



Undergraduate

Advice

Workshop

September 26, 2023



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Icebreaker!

Featuring our officers



Jonathan Chau

Senior

Major: Biology

Minor: Math



Yadhira Carrillo

Senior

Major: Biochemistry

Minor: Math



Ashlyn Pro

Junior

Major: Biology

Minor: Medicine and
society

Featuring our officers



Randy Huynh

Senior

Major: Kinesiology



Felix Lozano

Junior

Major: Biology

Minor: Public Health



Workshop outline

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**Schedule building/choosing
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and extracurriculars**

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01



Optometry
prerequisites

Optometry Pre-Reqs

- **List is for UHCO**

- Other schools will vary slightly if at all (freshman/sophomore-level A&P courses will not satisfy these requirements)
- Calculus-based physics not required

- **Major in anything**

- **Must make a C or better**

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

- ***Courses based on plant physiology, botany, ecology, biodiversity, or biotechnology**
 - **Not** acceptable (UHCO)
 - Must be based on human systems

***EXAMPLES OF BIOLOGY ELECTIVES**

(Check Catalog for Pre-Requisites)

BIOL 2301	Anatomy & Physiology I
BIOL 2302	Anatomy & Physiology II
BIOL 2321	Microbiology for Science Majors
BIOL 3304	The Biology of Social Behavior**
BIOL 3305	Biodiversity**
BIOL 3324	Human Physiology
BIOL 3326	History and Philosophy of Biology**
BIOL 3341	Human Genetics
BIOL 3345	Plant Physiology**
BIOL 3368	Ecology**
BIOL 4315	Neuroscience**
BIOL 4320	Molecular Biology**
BIOL 4323	Immunology**
BIOL 4324	Bioinformatics**
BIOL 4347	Animal Behavior**
BIOL 4351	Current Topics in Reproductive Biology**
BIOL 4354	Endocrinology**
BIOL 4355	Human Virology**
BIOL 4373	Microbial Physiology**
BIOL 4384	Developmental Biology
BIOL 3397/4397	Selected Topics**

****Indicates the course is not offered at consistent intervals**

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

Outside Prerequisite Courses



- **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



Pre-Optometry Advisors

- **Contact them for any clarifications or questions!**
 - Will be present during POPS meetings
- **Lyle Tate**
 - UHCO Admissions & Student Services
 - Cell: (662) 312-3610
 - Office: (713) 743-2044
 - dltate@uh.edu
- **KaDarrius James (KJ)**
 - UHCO Program Manager for Admissions, Recruiting, and Advising
 - Office: (713) 743-8694
 - kkjames@central.uh.edu





02



Letter of
Recommendation

Letter of Recommendation

- **Establish a relationship with professors (if possible)**

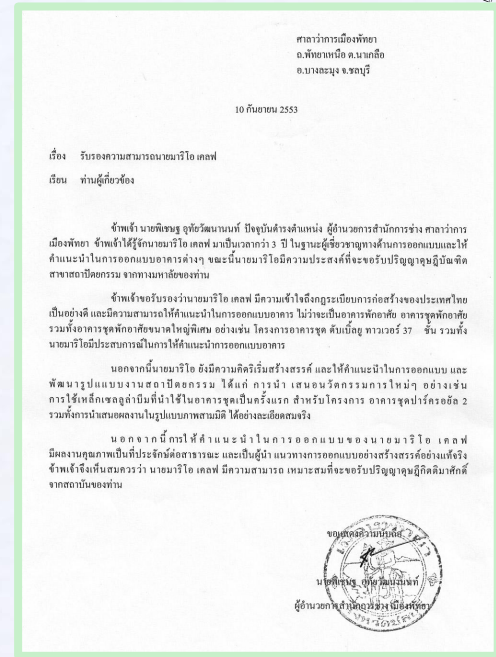
- Office hours to go over tests, talk about their research, etc.
- Do your research on them first
- Don't go overboard!

- **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

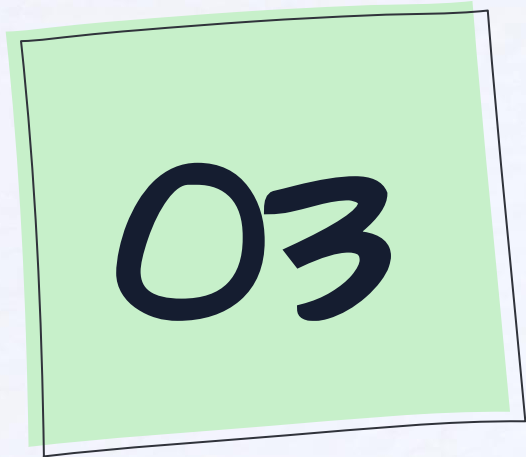


UHCO LOR Requirements

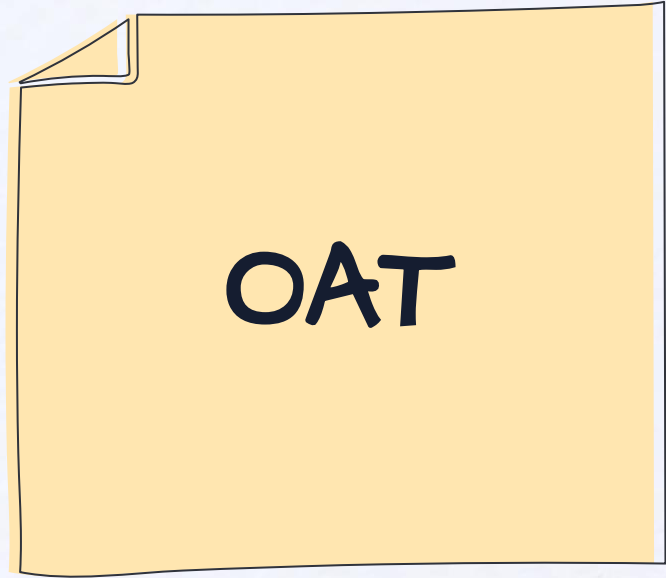
- **At least two letters of recommendation**
- **Academic mentor**
 - Professor
 - Coach
 - Mentor
 - Must be capable of about your academic preparedness (professionalism, dedication, intuition, character, integrity, wisdom, teamwork, responsibility, humanity, etc.)
- **Optometrist**
 - Worked/shadowed with

Other LOR Requirements

- **Most optometry schools**
 - 2-3 letters of recommendation
- **Professors**
 - Science professors
 - 1-2
- **Optometrist**
 - 1
- **Note: Always waive your right to view your letters of evaluation**
 - In other words, don't look at them!







03



OAT



What is the OAT?

- Standardized test to measure an applicant's readiness for optometry school.
 - It is computer based and ~5 hours consisting of four tests
 - **Survey of the Natural Sciences** ~ 90 minutes
 - **Reading Comprehension** ~ 60 minutes
 - **Physics** ~ 50 minutes
 - **Quantitative Reasoning** ~ 45 minutes
 - On a scale of 200-400
- 
- 
- 
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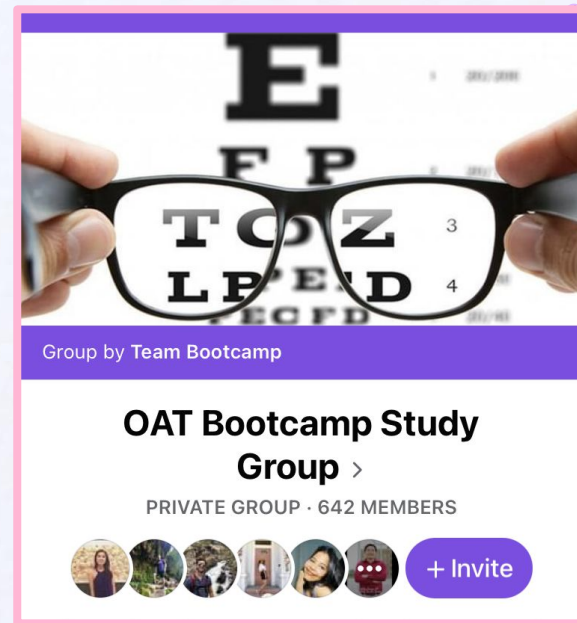
When to take the OAT?

Typically during the spring/summer of your Junior year

- Register 60-90 days in advance
- Advised to take Organic Chem I and Biochemistry!

Taking exam and submitting

- Prep-time is about 2-3 months
- Make sure to check out our discount codes and study material!
- To retake: wait 60 days after last attempt
- Doing in Spring/summer of junior will allow for submitting for the opening of the submission 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.

Remember that every student is different!

POPS OAT Resources

- Email the Public Relations chair for discount codes for the following study websites
- Contact the Secretary to check out previously donated study materials



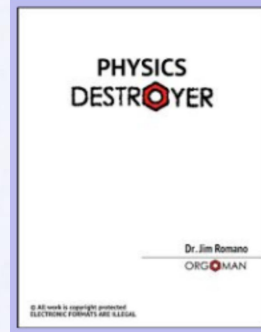
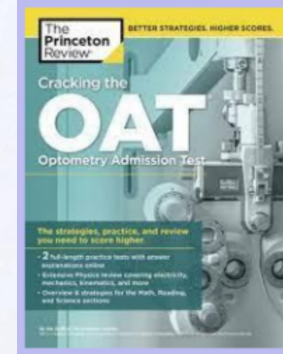
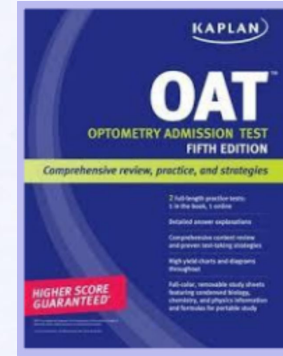
OATBooster



CrackOAT
prepare for success



Bootcamp.com | OAT





04



Schedule
building/choosing
professors




Schedule Building

- **Understand yourself!**

- Don't overwork yourself and know where your limits are



- **Don't feel rushed**

-  It's okay to take your time with your courses. Everyone is different so everyone's pace is different

- **Go see your academic advisors**

- Although you might know what you're doing, academic advisors can help you understand how far into your degree plan you are

- **Plan out your classes**

- Stay organized and make sure you are on track on taking all the classes you need. DON'T JUST "WING IT", create a degree plan
- 
- 

Choosing Professors

- **What are you looking for in a professor or class?**

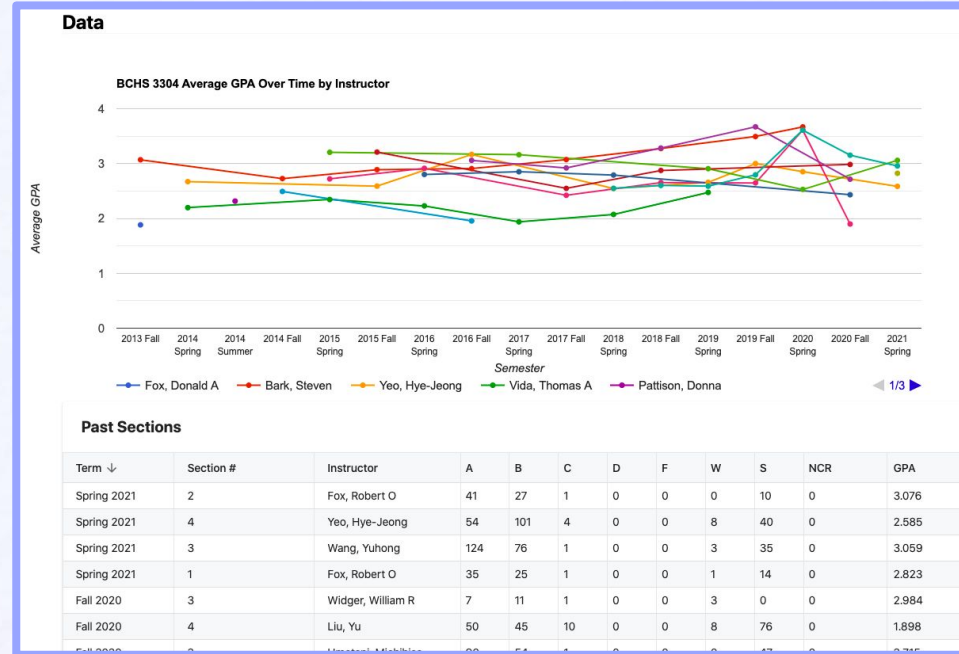
- Friends/Accountabilibuddies
- Workload and time commitment
- Extra credit
- Teaching style (visual, hands on, etc.)
- Class size
- In-person/online

What is Cougargrades.io?

- It is *the* UH course Bible
- Data and statistics
 - GPA
 - Grade distribution
 - No biases/ skewed information
 - Visual representation of class performance

What it doesn't have

- Ratings
- Comments



Useful Sites

- POPS Class Roster -

Paid members: email the Secretary to get access

- UH Undergraduate Catalog -

<http://publications.uh.edu/content.php?catoid=41&navoid=14820>

- Approved Core Courses -

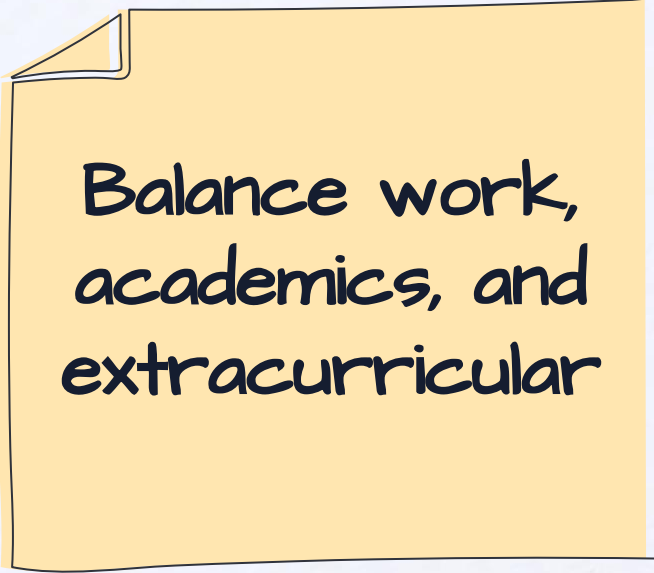
<http://publications.uh.edu/content.php?catoid=49&navoid=18431>

- Rate My Professor -

<https://www.ratemyprofessors.com/>



05



Balance work,
academics, and
extracurricular

Balance work, academics, and extracurricular

- **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.

- **Schedule!**

- Plan out all due dates, events, and work time on a calendar
- Make a list for today (DON'T GO CRAZY)

- **Join organizations with a purpose**

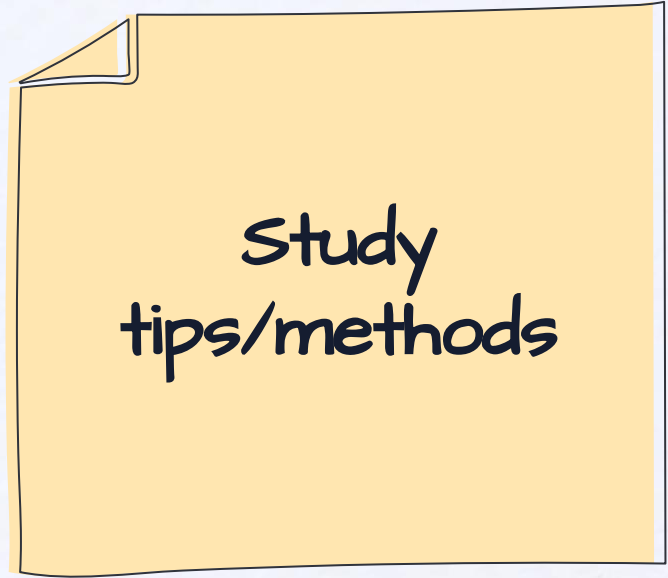
- Join organizations that will help you
 1. Pertains to your career
 2. A volunteering organization
 3. A social organization



REST IS JUST AS IMPORTANT

- Rest as hard as you grind!







Studying 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!**

- Follow a consistent sleeping schedule

- **Know your learning style**

- Visual, auditory, read/write, kinesthetic

- **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
- UHscience resources website

Studying Tips

- **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

Chelsea's Top Secret Study Areas



CBB Quiet Hall	5th floor
Science Building Lounge	1st floor
Library (Brown Wing)	4th & 5th floors
LGBTQ Resource Center	2nd floor SC North
Jenkins Architecture, Design, and Art Library	1st floor
Fred J Heyne Building	1st floor hallway or basement
SEP Office (Near SC South behind the MD Anderson Library)	Locate Technology Commons and go downstairs past the technology desk

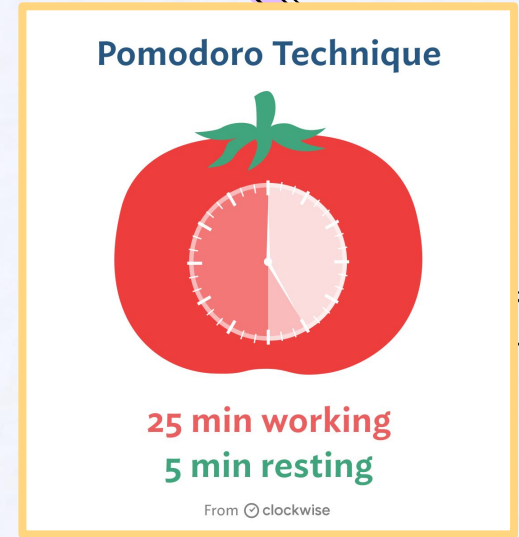
Studying Methods

- **Pomodoro Method**

- Great if you find it hard to start a task
- Work in 25 minute intervals, take a 5 minute break in between
📅 Each interval is called a pomodoro
- Personalize your pomodoro with ambience YouTube videos!

- **Animedoro**

- Work for 40-60 minutes
- Watch ONE 20-minute episode of an anime/show
 - This replaces the long break
- Repeat
- Not the best option if you're short on time



Studying Methods

- Flashcards
- Organized notes
 - Translate lecture slides into your own concise notes
- Videos
 - Chad's Videos
 - Khan Academy
 - Organic Chemistry Tutor
- Teach others
- Ask for help

7 STUDY TIPS TO STUDY EFFECTIVELY

Planning a study schedule
Clearer overview of what you need to get done before exams

Effective study tips: Spaced Repetition
Use Spaced Repetition in your revision

Using the right study strategies for the right subjects
Different subjects will require different study strategies.

Sleep
Getting quality sleep is essential for information retention

Prevent overlearning
Use study methods like Pomodoro to prevent overlearning

Paraphrasing and reorganizing concepts
Paraphrase and reorganise concepts learned in your own words

Conducive environment
A conducive environment is essential for effective learning.

©Tutopiya

Useful Apps



- **Note-taking**

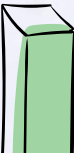
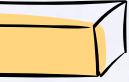
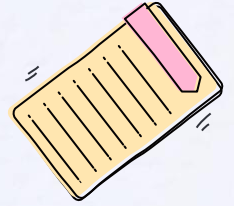
- Goodnotes or Notability
- OneNote
- Notion
- Samsung Notes
- Noteshef

- **Productivity/Organization**

- Google Calendar
- If This Then That (IFTTT)
- Evernote
- Any.do



Activity!



Sign out

Scan the QR code to sign out and earn points!



Uh-Oh?! Raffle?!

