Pre-Optometry
Program Guide 2017-2018
The Pre-Optometry program of study at East Tennessee State University prepares students for application to a four-year Doctor of Optometry (OD) degree program. The majority of students accepted to a school of optometry have completed a bachelor’s degree.

**Careers in Optometry**

Optometrists examine the eyes and other parts of the body related to vision. They also diagnose, treat, and manage diseases, injuries, and other disorders of the eyes. They prescribe contact lenses or eyeglasses as needed.

Many optometrists own their own practices and may spend a considerable amount of time on general business activities such as hiring employees and ordering supplies.

Some optometrists spend much of their time providing specialized care, particularly if they are working in a group practice with other optometrists or physicians.

**Advisement**

*Pre-optometry is not a major.* Therefore, you must choose a major (and minor, if appropriate) which supports your life goals by the time you earn 60 credit hours. You do not have to major in a science field. Choose a course of study that interests you. Optometry schools look for applicants who are well-rounded, who reason and communicate well, and have demonstrated empathy. It is true that students who have an extensive science background have an easier time with the basic science components of optometry school than do non-science majors. Optometry schools do not assume, however, that you have had any courses other than those required.

*You must meet with your major advisor and MPA counselor each semester.* It is strongly recommended that you meet with your Pre-Optometry counselor and major advisor each term before registering for the next semester. Students who receive scholarships or participate in specialized ETSU programs (such as athletics or Honors College programs) must also seek advisement from those departments. Serious consequences can occur if students fail to meet with advisors (e.g., failure to graduate on time, missing appropriate courses to prepare for the OAT, etc.).

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**Pre-Optometry**

**Counselor contact**

Medical Professions Advisement Office

423-439-5602
What does it take to get into Optometry school?

Minimum GPA  3.64-3.21
Highest and lowest average GPAs among admitted students for all schools that reported to the Association of Schools and Colleges of Optometry (ASCO) in 2016

OAT Score  352-300
Highest and lowest average test score among admitted students for all ASCO schools in 2016

Entrance Exam
The OAT is a computerized exam administered through the Optometric Admission Testing Program. This test is required to be considered for admission to most optometry schools. Examinees are allowed to take the OAT an unlimited number of times but must wait at least 90 days between test dates. Students should not take the OAT until they have completed all prerequisite courses.

Core Preparation Courses*
Different schools may have varying prerequisite requirements. It is up to the student to research and ensure the required courses are completed before application to the preferred school(s) of interest.

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Course Code/Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>8</td>
<td>BIOL 1110/11, BIOL 1120/21</td>
</tr>
<tr>
<td>General Chemistry</td>
<td>8</td>
<td>CHEM 1110/1111, CHEM 1120/1121</td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td>5</td>
<td>CHEM 2010/2011</td>
</tr>
<tr>
<td>Physics**</td>
<td>8</td>
<td>PHYS 2010/11, PHYS 2020/21</td>
</tr>
<tr>
<td>Biochemistry#</td>
<td>Hours vary</td>
<td>Consult with your Pre-Optometry counselor</td>
</tr>
<tr>
<td>English</td>
<td>6</td>
<td>ENGL 1010, 1020</td>
</tr>
<tr>
<td>Microbiology</td>
<td>4</td>
<td>HSCI 3320/3321</td>
</tr>
<tr>
<td>Calculus</td>
<td>4</td>
<td>MATH 1910</td>
</tr>
<tr>
<td>Statistics</td>
<td>3</td>
<td>MATH 1530</td>
</tr>
<tr>
<td>Psychology</td>
<td>3</td>
<td>PSYC 1310</td>
</tr>
<tr>
<td>Social Sciences</td>
<td>6</td>
<td>Consult with your Pre-Optometry counselor</td>
</tr>
</tbody>
</table>

Additional Recommended Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Course Code/Title</th>
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</thead>
<tbody>
<tr>
<td>Human Anatomy$</td>
<td>4</td>
<td>HSCI 3000</td>
</tr>
<tr>
<td>Human Physiology$</td>
<td>4</td>
<td>HSCI 3020</td>
</tr>
<tr>
<td>Cell Biology</td>
<td>3</td>
<td>BIOL 3150/3151</td>
</tr>
<tr>
<td>Organic Chemistry II</td>
<td>5</td>
<td>CHEM 2020/2021</td>
</tr>
</tbody>
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*Core Preparation Courses based on Southern College of Optometry, as this is the only optometry school in Tennessee.

**General Physics (PHYS 2010/11 and PHYS 2020/21) may be substituted, however, Technical Physics is recommended.

#A two-semester sequence of organic chemistry is a prerequisite for BIOL 4147/57 or BIOL 4167/77.

$These classes may be required by some optometry schools.

The Application Process
Students are encouraged to begin the application process at the end of their junior year.

All 23 schools and colleges of optometry participate in the Optometry Centralized Application Service (OptomCAS), which is online at [www.optomcas.org](http://www.optomcas.org).

Applications are available in late June/early July; however application deadlines vary from December through June for each school. Therefore, it is up to the student to ensure that applications are submitted on time.

Many optometry schools require students to submit a composite letter of evaluation during the application process. The Medical Professions Advisement staff is available to assist students through this process.

Suggested 2-Year Schedule for Pre-Optometry Students

**Freshman**

Fall  | Spring
-----|-------
CHEM 1110/11  | CHEM 1120/21
BIOL 1110/11  | BIOL 1120/21
MATH 1530    | MATH 1720/1910
ENGL 1010    | ENGL 1020
PREH 1350    | ELECTIVE

**Sophomore**

Fall  | Spring
-----|-------
CHEM 2010/11  | CHEM 2020/21
PHYS 2010/11  | PHYS 2020/21
SPCH*         | ELECTIVE
PSYC 1310     | ELECTIVE
ELECTIVE      | ELECTIVE

Students should maintain a minimum of 17-19 credit hours per semester

* Consult your Pre-Optometry counselor before choosing a speech course
STUDENT ORGANIZATIONS

Alpha Epsilon Delta – The Health Preprofessional Honor Society (AED)

AED functions as a health preprofessional honor society encouraging excellence in scholarship. It emphasizes the importance of health education and promotes cooperation and contact among professionals.

Pre-Optometry Student Organization (POSO)

POSO is a club designed to help Pre-Optometry students learn about the field, get involved, meet local optometrists, and become competitive applicants to optometry school.

Health Occupations Students of America (HOSA)

HOSA provides students with knowledge and understanding of various health care careers. It also allows students to compete in various state and regional events to learn about current health issues.

Minority Association of Pre-Health Students (MAPS)

This organization is open to all ETSU students. MAPS aims to provide students with valuable opportunities in the community to enhance their knowledge of the health care field they are planning to enter. Opportunities include job shadowing, volunteering, and research. MAPS is also geared toward forming friendships among members.

Timmy Global Health

Timmy Global Heath is a nonprofit organization that works with health care practitioners and students who volunteer their time assisting with global clinics and outreach projects that help deliver quality health care to underserved populations and increase students’ understanding of barriers to affordable, appropriate care.

What can I be doing now to strengthen my application to Optometry school?

RELATED EXPERIENCE

Students are encouraged to explore the field of optometry either through employment or as a volunteer. Optometry schools want to know that a student has worked in the field, observed what is involved, and still has the desire to continue in that profession. Students should gain as much experience as possible without sacrificing grades.

EXTRACURRICULARS

The admissions committees of optometry schools are interested in seeing a range of extracurricular activities, especially those demanding a significant leadership role. Students should demonstrate their ability to balance full academic schedules with extracurricular involvement on and off campus and/or through employment opportunities. ETSU has many organizations that students can join. Students should visit the SORC or www.etsu.edu/sorc for more information regarding extracurricular activities. It is not beneficial to simply join an organization; you must demonstrate leadership qualities!

VOLUNTEER EXPERIENCE

Optometry schools are looking for candidates who express a commitment to community service. Students should seek volunteer projects that focus on giving back to the community. Students are encouraged to look for volunteer opportunities related to the optometry field.

ONLINE ETIQUETTE

Please consider personal email addresses when corresponding with professional schools. First impressions are often based on correspondence and email addresses should be appropriate for professional communication. Messages and images sent electronically are reflections of judgment and potential suitability for professional careers. Inappropriate behaviors shared on an accessible venue can be viewed and shared by anyone, possibly compromising your chances of admission to optometry school.

WATCH WHAT YOU POST!

Association of Schools and Colleges of Optometry (ASCO)
www.ASCO.org

OptomCAS
www.optomcas.org
(the optometry school application portal)