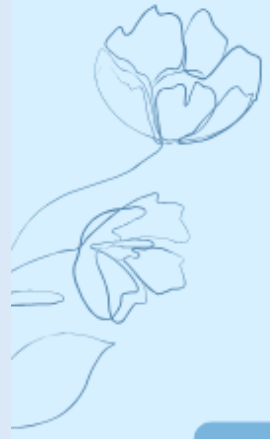


OCTOBER 2025

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1111		1	2 GBM #3	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 GBM #4	24	25	26
27	28	29	30	31 		

NOTES

- GBM #3 - 7 PM in SCI 3.250 ft. Guest speaker from UHCO
- GBM #4 - 7 PM in SCI 3.250 ft. Guest speaker from UC Berkeley



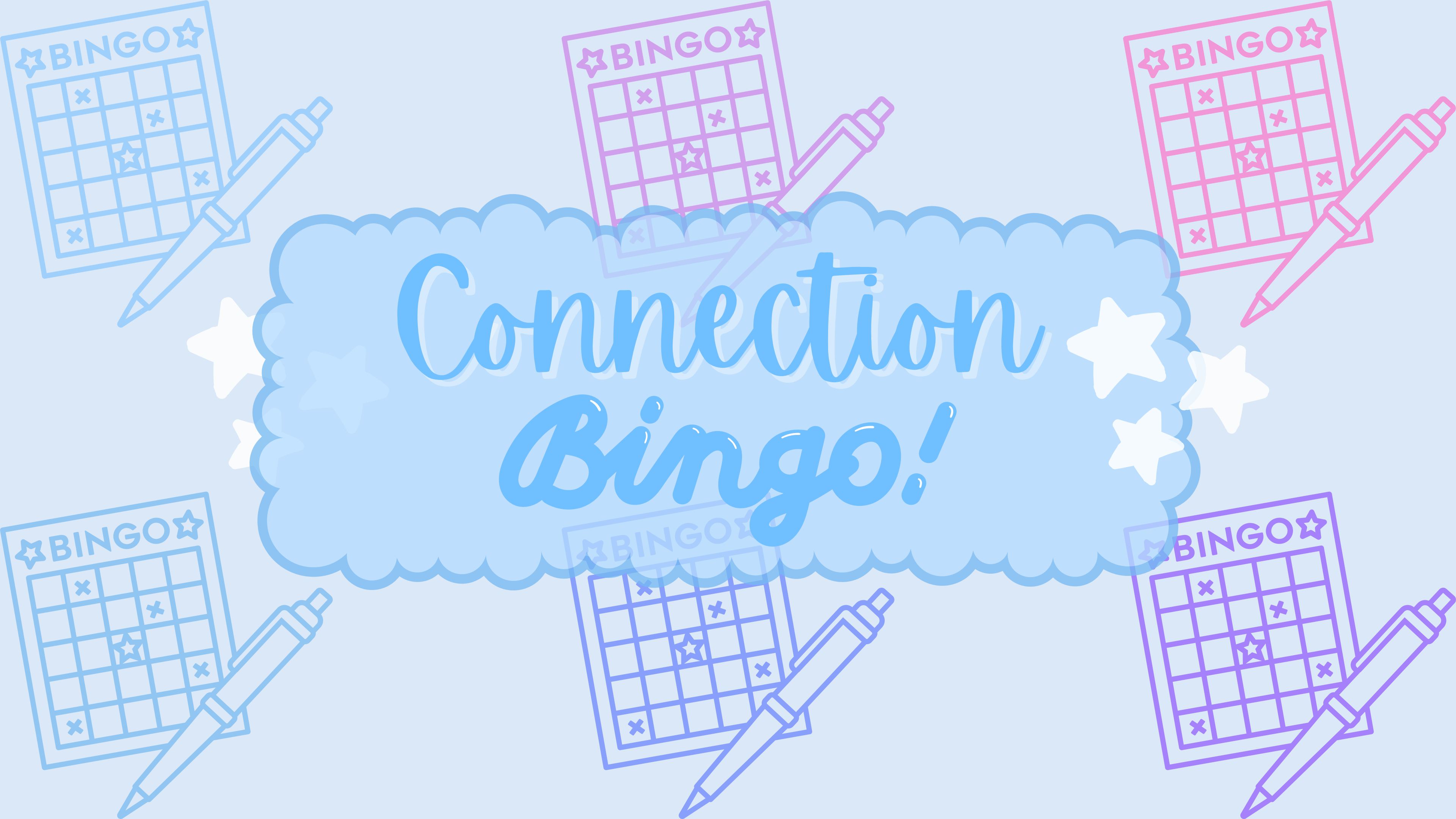
✧ NOVEMBER 2025 ✧

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11/1					1	2
3	4	5	6 GBM #5	7	8 EYECON	9
10 Fundraiser #2	11 GBM #6	12	13	14	15	16
17	18	19	20 SOCIAL #1	21	22	23
24	25	26	27 	28	29	30

NOTES

- GBM #5 – 7PM in SCI 3.220
- EYECON: Nov 8th (more details later)
- Fundraiser #2 - Outside SU Mall (more info. later)
- GBM #6 -7 PM in SCI 3.270 ft. Guest speaker from PCO
- Social #1 – 7PM in SCI 3.220





Connection Bingo!

Thank you!

