# Optometry School Application WORKSHOP

Thursday March 27th, 2025

7 PM at FN 2.304





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of Optometry (UIW RSO)

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#### Optometry School Interview

How to prepare, Resources, Tips



# Prerequisites

**UHCO and UIWRSO** 

UHCO: 4401 Martin Luther King Blvd.,

Houston, TX 77204

UIWRSO: 9725 Datapoint Dr, San Antonio,

TX 78229



# **UHCO** Prerequisites

General Biology with Labs	8 hrs
General Chemistry with Labs	8 hrs
General Physics with Labs	8 hrs
Organic Chemistry with Lab	4 hrs
Microbiology with Lab	4 hrs
Biochemistry	3 hrs
Jr/Sr-Level Human Anatomy and/or Physiology	3 hrs
Jr/Sr-Level Human Systems-Focused Biology	5 hrs
Calculus	3 hrs
Statistics	3 hrs
Psychology	3 hrs



## Course Equivalent at UTD

Some courses are subjected to change or combine

Ex: Organic Chemistry Lab is CHEM 2233



#### COURSE EQUIVALENT AT:

SPECIFIC COURSE REQUIREMENTS

UPDATED: 6/5/2020

University University of Texas, Dallas

STATE: TX

CREDIT UNIT: Semester

CATALOG YEAR: 2019-2020

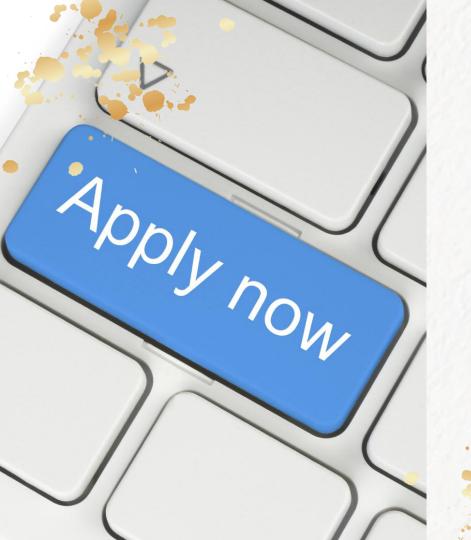
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COURSE	SEM	. +	IRS. U of H	UT-D
College Math		3	MATH 1330	(recommended, not required)
Calculus I		4	MATH 1431	MATH 2417
Physics I	Lecture	3	PHYS 1301 or 1321	PHYS 2325 or 1301
0.045000000	Lab	1	PHYS 1101 or 1121	PHYS 2125
Physics II	Lecture	3	PHYS 1302 or 1322	PHYS 2326 or 1302
	Lab	1	PHYS 1102 or 1122	PHYS 2126
Biology I	Lecture/Lab	4	BIOL 1361 & 1161	BIOL 2311 & 2111
Biology II	Lecture/Lab	4	BIOL 1362 & 1162	BIOL 2312 & 2112
Microbiology	Lecture	3	BIOL 2333	BIOL 3520
	Lab	1	BIOL 2133	
Advanced Biology	Lecture/Lab	8	BIOL 3324 & 3124	BIOL 3455/3456 required (Eight hours of jr/sr-level human systems BIOL required.
Chemistry I	Lecture	3	CHEM 1331	CHEM 1311
	Lab	1	CHEM 1111	CHEM 1111
Chemistry II	Lecture	3	CHEM 1332	CHEM 1312
	Lab	1	CHEM 1112	CHEM 1112
Organic Chemistry	Lecture	3	CHEM 3331	CHEM 2323
	Lab	1	CHEM 3221	CHEM 2123
Biochemistry	Lecture	3	BCHS 3304	BIOL/CHEM 3361
Psychology		3	PSYC 1300	PSY 2301 (Any PSY course is acceptable.)
Statistics		3	PSYC 3301 or MATH 2311 or BIOL 3407	STAT 2332, STAT 3332, or PSY 2317



General Biology	1 course w/ lab
General Chemistry	2 courses w/ lab
General Physics	2 courses w/ lab
Organic Chemistry	1 course w/ lab
Microbiology OR Bacteriology	1 course w/ lab
Biochemistry OR Molecular Biology (Jr-Level or equivalent)	1 course
Jr/Sr-Level Human Anatomy and/or Physiology OR Any of the following courses with laboratory may substitute: Biology II, Cell Biology, or Genetics	1 course w/ lab
Calculus	1 course
Statistics	1 course
Psychology	1 course
English (English Composition I, English Composition II, Literature)	2 courses



# OptomCAS Application Process

#### **OptomCAS**

Personal Information Academic History Supporting Information Program Materials









#### Biographic Info

Full legal name, DOB, place of birth, gender, material status, etc.



#### Contact Info

Address, phone number, email address, emergency contact



#### Citizenship Info

Country of citizenship, US Citizen or Permanent Resident?, Country of Birth



#### Race & Ethnicity

Hispanic or Latino?, Race





## Academic History





#### Official Transcript

Send transcript to OptomCAS ASAP



#### Standardized Tests

OAT (strongly recommend), MCAT, DAT, GRE



#### College Attended

List all colleges and universities you have attended.



#### Academic Coursework

Manually enter your coursework as it appears on your official transcript









#### Letter of Recommendation

2 from Academic Mentors (professor, advisor), 1 from Licensed Optometrists (shadowing/work)



#### Achievements

Academic scholarships, Dean's List, Honors, Awards



#### Extracurricular Activities

POPS leadership role, other organizations



#### Experiences

Employment, Volunteer, Optometric • Experience, Shadowing



## Program Materials

Personal Statement,

University of the Incarnate Word School of Optometry



Optional Resume/CV file upload Questionnaire, Short Answer

Assign program prerequisites to courses from transcript entry



working with you throughout the admissions process.

New England College of Optometry is proud to have educated aptometrists for more than a century. NECO is a small, independent graduate institution that currently enrol's over 500 students from 34 states and 8 countries. Our Boston location provides access to a richly innovative and active higher education and healthcare community. NECO is recognized nationally and internationally because of its commitment to educate and prepare students to practice to the highest level of proficiency integrity, and professionalism, while confident in their ability to navigate the future demands of the profession and healthcare delivery. Today more than ever, our focus is in advancing visual health and sight for everyone by shaping the future of optometric education, patient cave, and public health.

#### **Program Details**

Deadline: March 31, 2021	City: Boston	State: MA	
Program Name: New England College of Optometry	Start Term: Fall	Supplemental Application: No	
Accreditation Status: Accredited	Start Year: 2021	Degree: OD	



## Personal Essay/Statement

Please describe what inspired your decision for becoming an optometrist, including your preparation for training in this profession, your aptitude and motivation, the basis for your interest in optometry, and your future career goal.



#### Brainstorming

Before writing, ask yourself and free-writing everything you can think of



## Highlighting

Highlight key clinical and academic experiences, and growth



#### Clear and Concise

Keep it straightforward and be specific, and avoid grammatical errors





## Tips for Application

- Apply early and get your supplementals early.
  - Never wait until application deadlines are approaching.
- Proofread your application.
  - Ask people around you to read your application to gain multiple insights!
- Truthfully represent yourself.
  - Honesty is best in your application, including the weaker areas.
- Visit the campuses you're interested in!
  - This will help you envision yourself in the school and surrounding environment.





Request official transcript, Make a school list, and Create a Resume

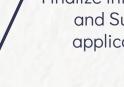


Start writing Personal Statement and asking professor for LOR



Start filling out all required information and Send LOR invite links on 7/1





Review and edit Personal Statement. Fill out Supplemental Application (if applicable)





Finalize information and Submit application!





# OAT Info

Introduction and Registration Tips Register, Schedule Steps & Fee Testing Centers Locations Administration Schedule Test Subjects

Average OAT Scores, Result Report & Send Test Scores Study Tips and Study Resources

OAT Study Timeline

Retesting, Reschedule/Cancel, No-show Policies

## Optometry Admission Test (OAT)

The Optometry Admission Test (OAT) is a standardized, computer-based exam required for admission into optometry school and is offered multiple times per year at Prometric test centers. The test follows a multiple-choice format. Most students take the OAT in the summer before junior year or during the junior to stay on track with their application timeline.

#### Tips and Notes

- Register <u>at least 60-90 days</u> in advance.
- On the test day, arrive to the testing center <u>at least 30 minutes</u> prior to their scheduled appointment for check-in procedure.
- Retakes are allowed, but are limited and should be considered very carefully.
- Cancellation or rescheduling fees apply depending on how close you are to the test date.
- Must wait <u>60 days</u> between test attempts.
- Most schools will accept a score that is <u>at most 2 years old.</u>
- After you sign-up, you can take the test during a 6-month period.
- Take the OAT before the opening of the admissions cycle at the end of June.
- Official scores will be sent electronically to school(s) by ADA.

## Step by Step



## Apply for OAT

ADA Website oat.ada.org

Request PIN and Eligibility ID in order to apply

## Register for OAT

Prometric Center prometric.com

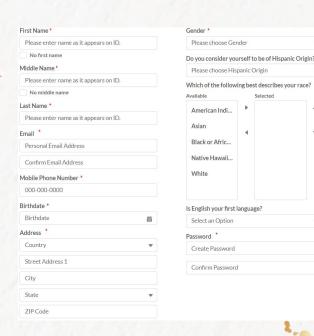
Use Eligibility ID to register for testing date

#### Take the OAT

Take the test and get the unofficial score report

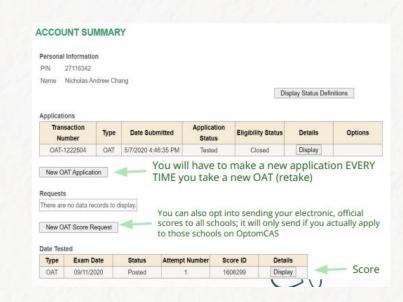
## Applying for the OAT (oat.ada.org)

- Register for a new OAT PIN from ADA before applying to take this examination by filling out this <u>form</u>
  - Choose "Register" to fill out the form
  - When creating a new PIN, the name you enter must **EXACTLY MATCH** the name on your government-issued identification (such as driver's license or passport). On test day, the name on your ID must exactly match your OAT application or you will be denied admission and forfeit your testing fee.
  - Changes and corrections to the candidate's application (name, birthdate, etc.) must be completed at least two weeks prior to a scheduled testing appointment.
- 2. Wait for the email with your PIN (immediately after submitting the form)
  - Recommend to use a <u>primary</u> personal email address and MUST keep track of
  - Once received the PIN, write it down
  - Until this step, you do not need to consider when to take the exam. BUT
     <u>after submitting the OAT Application, you have only 6-month period to take</u>
     the test.

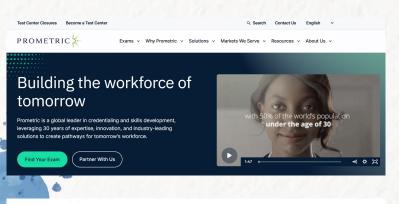




- 3. Create an account using your PIN and then submit a OAT application
- 4. After submitting OAT application, you'll **receive an email with your Eligibility ID** (within a week) if you're eligible.
  - The Department of Testing Services (DTS) will process your application and send you an email notification with eligibility information and instructions for appointment scheduling.
  - Write down the eligibility ID immediately
  - This ID will expire within 6 months
- **5. Select as many optometry schools** /programs as you want at no extra charge when you apply.
  - You can also add more schools later for a fee.
- 6. Pay the payment: \$520 (2025)
- 7. PEligible candidates are allowed to test for a six-month period
  - Candidates are encouraged to choose their test administration date carefully, as any last-minute requested changes (e.g., for medical or personal reasons) may not be approved.
- 8. After receiving Eligibility ID, candidate can **start scheduling appointment** through <u>Prometric.com</u> (discuss next slide)



## Registering for the OAT (prometric.com)



#### **Eligibility Information**

Before proceeding, please provide the following information.

Eligibility ID :
First 4 Characters of Last Name :

If you do not know your program identifier, please contact your sponsoring organization.



- 1. Go to <u>Prometric.com</u> website
- 2. Find Your Exam  $\rightarrow$  search for "OAT"  $\rightarrow$  Schedule
- 3. Follow through the displayed directions
  - Make sure to read through important sections such as rescheduling or canceling appointments.
  - Use Eligibility ID here
- 4. Select an available day/time for a specific testing center
  - 2 testing centers in Dallas (discuss later)
- Prometric will email you for confirmation (check spam if not there)
  - Keep track of this, notate date/time, location of exam,
     etc. to ensure you do not go to the wrong center, miss your time, etc.
- Look for <u>prohibited items</u> in testing area in <u>OAT's Candidate</u>
   <u>Guide</u> (Page 28)
- 7. Prepare for Exam Day



- Application Fee: <u>\$520</u> (2025) non-refundable and non-transferable
  - Includes score reporting to your selected optometry schools and unofficial score report.
- Partial fee waivers (cover 50%) are available for those who demonstrate financial need and apply early
  - The waiver does not apply to any charges associated with rescheduling or score reporting after the time of initial application.
  - Fee waivers are granted on a first-come, first-served.
  - Rescheduling fee is determined by the amount of notice provided before the originally scheduled administration date
- This guide can be found on oat.ada.org
- If you plan to retake, you must wait <u>60 days</u> from the time you take the OAT (must apply + pay fee again)

FEE TYPE	DESCRIPTION	FEE AMOUNT
Examination Fee	This fee includes administration and official score reporting to all optometry schools selected at the time of application, an unofficial score report issued at the testing center (no other report will be sent), and score reporting to the candidate's advisor (if selected on the application).	\$520 (7/1/24-6/30/25)
Score Report Fee (optional)	This fee covers score report requests made <u>after</u> the time of application. There is no additional charge for score report requests received at the time of application.	\$50 per report
Score Audit Fee (optional)	For a period of 30 days after a testing appointment, as an optional service, the Program is willing to audit a candidate's results.	\$65
Eligibility Extension Fee	Candidates can extend their eligibility period for a fee. The extension is for 45 days and is available once per submitted application.	\$145

PLEASE NOTE: As indicated above, the OAT Fee will change effective July 1, 2025 through June 30, 2026.

# NUMBER OF DAYS PRIOR TO TESTING APPOINTMENT	RESCHEDULE FEES
30 or more business days*	\$40
5 to 29 business days*	\$70
1 to 4 business days*	\$150

<sup>\*</sup> Saturday and Sunday are NOT business days.



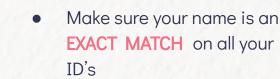


#### Addresses

12342 Coit Rd, Dallas, TX 75251



### Extra Tips



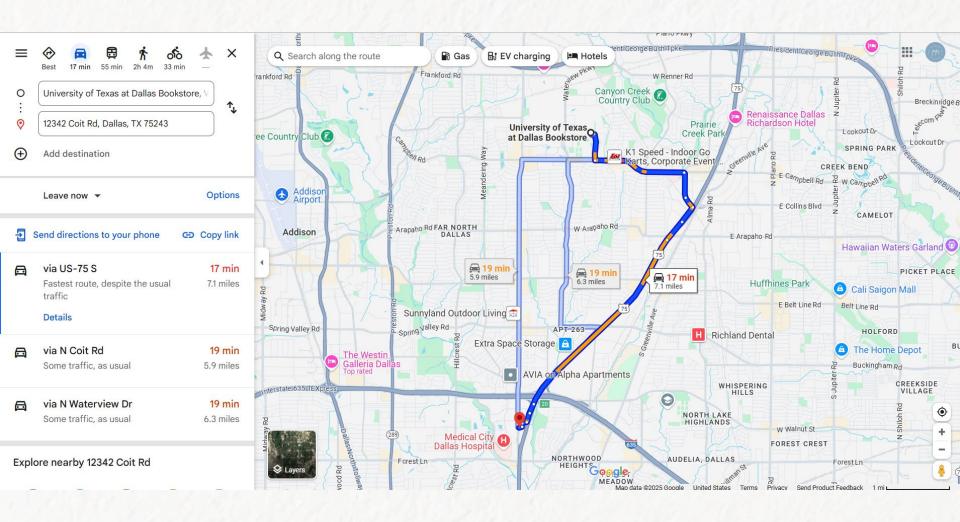
- Use the bathroom before you start
- Arrive early at least 30 minutes prior scheduled time



#### What to Bring

- 2 original, up-to-date forms of identification
  - 1 government issued ID with photograph and signature (drivers license or passport)
  - 1 ID with your signature with a signature (credit/debit card, SSN card, etc)
- Snack for your 30 minute break
  - You will be provided a locker to store snacks and personal items.







- The total administration time is <u>5 hours and 5</u> <u>minutes</u>, including the optional tutorial, scheduled break, and survey.
- Questions appear one at a time on-screen. If there is a loading delay, the test timer pauses, ensuring no lost time.
- A <u>30-minute scheduled break</u> is available after the first two sections.
  - Any other break is unscheduled, during which candidates cannot access personal items, study materials, phones, food, drinks, or leave the test center.
  - The test will automatically start after break time even if you are not back in your seat.

OAT ADMINISTRATION SCHEDULE	
Tutorial (optional)	15 minutes
Survey of Natural Sciences	90 minutes
Reading Comprehension Test	60 minutes
Scheduled Break (optional)	30 minutes
Physics Test	50 minutes
Quantitative Reasoning Test	45 minutes
Post-Test Survey (optional)	15 minutes
Total Time	5 hours 5 minutes



## Test Subjects

- 4 subjects
  - Survey of the Natural Sciences: 100 questions (90 Minutes)
    - Biology (40 questions)
    - General Chemistry (30 questions) Will be provided periodic table
    - Organic Chemistry (30 questions)
  - Reading Comprehension: 50 questions (60 minutes)
    - 3 passages on various scientific topics
    - Prior understanding of the science topics is not a prerequisite
  - Physics: 40 questions (50 minutes)
    - NO CALCULATION
  - Quantitative Reasoning: 40 questions (45 minutes)
    - Digital calculator is available
- More details in specific topics for each subject are available in <u>Candidate Guide</u> (Page 5-8)





## Average OAT Score

- Score: Score: 200-400 and are reported in 10-point increments.
  - A good OAT score for acceptance is around 320
- 8 standard scores:
  - Biology
  - General Chemistry
  - Organic Chemistry
  - Physics
  - Quantitative Reasoning
  - Reading Comprehension
  - Total Science Score
  - Academic Average

ADEMIC HIS	TORY							
STANDARDIZ								
OFFICIAL OA	AT .							
Date	Academic Average	Reading Comprehension	General Chemistry	Quantitative Reasoning	Physics	Biology	Organic Chemistry	Total Science
08-24-2020	360	330	390	390	360	340	350	370
UNOFFICIAL	OAT							
Date	Academic Average	Reading Comprehension	General Chemistry	Quantitative Reasoning	Physics	Biology	Organic Chemistry	Total Science
08-24-2020								

"Top" OAT score: +390 (top 10%)

"Competitive" OAT score: 350-389 (top 25%)

**"Good enough" OAT score:** 300-349 (top 50%)

#### **UH Average Matriculate Numbers:**

Overall/Science GPA: 3.59/3.66

OAT: 340 (AA) and (TS)





#### Result report

- An <u>unofficial score report is provided at the test center after the session</u> (unless the test spans multiple days). This is for personal use.
- Official scores are sent electronically to selected schools and posted on the candidate's OAT PIN account within 3-4 weeks after testing.

#### Sending Test Scores

- Optometry schools must be selected when signing up for the OAT to receive scores at no
  extra charge. Schools can be added later for a fee.
- If schools are selected, OptomCAS also receives official scores automatically.
- Once submitted, the list of designated schools cannot be changed. If no schools were selected, candidates must manually request score reports separately.
- Fees associated with additional service requests are non-refundable and non-transferable.
- More details are available in <u>Candidate Guide</u> (Page 12)

# Study Tips on the to study

- Give yourself a healthy 4 to 6 months to study
- Use study resources/websites
- Self Study Use old school notes, Other OAT books, borrow books from POPS, ask for folder with question on it
- Take excellent notes during your classes, so it'll be easier to compile a review guide for the exam
- Take PRACTICE TESTS and simulate testing day/times
- Be disciplined and set time
- Be sure to take breaks (avoid burnout)
- Find a suitable study environment
- Find an OAT study group

## Study Resources/Tools

OAT Booster	OAT Bootcamp	Chad's Prep	<u>Kaplan</u>	OAT Destroyer Book	<u>Anki</u>
\$599 (90 days)	\$549 (90 days)	\$60 (1 month) Free on Youtube	\$699 (3 months) \$999 (6 months)	About \$315	Free
Comprehensive study materials, realistic practice tests, video explanations, detailed analytics	High-quality question bank, full-length exams, video solutions, customizable study plans	Great for chemistry and physics, Chad's videos simplify difficult concepts with clear explanations	Traditional test prep company, structured courses, live and self-paced options, full-length exams	Challenging question bank for deep content review, good for high scorers, best for chemistry and biology	Flashcard-based system, ideal for memorizing facts, customizable decks for all OAT subjects



• **Price:** \$599

• Access Time: 90 days

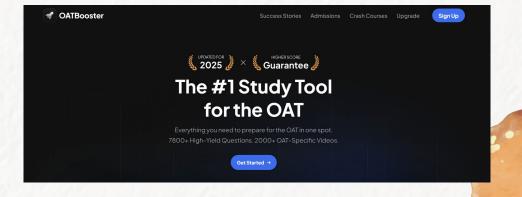
POPS Discount Code: "utdpreoptometry" for 10% off

• Website: boosterprep.com/oat

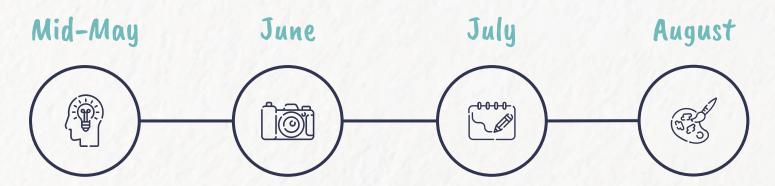
• What does it include?

PRACTICE TESTS!!!

- Lots of practice problems
- 7800+ OAT Questions
- 5000+ Custom Illustrations
- 2000+ OAT-Specific Videos
- OAT-Specific Science Notes
- Cheat Sheets
- o Membership Pause Feature
- One-on-One Tutoring



## OAT Recommended Timeline



#### Start Studying

Look over all the concepts and familiarize yourself with it. Take notes.

### Finish Notes

Finish taking notes/watching videos. Learn and practice with single section exams.

#### Practice Exams

Start doing practice exams and get the timing down.

#### Review

Review the exam material and focus on areas of difficulty. Rest up!

## Retesting, Reschedule/Cancel, No-show Policy

#### Retesting Policy

- Candidates must <u>submit a new application and fee for each attempt</u>.
- A 60-day waiting period is required between attempts, with a <u>maximum of four attempts per</u> <u>year.</u>
- Three or more attempts require proof of application to optometry school for future tests.
- After five attempts, candidates can only test once per year.

#### Reschedule/Cancel & No-show Policy

- Rescheduling must be done through the Administration Vendor at least 24 hours in advance, with applicable fees.
- If a candidate fails to appear for a scheduled testing appointment, OR if a candidate presents more than 30 minutes after the scheduled start time and is refused admission, then their full testing fee will be forfeited.
- More details are available in <u>Candidate Guide</u> (Page 15, 17)

## Optometry Schools in US

#### ASCO Member Schools and Colleges

 Use this list to help you select optometry schools when applying for OAT



U.S. currently has 25 optometry schools!! And **Texas has 2 optometry schools**.

#### ASCO Member Schools and Colleges





# Interview

Mock Interviews

Interview Types: Open v. Closed File

UHCO Interview Day Schedule (Reference)

Advice/Tips





• The **Health Professions Advising Center (HPAC)** at UTD is dedicated to assisting students in preparing for careers in health professions. HPAC offers comprehensive support throughout students' academic journey and the professional school application process.

#### Services

- Advising Services: help students explore their interests, select appropriate coursework
- **Pre-Health Starter Kit:** resource offers guidance on required classes, sample four-year plans, admission test preparation timelines, and competencies necessary for health professions.
  - For more info, click <u>here</u>
- Application Support: students will be assigned an advisor and work with that advisor on application documents. They will revise applications, collect recommendation letters, and conduct practice interviews
  - For more info, click <u>here</u>

Website: pre-health.utdallas.edu

#### Contact info

- O Dropping-in to see an advisor, no appointment needed, weekdays from 1:00 to 4:00 p.m. at HPAC (FO 2.210)
- o Sending an email to <u>prehealth@utdallas.edu</u>
- Scheduling a <u>30-minute video appointment</u> with a HPAC advisor on MS Teams.



## Mock Interviews



#### When?

Start about a week before your interview.



## Criticism/Feedback

Practice with people who have gone through the

interview process.

Listen to your mock interviewers' feedback as they are trying to help you improve!

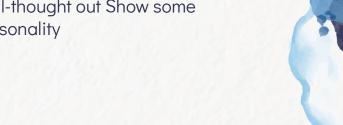


### Take it seriously!

Answer as if it was your actual interview. Developed Well-thought out Show some personality









# OAT Sample Questions

\*\*\*Get questions from OAT Booster





## Quantitative Reasoning

#### What is 0.5% of 12% of 150?

- a. 0.009
- b. 0.09
- c. 0.9
- d. 9
- e. 90





## Quantitative Reasoning

#### What is 0.5% of 12% of 150?

d. 9

$$0.5\%$$
 of  $18 = 0.005 \times 18 = 0.09$ 







Which compound will produce a large peak at approximately 1710 cm<sup>-1</sup> on an IR spectrum?

- a. Ethanol
- b. Diethyl Ether
- c. Propylamine
- d. Sodium Amide
- e. Ethanal

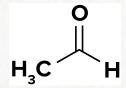






Which compound will produce a large peak at approximately 1710 cm<sup>-1</sup> on an IR spectrum?

- a. Ethanol
- o. Diethyl Ether
- c. Propylamine
- d. Sodium Amide
- e. Ethanal



A peak around 1710 cm<sup>-1</sup> is characteristic of a **C=O** stretch (carbonyl group), especially in ketones or aldehydes.



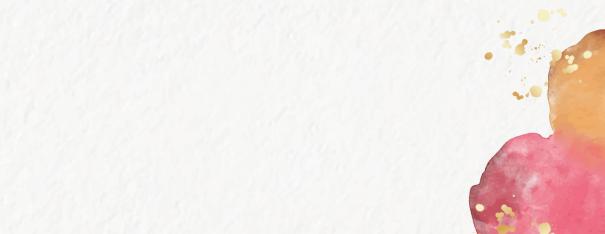




For the reaction below, which of the following sets of coefficients would balance the reaction?

$$-\mathsf{HNO_3} + -\mathsf{S} \rightarrow -\mathsf{H_2SO_4} + -\mathsf{NO_2} + -\mathsf{H_2O}$$

- a. 4, 1, 1, 4, 4
- b. 6, 1, 1, 6, 4
- c. 4, 1, 1, 4, 2
- d. 6, 1, 1, 6, 2
- e. 4, 2, 2, 4, 6







For the reaction below, which of the following sets of coefficients would balance the reaction?

$$-\mathsf{HNO_3} + -\mathsf{S} \rightarrow -\mathsf{H_2SO_4} + -\mathsf{NO_2} + -\mathsf{H_2O}$$

- a. 4, 1, 1, 4, 4
- b. 6, 1, 1, 6, 4
- c. 4, 1, 1, 4, 2
- d. 6, 1, 1, 6, 2  $6 \text{ HNO}_3 + 1 \text{ S} \rightarrow 1 \text{ H}_2 \text{SO}_4 + 6 \text{ NO}_2 + 2 \text{ H}_2 \text{O}$
- e. 4, 2, 2, 4, 6







# Biology

All of the following are components of blood

EXCEPT one. Which one is the EXCEPTION?

- a. Podocytes
- o. Plasma
- c. Buffy coat
- d. Granulocytes
- e. Red blood cells





## Biology

All of the following are components of blood

EXCEPT one. Which one is the EXCEPTION?

- **Podocytes**
- Plasma
- Buffy coat
- Granulocytes
- Red blood cells

Podocytes are specialized cells lining the inner wall of Bowman's capsule in the kidneys, playing a crucial role in blood filtration

