

BIOLOGY PROGRAM - Pre-Optometry Track Checklist (2008-09)

Note: Students completing the requirements listed on both the Biology Advising Checklist and the Pre-Optometry Track Checklist will meet the prerequisites of most optometry schools in the U.S. Students following this checklist will NOT get a Pre-Optometry Option.

Pre-Optometry Course Changes

The following courses are required or recommended for Pacific University and some other schools. **However, students must check pre-requisites at any school to which they apply for up-to-date information, and many other schools require more humanities and/or social sciences courses.** The courses below can be taken in place of (for those with requirements in parentheses) or in addition to courses listed on the Biology Advising Checklist.

Required

- PSY 201 & 202 (BI Checklist - Social Processes and Institutions)
- 12 credits of writing and English literature (COMM courses do not count)

A full sequence of human or vertebrate anatomy and physiology (and lab):

- Physiology Z 331, 332, 333 **OR** Z 430, 431, 432 (BI Checklist - Physiology for Pre-Optometry only)
- Anatomy and Physiology Lab (Z 341, 342, 343 (BI Checklist - Physiology for Pre-Optometry only))

Recommended

- CH 221, 222, 223 (not 121, 122, 123) (BI checklist - General Chemistry)
- PH 332 – Physics of Light, Vision, & Color (BI checklist – Upper Division Science Elective)
- HSTS 417 – History of Medicine (BI Checklist - History of Science, WIC, Science, Technology, and Society)
- PHL 444 – Bioethics (BI Checklist - Science, Technology, and Society)
- PSY 330 – Brain & Behavior
- PSY 350 – Human Lifespan Development
- PSY 381 – Abnormal Psychology
- Various Public Health courses

OSU Pre-Optometry Information

Pre-Optometry Club: Pre-optometry students should join the Pre-Optometry Club. Contact Ariella (see below).

Pre-Optometry Listserve: Join the pre-optometry listserve to hear about opportunities for pre-optometry students. Go to <http://www.science.oregonstate.edu/node/12> and follow the directions to join.

Admissions Test: All schools require the Optometry Admissions Test (OAT http://www.opted.org/info_oat.cfm).

Optometry and Other Healthcare Experience: Applicants should have at least 30 hours of observation under the supervision of an optometrist, preferably in more than one mode of practice. Other medical and research experience is also helpful, though volunteering and job opportunities are the most valuable:

- Shadowing is a good way to begin getting experience and to decide if optometry is for you. Contact offices and clinics either in Corvallis or at home to see what opportunities are available.
- See the Medical and Health Professions section of the Local and National Research, Internship, Volunteer, and Job Opportunities at <http://biology.science.oregonstate.edu/research-internships-volunteering-and-jobs>
- OSU Research Opportunities <http://biology.science.oregonstate.edu/undergraduate-research>
- Occupational Internship: Credit for optometry related work or volunteering can be obtained through GS 410 (Occupational Internship). Credit must be arranged ahead with Ariella Wolf at 737-4811, Kidder 128.
- OSU international medical internships (IE3) <http://ie3global.oregonstate.edu/index.html>

References: It is important to begin establishing relationships with professors and professionals throughout your education. Applicants will generally need a minimum of three references. References who can speak about you beyond a grade you received and can address your character and professionalism will be particularly strong.

Additional Pre-Optometry Information: Talk to you advisor or contact Ariella Wolf in Kidder 128, 737-4811.

Additional Pre-Optometry Resources

- American Academy of Optometry <http://www.aaopt.org/> and American Optometric Association www.aonet.org
- Association of Schools and Colleges of Optometry: www.opted.org
- Biology Careers Page - Medical and Health Care section <http://biology.science.oregonstate.edu/career-resources>
- Explore Health Careers www.explorehealthcareers.org
- Pacific University College of Optometry: www.pacificu.edu
- National Eye Institute www.nei.nih.gov
- Oregon Pacific Area Health Education Centers - Health Careers website <http://www.oregonhealthcareers.org/>