PREPARATION FOR OPTOMETRY SCHOOL (Tentative time-line)

- Choose a science major such as Biology or Chemistry.
- Visit the CSUS pre-health Home Page: [www.csus.edu/prehealth/index.html](http://www.csus.edu/prehealth/index.html)
- Visit the Career Center, Lasse Hall 1013, during drop-in hours, M-F, 10 am – 4 pm, for information on identifying career options, writing resumes and cover letters; locating part-time, full-time, internships, and volunteer positions; writing personal statements for graduate and professional schools; and practicing your interviewing techniques.
- Complete the pre-requisite courses for optometry school
  - it is important to check with each school – the suggested required courses on the following page is what MOST optometry schools require. Each school may have additional requirements.
    - Detailed information about specific optometry schools and their prerequisites can be found in the annual publication of the Association of Schools and Colleges of Optometry (ASCO): Schools and Colleges of Optometry Admission Requirements (SCOAR), at: [www.opted.org](http://www.opted.org), (a copy is also available in the NSAC office, SQU 238).
- Sign up for extracurricular activities such as internships, volunteer work and research opportunities.
- Join campus clubs and organizations.
- Begin working on your personal statement (essay) – Visit [www.csus.edu/prehealth/personalstatement.html](http://www.csus.edu/prehealth/personalstatement.html) and the Career Center to get started.
- Study for and take the Optometry Admission Test (OAT): [www.opted.org/info_oat.cfm](http://www.opted.org/info_oat.cfm) All schools and colleges of Optometry require this exam.
- Select schools
- Select faculty members that will write your letters of recommendation
  - The Recommendation Request Form will be sent electronically to the Recommenders via the Optometry Centralized Application Service (OptomCAS): [www.optomcas.org](http://www.optomcas.org)
  - Submit your official transcripts early, and be sure to have a copy of your transcripts when completing the application.
  - You can list up to 4 evaluators on your OptomCAS application (1 letter should be from an optometrist)
  - All letters of recommendations go directly from the recommender to OptomCAS (electronic letters of recommendation)
  - Check with the schools; some do not allow “Committee letters” while some require it.
- All 21 schools and colleges of optometry participate in the Optometry Centralized Application Service (OptomCAS). OptomCAS applications are usually available early July, and application deadlines range from December to June. For more information visit: [www.optomcas.org](http://www.optomcas.org)
- Supplemental application material may be requested by individual programs.
- Arrange to have official transcripts sent to OptomCAS
- Interviews

Visit the web site of the Association of Schools and Colleges of Optometry (ASCO) at: [www.opted.org](http://www.opted.org) for more information about the OAT and the OptomCAS, along with other helpful information about preparing for and applying to optometry school.

Other helpful sites: American Optometric Association (AOA): [www.aoa.org](http://www.aoa.org) and American Optometric Student Association (AOSA): [www.theaosa.org](http://www.theaosa.org)
The GPA range for all accepted students (Fall 2014) was between 3.02 and 3.65.

**Required Courses for MOST Optometry Schools:**

- **BIO 1**: Biodiversity, Evolution & Ecology
- **BIO 2**: Cells, Molecules & Genes
- **CHEM 1A**: General Chemistry
- **CHEM 1B**: General Chemistry
- **CHEM 24**: Organic chemistry I
- **CHEM 124**: Organic Chemistry II
- **CHEM 25**: Organic Chemistry Lab
- **CHEM 161**: Biochemistry
- **PHYS 5A**: General Physics I
- **PHYS 5B**: General Physics II
- **CHEM 1A**: General Chemistry
- **CHEM 131**: Systemic Physiology
- **BIO 139**: Microbiology
- **CHEM 124**: Organic Chemistry II
- **CHEM 25**: Organic Chemistry Lab
- **CHEM 161**: Biochemistry
- **PHYS 5A**: General Physics I
- **PHYS 5B**: General Physics II
- **MATH 26A**: Calculus I (UC Berkeley requires a full year of calculus – MATH 26B)
- **STAT 1**: Introduction to Statistics
- **ENG 5**: College composition
- **ENG 20**: College Composition

**Recommended Upper Division Electives:**

- **BIO 195**: Internships
- **BIO 184**: General Genetics
- **BIO 121**: Molecular Cell Biology

**Recommended General Education Courses (courses in bold are REQUIRED by most schools):**

**AREA A**

- **A1**: COMS 4 or COMS 5: Introduction to public speaking
- **A2**: ENG 5: College Composition
- **A3**: PHIL 4: Critical Thinking

**AREA B**  Met by science prerequisites

**AREA C**

- **C1**: ANY
- **C2**: PHIL 2: Ethics

**AREA D**

- **PSYCH 2**: Introduction to Psychology
- **SOC 1**: Introduction to Sociology
- **ANTH 101**: Cultural Diversity
- **ETHN 100**: Ethnic America (writing intensive course)
- **PHIL 101**: Ethics & Social Issues (writing intensive course)
- **PHIL 104**: Bioethics
- **SOC 120**: Ethnic and Race Relations
- **SWRK 151**: Health Services and Systems
- **GOV 1 or GOV 150 & HIST 17A or 17 B**

**AREA E**

- **HLSC 124**: Consumer Health Education
- **HLSC 134**: Understanding Human Sexuality
- **NURS 160**: Human Sexuality
- **PHIL 100**: Ethics and Personal Values
- **PSYCH 151**: Psychological Aspects of Death/ Dying

*Natural Sciences Advising Center- Doctor of Optometry – Updated August 2015*