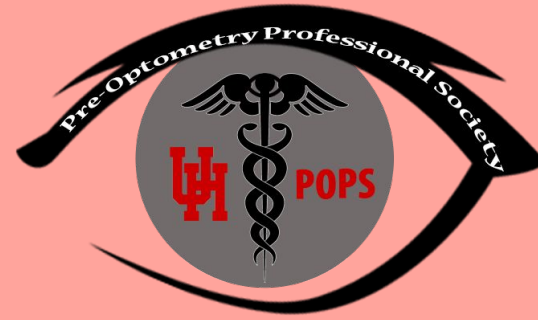


**UH POPS**



# Undergraduate Advice

**Workshop**

# Sign In

Scan the QR code to sign in and earn points!  
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Webmaster

# WORKSHOP OUTLINE

*01*

**Optometry Pre-Reqs**

*02*

**Letter of Recommendation**

*03*

**The OAT**

*04*

**Schedule  
Building/Choosing  
Professors**

*05*

**Work Balance:  
Academics and Extracurricular**

*06*

**Study Tips and Methods**

# Optometry Pre-Reqs

- Major can be anything
- Must make a C or better
- Not all colleges require a bachelor's degree to apply, but UHCO does
- UHCO Pre-Reqs List
  - Other schools will vary slightly (freshman/sophomore-level A&P courses will not satisfy these requirements)
  - Calculus-based physics not required
  - Advanced biology electives must be based on human systems (plant physiology, biodiversity, biotechnology, ect. won't be accepted as advanced biology electives)

Course		# of Hours
Biological Sciences with Labs	A	8 Hours
Fundamentals of Chemistry with Labs	A	8 Hours
General Physics with Labs	A B	8 Hours
Calculus	C	3 Hours
Jr/Sr-Level Human Anatomy and/or Human Physiology	D	3 Hours
Jr/Sr-Level Human Systems-Focused Biology	D	5 Hours
Organic Chemistry with Lab		4 Hours
Biochemistry		3 Hours
Microbiology with Lab	A	4 Hours
Statistics		3 Hours
Psychology		3 Hours

# Advanced Biology Electives

- **UHCO Requirements**

- 8-hours of Advanced Biology (3000-level or above)
- At least 3 hours must come from junior/senior physiology or anatomy


- **UHCO Recommendations**

- BIOL 3324: Human Physiology
- BIOL 3301: Genetics (Mendelian, molecular, and population genetics)
- BIOL 4315: Neuroscience
- BIOL 4320: Molecular Biology
- BIOL 4323: Immunology
- BIOL 4354: Endocrinology
- BIOL 4374: Cell Biology





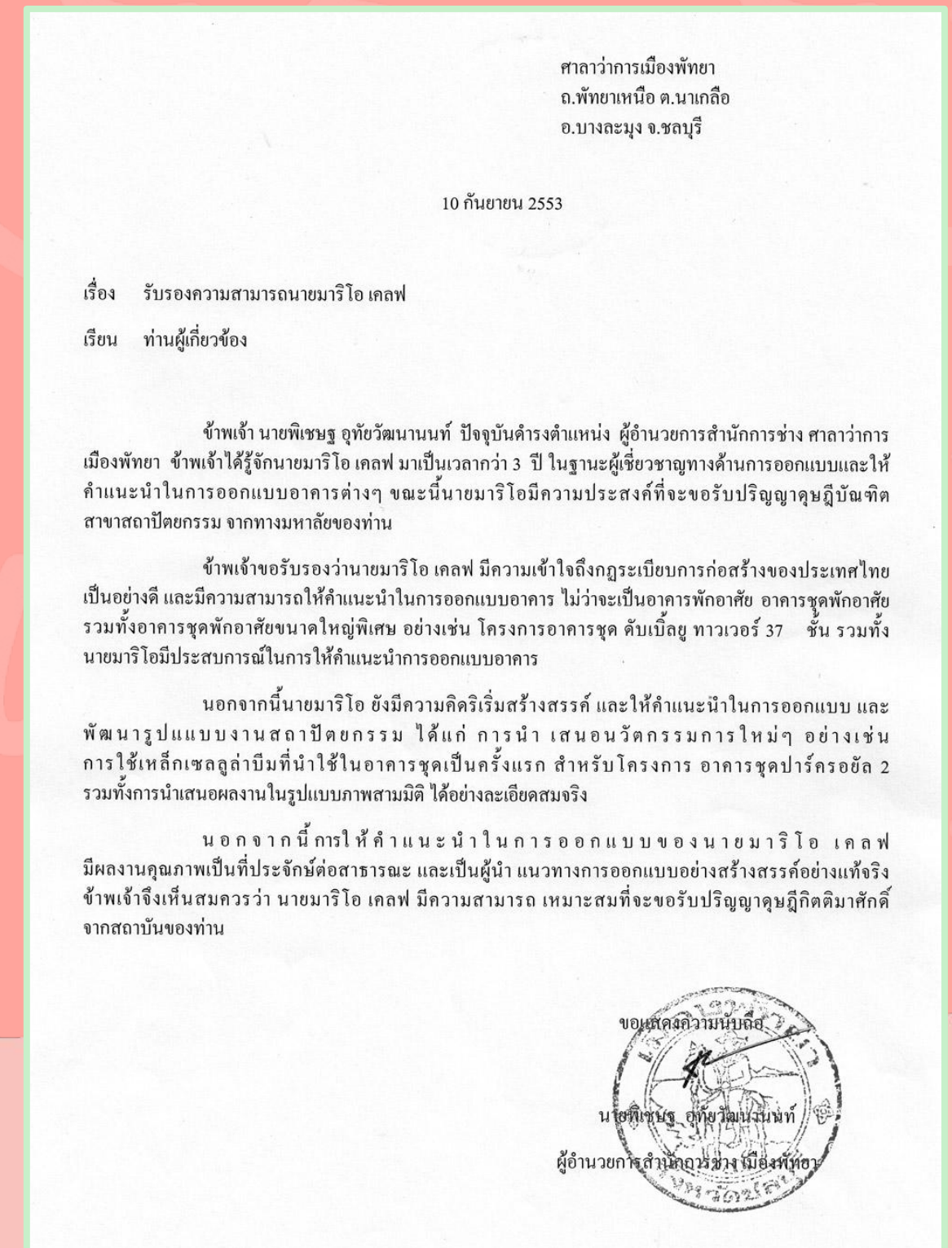
# Pre-Req Special Cases

- **Prereqs from community college or outside UH**
    - You're allowed to a certain extent
    - 1-2 courses in the Summer outside of UH is not a big deal
      - Avoid making it a habit
  - **Transfer students**
    - You do not need to retake prereqs at UH if you don't need to
  - **AP and Dual Credit is accepted**
  - ★ **Prerequisite coursework must be completed within five years of the date that you apply to optometry school**
- 



# Letter of Recommendations

- **Establish a relationship with professors (if possible)**
  - Office hours to go over tests, talk about their research, etc.
  - Do your research on them first
  - Don't go overboard!
- **Prefered to ask for a letter in person**
  - Asking over email is fine, just be respectful!
  - Drop in during office hours/after class
- **Professors who do not write personal letters**
  - Uses a template for all students
  - Will be generic
  - You may be asked to include resume or personal statement



# UHCO LOR Requirements

**At least two letters of recommendation are required for most optometry schools**

## **1. Academic mentor**

- Professor
- Coach
- Mentor
- Must be capable of expressing your academic preparedness (professionalism, dedication, intuition, character, integrity, wisdom, teamwork, responsibility, humanity, etc.)

## **2. Optometrist**

- Worked/shadowed with
- Must be capable of expressing your interest in and dedication to the field of optometry

# The OAT

- **What is the OAT?**
  - It is a standardized test intended to measure an applicant's readiness for optometry school!
  - It is computer-based and ~5 hours consisting of 4 subject areas:
    - **Survey of the Natural Sciences** ~90 minutes
    - **Reading Comprehension** ~ 60 minutes
    - **Physics** ~ 50 minutes
    - **Quantitative Reasoning** ~ 45 minutes
- On a scale of 200-400
- The OAT is always the most preferred admissions test, but many optometry colleges will also accept scores from other admissions tests like the MCAT, DAT, GRE, etc.
  - These policies differ by college

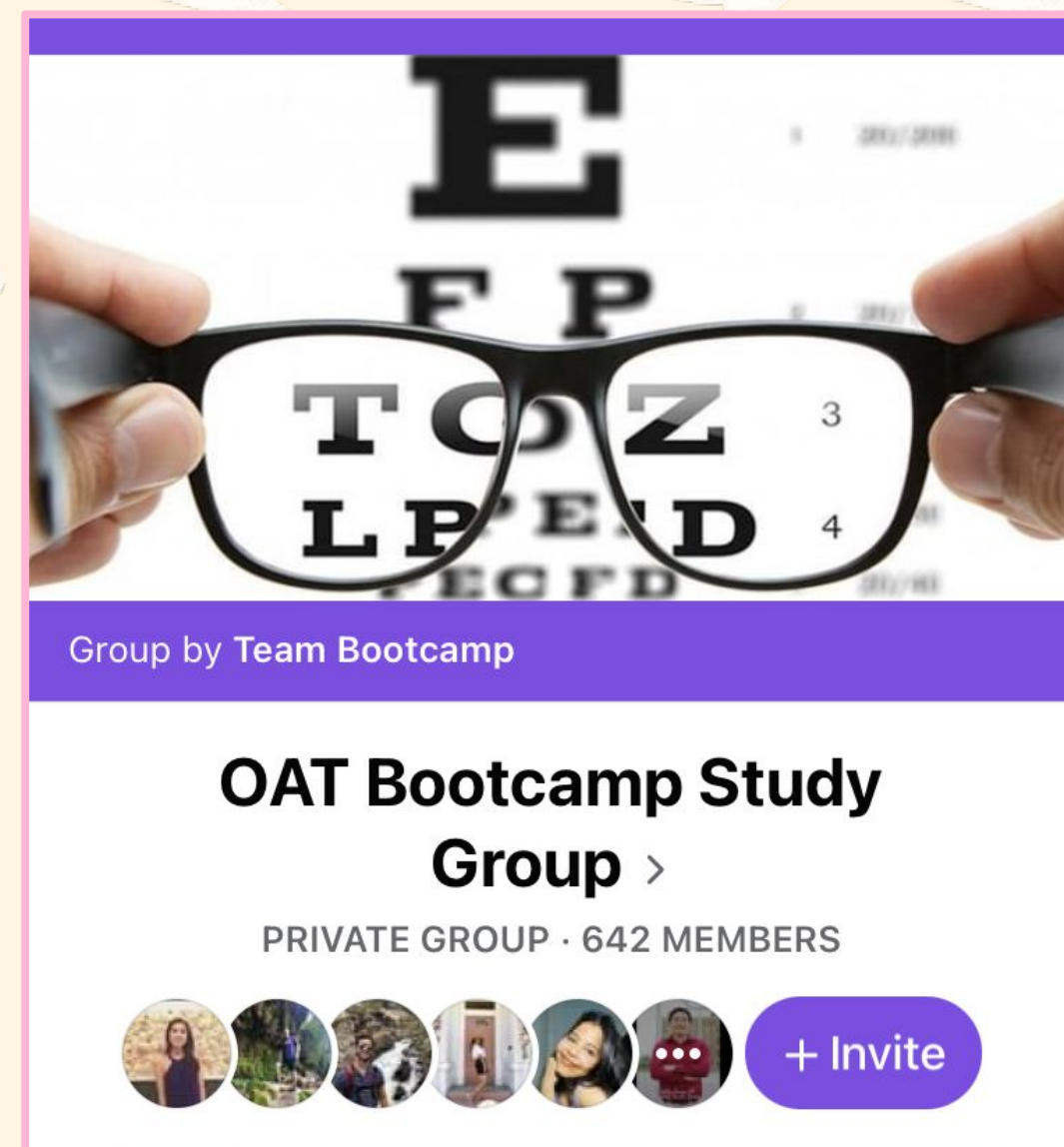
# When to Take the OAT?

## Typical during the Spring/Summer of your Junior Year

- Register 60-90 days in advance
- Recommended to take Organic Chemistry 1 and Biochemistry
  - Many colleges will require these as prerequisite courses (ex. UHCO)

## Taking Exam and Submitting

- Preparation takes about 2-3 months
- Check out our discount codes and study material!
- Retaking: Must wait 60 days after last attempt
- Taking the exam in Spring/Summer of your junior year will allow for submission for the open cycle in June.



# General Timeline

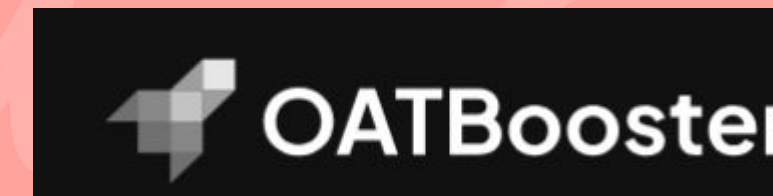
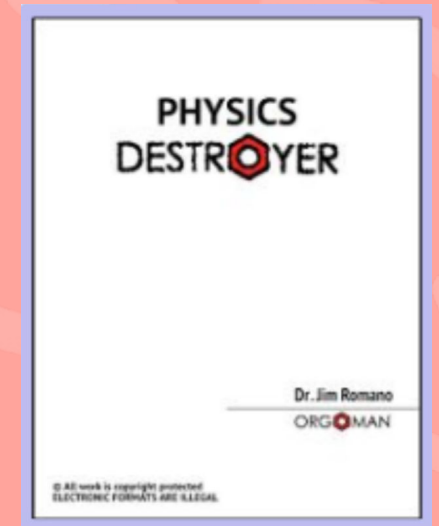
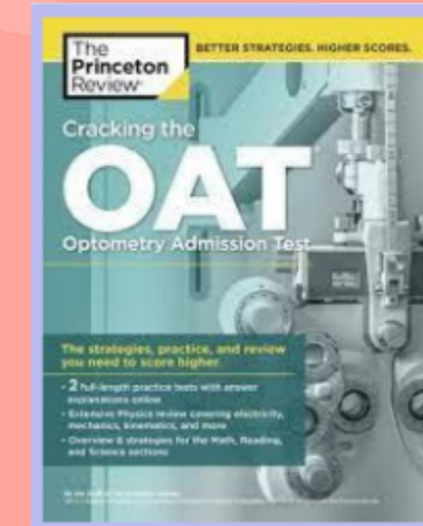
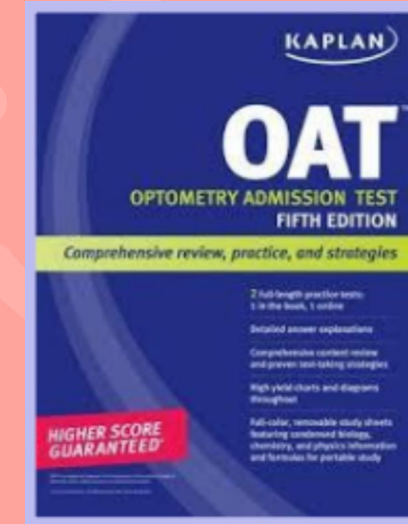
Optometry School Application Timeline	
Junior Year	
Fall	Shadow/Write Personal Statement/Study for OAT/Register for OATPIN
Jan-May	Study for OAT
Feb-March	Ask for Letters of Evaluation (give letter writers at least 1-month to compose)
April-May	Take OAT
Summer	
Last week of June	Submit OptomCAS Application (submit early—even if OAT score or LOEs are not received) Send out Letters of Evaluation requests through OptomCAS
July	Prepare for Secondary Applications (look online for previous year's questions)
August	Complete Secondary Applications (within 2 weeks of receiving each application)
Senior Year	
Fall	Interview (beginning last August/early September through Spring) Continue to shadow
Spring	Graduate

This is just a guideline, **NOT** a requirement.

Every student is different!

# POPS OAT RESOURCES

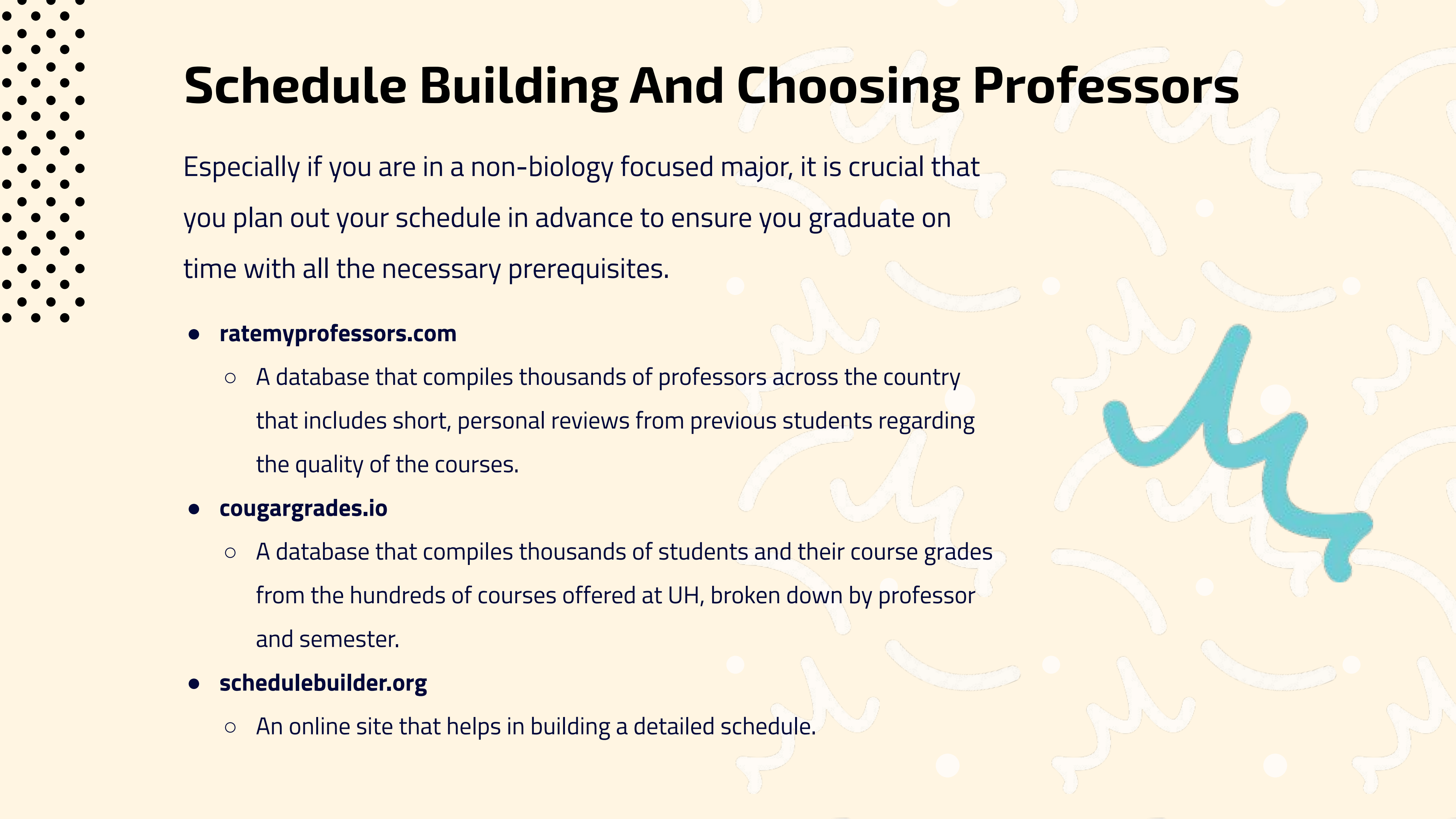
- Email the **Public Relations Chair** for study material discount codes.
  - [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com)
- Contact the **Secretary** to check out previously donated study materials and class registry of UHPOPS.
  - [uhpops.secretary@gmail.com](mailto:uhpops.secretary@gmail.com)
- (Coming soon!) Contact the **Webmaster** to access the matriculants spreadsheet.
  - [uhpops.webmaster@gmail.com](mailto:uhpops.webmaster@gmail.com)





# Schedule Building And Choosing Professors

Especially if you are in a non-biology focused major, it is crucial that you plan out your schedule in advance to ensure you graduate on time with all the necessary prerequisites.

- **ratemyprofessors.com**
    - A database that compiles thousands of professors across the country that includes short, personal reviews from previous students regarding the quality of the courses.
  - **cougargrades.io**
    - A database that compiles thousands of students and their course grades from the hundreds of courses offered at UH, broken down by professor and semester.
  - **schedulebuilder.org**
    - An online site that helps in building a detailed schedule.
- 

# Balance Work, Academics, and Extracurriculars

- **Prioritize!**

- It's okay to place more importance on academics over work. If you start to feel overwhelmed, slow down and ask for fewer hours.
- Procrastination is easy but don't let it take advantage of you!

- **Schedule!**

- Plan out all due dates, events, and work time on a calendar (staying organized)
- Make a list of items to do for today

- **Join organizations with a purpose**

- Join organizations that will help you
  1. Pertains to your career
  2. A volunteering organization
  3. A social organization




# REST IS IMPORTANT

- Do not overwork yourself. Remember to rest or take breaks in your day!





# Study Tips

- **Have a study area**
    - Try to keep a clean, organized area
    - Change up environments/locations
    - Don't study where you sleep/relax in
  - **Review topics after lecture**
    - Look over topics you didn't understand during lecture
    - PRACTICE!
    - Make your own study guides
  - **Get Sleep!**
    - Have a consistent sleep schedule
  - **Know your learning style**
    - Visual, auditory, read/write
  - **Resources**
    - Look up Youtube videos!
      - My Organic Chemistry Tutor, Khan's Academy, Chad's Prep
    - Your professor and TA
    - Textbook and aid that may come with the textbook
    - UH science resources website
- 

# Study Tips Cont.

- **Plan study times**

- Set aside study times and topics you're going to go over that day
- Dedicate certain classes to certain days so you don't get overwhelmed

- **Utilize organizational tools**

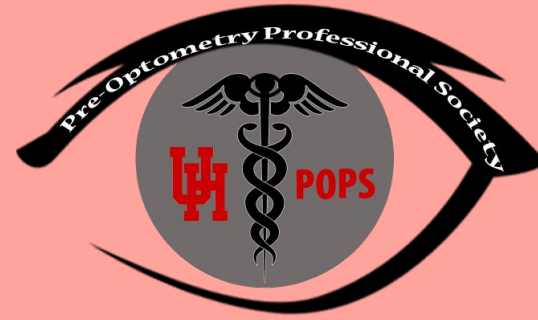
- Planner (physical or digital)
- Notion

- **Eliminate distractions**

- App timers
- Delete your apps during finals season!!!!
- Have an accountability buddy



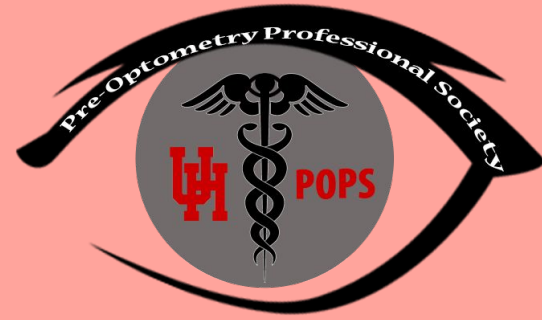
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**Questions?**

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**Thank you for  
coming!**

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