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uhpops.secretary@gmail.com

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JOIN US FOR A

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WEDNESDAY, FEB 26 TH 11am-CLOSE

ALL PROCEEDS BENEFIT UH POPS

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THANKS FOR YOUR SUPPORT!





OAT/OptomCAS Workshop

Applying to

Optometry School

February 25, 2025



Officers Presenting



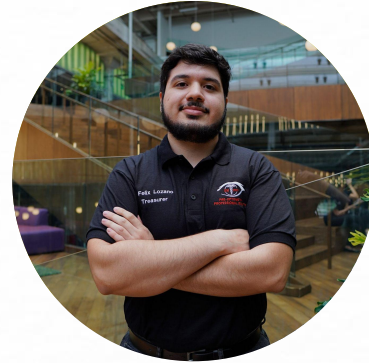
Hannah Pham

President
Senior
Major: Biology
Minor: Entrepreneurship



Ashlyn Pro

Vice President
Senior
Major:
Minor:



Felix Lozano

Treasurer
Senior
Major: Biology
Minor: Public Health

Officers Presenting



Micaela Nguyen

Public Relations Chair

Junior

Major: Biology

Minor:

Business Administration

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01

OAT

- Applying for the OAT
- Testing Centers
- Resources
- Average Scores
- Recommended Timeline

Step-by-Step



01

Apply for the OAT

oat.ada.org

Before you can pick a testing date, you have to apply to see if you're eligible.



02

Register for the OAT

prometric.com

After receiving your eligibility ID, you can register for your testing date!



03

Take the OAT

It's test day! Afterwards, you'll be given a physical copy of your unofficial score report. Official scores will be sent electronically to school(s) by ADA.

Applying for the OAT (oat.ada.org)

1. Register for a PIN
2. Make an account using PIN
 - a. Make sure the name you enter corresponds to the name on your ID (DL or passport)
3. Apply for OAT Examination — you'll receive an email within a week if you're eligible
4. Receive an Eligibility ID through email that you **MUST** keep track of
 - a. This ID is used to register to take the OAT
5. Registering a day/time is done through Prometric.com

ACCOUNT SUMMARY

Personal Information

PIN 27116342

Name Nicholas Andrew Chang

Display Status Definitions

Applications

Transaction Number	Type	Date Submitted	Application Status	Eligibility Status	Details	Options
OAT-1222504	OAT	5/7/2020 4:46:35 PM	Tested	Closed	Display	

New OAT Application

You will have to make a new application EVERY TIME you take a new OAT (retake)

Requests

There are no data records to display.

New OAT Score Request

You can also opt into sending your electronic, official scores to all schools; it will only send if you actually apply to those schools on OptomCAS

Date Tested

Type	Exam Date	Status	Attempt Number	Score ID	Details
OAT	09/11/2020	Posted	1	1608299	Display

Score

Registering for the OAT

1. Go to Prometric.com
2. Test Takers → Find My Exam → search for the OAT → Schedule
3. Follow through the displayed directions
 - a. Make sure to read through important sections such as rescheduling or canceling appointments
 - b. Use **Eligibility ID** here
4. Schedule for an available day/time for a specific testing center
 - a. There are **2 testing centers** in Houston (will elaborate soon)
5. Prometric will email you for confirmation (check spam if not there)
 - a. 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.

FEE TYPE	DESCRIPTION	FEE AMOUNT
OAT 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 pre-dental advisor (if selected on the application).	\$510 (7/1/22-6/30/23)
		\$515 (7/1/23-6/30/24)
Score Report Fee (optional)	This fee covers score report requests made after 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 OAT Program is willing to audit a candidate's OAT results to confirm their accuracy.	\$65
Eligibility Extension Fee	Candidates can extend their eligibility period for a fee. The extension is for 45 days and is available once per application.	\$130

PLEASE NOTE: As indicated above, the OAT Fee will change effective July 1, 2023 through June 30, 2024.

DESCRIPTION	RESCHEDULE FEE
30 or more business days* prior to the testing appointment.	\$40
5 to 29 business days prior to the testing appointment.	\$70
1 to 4 business days before scheduled test date	\$150
Penalty if candidate fails to appear for a scheduled testing appointment OR presents more than 30 minutes after the scheduled start time and is refused admission	Full testing fee will be forfeited

* Saturdays and Sundays are NOT business days

This guide can be found on oat.ada.org

Must wait **60 days** from the time you take the OAT if you want to retake it. (You must apply + pay fee again).

Testing Centers in Houston

What to Bring



- 2 **original, up-to-date** forms of identification
 - Government issued with photograph and signature (drivers license or passport)
 - Another form of ID 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.



Addresses

- **Houston Space Center #0368:** 16055 Space Center Blvd Suite 200 Houston, TX 77062
- **Harwin #0083:** 7111 Harwin Suite 100 Houston, TX 77036

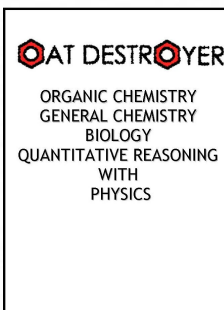


Extra tips

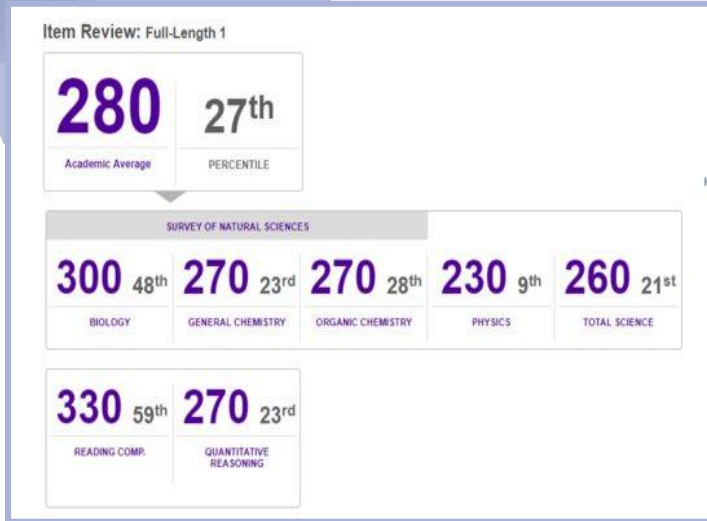
- Make sure your name is an exact match on all your ID's
- Use the bathroom before you start
- Arrive early

OAT Resources

Chad's Prep	Kaplan	OAT Destroyer Book	OAT Booster
<ul style="list-style-type: none">• Hundreds of videos that will teach you what you need to know for the OAT• Every video has questions to help solidify concepts• 5 FREE Practice Exams with questions similar to the OAT	<ul style="list-style-type: none">• OAT Book provides great content on each section of the OAT• 3 Complete Timed exams that are similar to the real OAT• Prep course gives you a personalized plan	<ul style="list-style-type: none">• Has hundred of questions for each section to practice• Very similar to OAT questions• Lots and lots of practice• Tricky questions help you with trick questions	<ul style="list-style-type: none">• Content on all sections (videos, quizzes, etc.) that is updated frequently• 80 realistic practice exams with realistic OAT questions• Personalized prep plan for how much time you have to study



Average OAT Scores



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

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

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

Standard scores range from 200 - 400 with a mean of 300 and are reported in 10 point increments.

8 standard scores:

- Biology
- General Chemistry
- Organic Chemistry
- Physics
- Quantitative Reasoning
- Reading Comprehension
- Total Science Score
- Academic Average

UH Average Matriculate Numbers:

- Overall/Science GPA: 3.59/3.66
- OAT: 340 (AA) and (TS)

OAT - Recommended Timeline

Focus

- Try not to work or work less
- Don't study when you have classes

Study

- Be disciplined and set time
- Be sure to take breaks (avoid burnout)

Environment

- Find a suitable study environment
- Find an OAT study group

Students usually take 3-4 months to study

Mid-May

June

July

August

Start Studying

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

Ashlyn's Timeline
Absolutely nothing!

Finish Up Notes

Finish taking notes/watching videos and start going over them in chunks. Practice with single section exams.

Bought subscription, found how I liked to study.

Practice Exams

Start doing practice exams and get the timing down.

Continued to get familiar with topics & began practice exams

Light Review

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

Mostly did practice exams & focused on what I was getting wrong

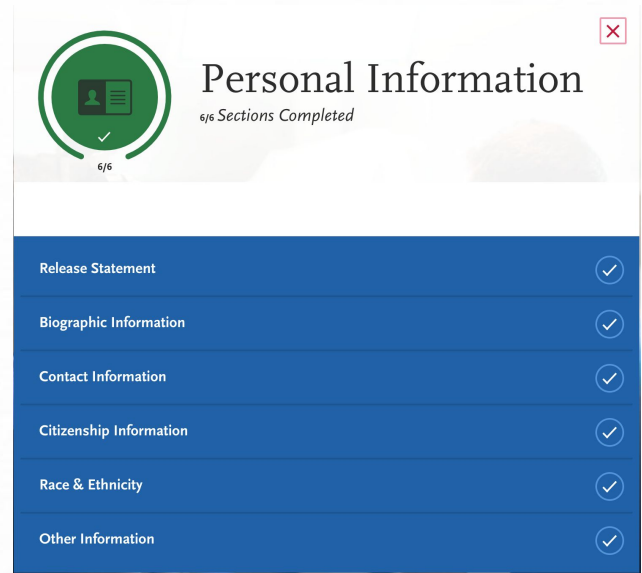
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OptomCAS

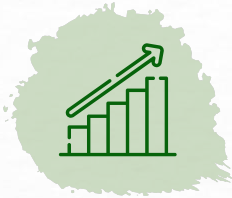
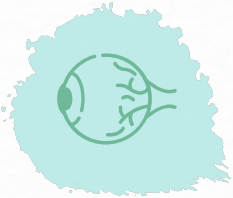
- Personal Information
- Academic History
- Supporting Information
- Program Material
- Recommended Timeline

Personal information

- **Release Statement** (Criminal History, OptomCAS Applicant Responsibility, Code of Conduct, etc.)
- **Biographic information** (DOB, Legal Name, etc.)
- **Contact Information** (Phone #, Email, etc.)
- **Citizenship** (Citizenship, Residency)
- **Race & Ethnicity**
- **Other Info** (Military, Previous Graduate School Enrollment, etc.)
- No COVID mentioned



Personal Information	
6/6 Sections Completed	
Release Statement	✓
Biographic Information	✓
Contact Information	✓
Citizenship Information	✓
Race & Ethnicity	✓
Other Information	✓



Academic history



Colleges attended

- “What college/university did you attend?”
- “When did/will you obtain your degree?”

Transcript entry



- Do it yourself
- Pay a service ~\$80-150



Ordering transcripts

- Send transcripts to OPTOMCAS ASAP
- OPTOMCAS will receive transcripts ~2-3 weeks
- ~\$13/transcript

Standardized test(s)



- OAT (**strongly encouraged**)
- MCAT
- DAT
- GRE
- PCAT

Supporting Information



Letters of Recommendation

- 1 from an Academic Mentor
- 1 from an OD



Experiences

- Employment
- Extracurricular
- Volunteer
- Optometric Experience



Achievements

- Awards (Dean's List, Excellence Award)
- Honors (Cum Laude)

Letters of Recommendation

Minimum Requirement (UHCO):

- Academic Mentor
 - a professor, an advisor, a coach, or any other individual capable of speaking to the applicant's academic preparedness in regard to their professionalism, dedication, intuition, character, integrity, wisdom, teamwork, responsibility, humanity, etc.
- Licensed Optometrist
 - A minimum of 20 hours of direct optometric experience is also required from at least two settings (e.g., shadowing/work experience from two optometric practices, ideally in varying modalities)

****You may have up to 4 letters of recommendations**

Tips:

- Pick a professor that you have/had a good relationship with (they need to remember you!!)
- Reach out to your professors 1-2 months prior to the cycle (AKA Summer)
 - Introduce yourself (when you took the course, what grade you made)
 - Personalize it
 - Attach a resume for additional information (some might ask your your essay)

Employment

Experience Dates

* Start Date MM/DD/YYYY

* Current Experience Yes No

* End Date MM/DD/YYYY

* Status ▾

Extracurricular

Experience Details

* Title

* Type of Recognition Compensated
 Received Academic Credit
 Volunteer

* Average Weekly Hours

* Number of Weeks

* Total Hours

* Description/Key Responsibilities

* Release Authorization (May we contact this organization?) Yes No

Volunteer

Experience Type: Volunteer

Recognition Type: Volunteer

Title: Member of UH POPS

Employer: University of Houston Pre-Optometry Professional Society
4800 Calhoun Rd
Houston
Texas 77004
United States

Supervisor: Lyle Tate
Faculty Advisor
+17137432044
dltate@central.uh.edu

Optometric Experience

Experience Dates: 08-20-2018/04-23-2020

Status: Part-time

Hours per Week: 4

Total Weeks: 55

Total Hours: 220

Experience Details: As a member of UH POPS, I attended a variety of volunteering events, bi-weekly general meetings, and monthly bake sales to help fundraise for the organization. At general meetings, I learned about various Optometry schools the U.S and their admission process. There were general meetings where the guest speaker were working optometrists or UHCO faculty. These meetings allowed me to learn more about the field and the day-to-day experience of a working optometrist.

Permit to Contact: Yes

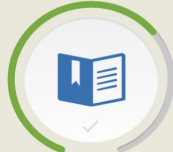
Program Materials

<p>Personal Information</p>  <p>4/8 Sections Completed</p>	<p>Academic History</p>  <p>3/3 Sections Completed</p>
<p>Supporting Information</p>  <p>3/3 Sections Completed</p>	<p>Program Materials</p>  <p>2/3 Sections Completed</p>

Personal Statement, Questionnaire, Short Answer Responses, Etc.

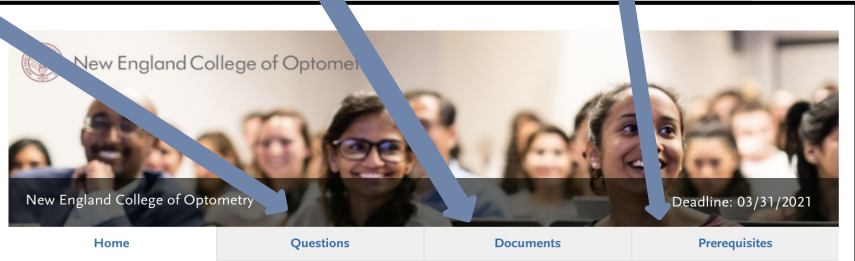
Optional Resume/CV file upload

Assign program prerequisites to courses from transcript entry



New England College of Optometry
New England College of Optometry

- University of Houston College of Optometry**
University of Houston College of Optometry ✓
- University of the Incarnate Word School of Optometry**
University of the Incarnate Word School of Optometry ✓



New England College of Optometry

Home Questions Documents Prerequisites

Thank you for your interest in New England College of Optometry (NECO)! The NECO Office of Admissions is committed to supporting students throughout the application process and applicants are strongly encouraged to contact us directly at admissions@neco.edu or 617-587-5580 with any questions. Our application process is holistic and we review all parts of the file with care. We look forward to working with you throughout the admissions process.

New England College of Optometry is proud to have educated optometrists for more than a century. NECO is a small, independent graduate institution that currently enrolls 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 care, 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

Program Materials - Personal Statement

What is it?	What do you write about?	Tips and Recommendations
<ul style="list-style-type: none">• A short essay about you.	<ul style="list-style-type: none">• Why did you choose Optometry?• Work & personal experiences, extracurricular activities, etc.• Professional goals	<ul style="list-style-type: none">• Be clear and concise• Look at examples and get feedback from optometrists, etc.• Keep it professional, but remember to show personality• Tailor it to the program

Program Materials - Questionnaire/Short Answer Response

Questionnaire	Short Answer Response
<ul style="list-style-type: none">• General questions• "Have you applied to this program before?"• "How many times have you taken the OAT?"• "How did you find out about this program?"	<ul style="list-style-type: none">• Why you specifically applied to this program?• Any other information you want them to know (a certain class you didn't do well, etc.)

OptomCAS Timeline

May

Start filling out Personal Information (quick), Academic History and Supporting Information (long)

July

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

September

Submit application!

June

Continue filling in Academic History and Supporting Information. Start writing Personal Statement. Send LOR invite links 6/30 or 7/1

August

Finalize information and fill in any missing sections

03

Optometry School Interview

- How to Prepare
- Our Experiences
- Post-Interview Thoughts/Advice

Who?

Practice with people who have gone through the interview process.

TIP:

- Say your answers out loud even if you're practicing by yourself

Criticism/Feedback

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

Mock Interviews

When?

Start about a week before your interview.

TIPS:

- Look up practice interview questions
- Think of your answers ahead of time, but don't memorize (sounds like a script)

Take it seriously!

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

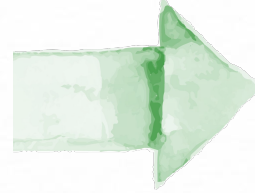
Open v. Closed File

Interview Type

Interviews can be open file, closed file, or a mix of both!

Open File

Prepare for questions regarding your application as a whole.

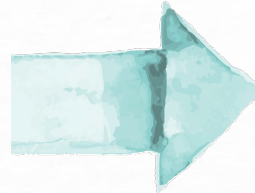


Examples

- Grades/GPA
- Personal Statement
- OAT
- Experiences

Closed File

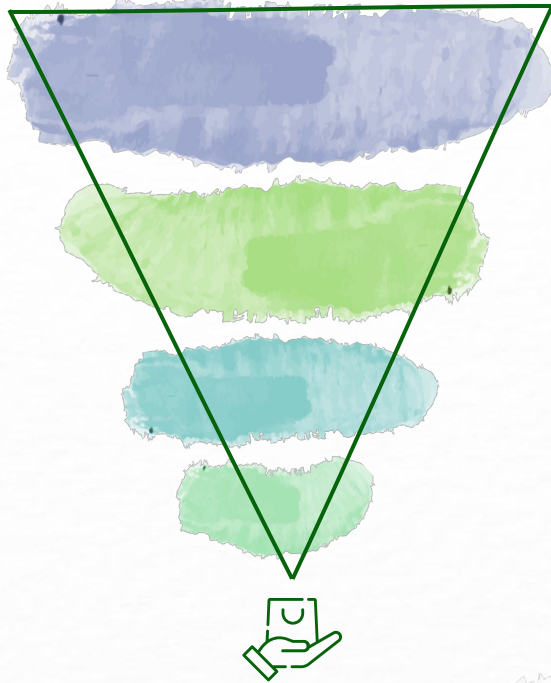
Prepare for questions more centric about yourself and your pathway to optometry.



TIP

Be prepared for the interviewer to ask follow-up questions based on a previous answer you've given.

UHCO Interview Day Schedule*



*in-person interviews

- 01 10AM - Welcome & Introductions**
UHCO presentation with Lyle
- 02 10:45AM - Financial Aid Planning**
Financial aid presentation with Scott Parker
- 03 11AM - UHCO Tour**
Tour of all UHCO facilities
- 04 12PM - Lunch with Current Students**
Q&A with current UHCO students (lunch provided)
- 05 1PM - Individual Applicant Interviews**
Time to shine!!

Our Interview Advice:

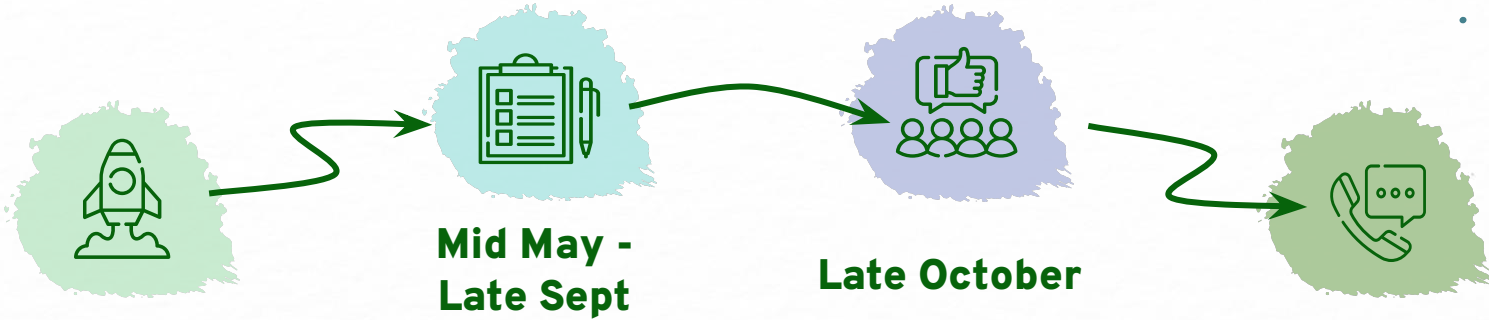
- Practice, Practice, Practice!
- Remember why you're doing this
- Have confidence in yourself
 - You're trying to sell yourself
- Be ready for follow up questions
- Speak from the heart
 - OD schools want to know who you're a person, not just an academic robot
- It's not as bad as what you think it is

04

Overall Timeline

- Application Timeline
- Advice From Officers
- Q&A

Overall Timeline



Mid May - Late Aug

OAT

- Study for the OAT for ~3-3.5 months
- Ideally, study during the summer
- Take OAT early to mid September

Application

- Begin asking for LORs ~May-June; send LOR links ASAP + email
- Start writing PS
- Submit application by late September to early October

Interview

- Practice for 1-2 weeks before the interview
- Do some mock interviews
- Interviews are usually offered 1 month after submitting everything

Mid to Late Nov

Accepted!!!



Advice from Officers

Hannah

#1. Get an accountability buddy so they can make sure you're on track.

#2. It's okay if you take a couple of days to rest. Don't burn yourself out.

Ashlyn

#1: Set a schedule and stick to it!

#2: Don't compare yourself to others!

Felix

#1. Don't be discouraged if something doesn't go exactly as you planned.

#2. Set small goals



Advice from Officers

Micaela

#1: Plan ahead with flexibility

#2: Take it one step at a time. Don't try to do everything at once.





Activity
Mock Group Interviews
Split up into 3 groups!

Interview Questions

- Tell me about yourself
- Different types of specialties in optometry
- Different modes of practice besides private practice
- What do you see yourself doing in 5 years?
- How do you study? Alone or in a group?

Interview Questions

- Have you ever taken a class where you had to change your study habits midway through? Explain.
- Can you tell me about a time you had to reach out to a professor?
- How do you handle stress?

Interview Questions

- What qualities do you think you possess to be a good optometrist?
- What qualities do you bring to the school?
- If you were accepted to multiple schools, how would you decide where to go?
- Why UHCO?



Thank You!

Sign out when you're finished.

**If you're having issues, please email
uhpops.secretary@gmail.com**