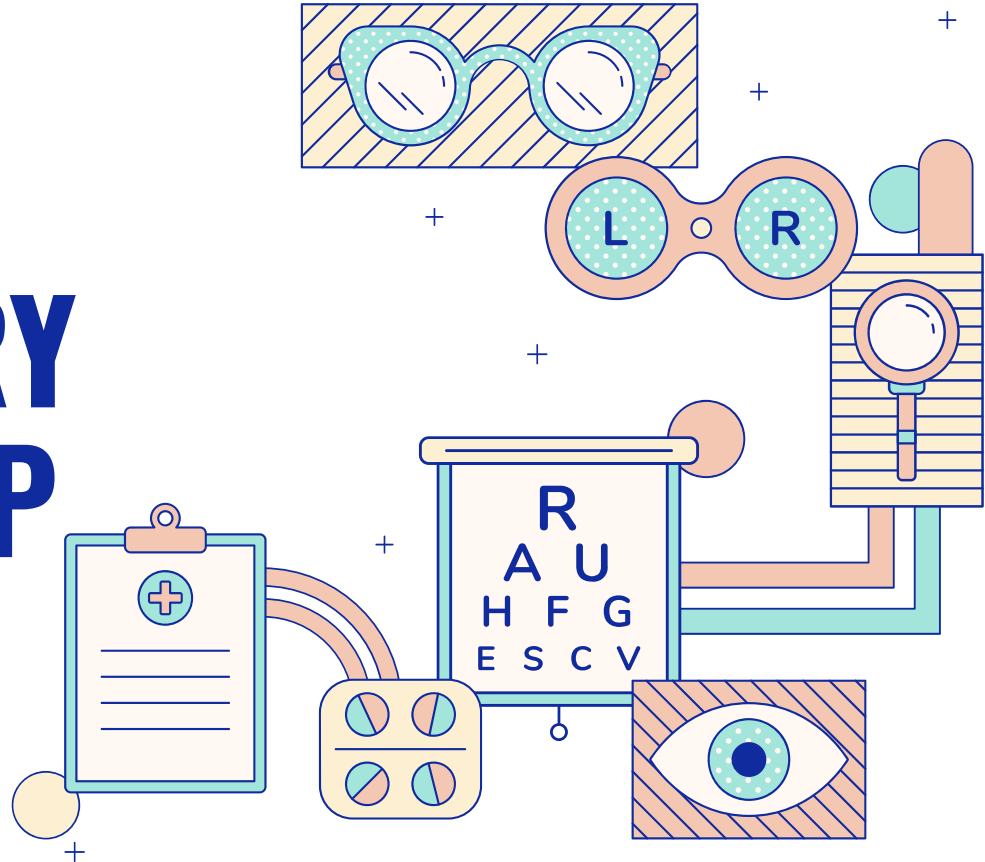


PRE- OPTOMETRY WORKSHOP

AED x POPS



THANK YOU, AED!



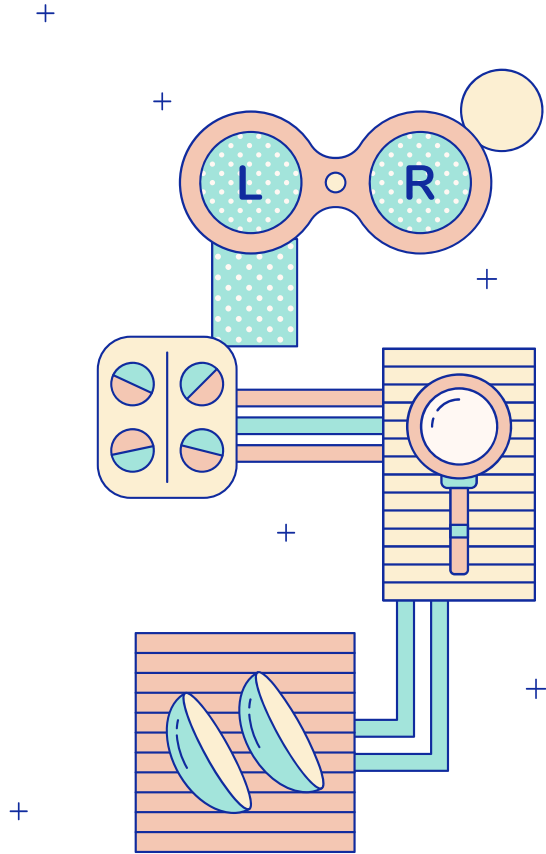
Throwback to our 1st collaborative workshop on Feb 2023.

Thanks for having us back!

WWW.UHPOPS.ORG

[@UH_POPS](https://twitter.com/UH_POPS)

SEPTEMBER 19, 2023



INTRODUCTION

The Pre-Optometry Professional Society (**POPS**) is the only pre-optometry organization on campus. We aim to offer our members exposure to vision health, as well as to educate our members about the requirements for gaining admission to a professional program.

Did you know that **UHCO** is one of two optometry schools in Texas? The other one is in San Antonio!





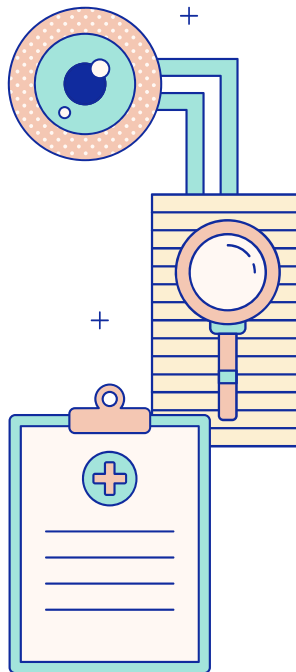
CHELSEA ABAD

PRESIDENT

Senior

Nutrition

Minor: Biology



HANNAH PHAM

VICE PRESIDENT

Junior

Biology

Minor: Entrepreneurship

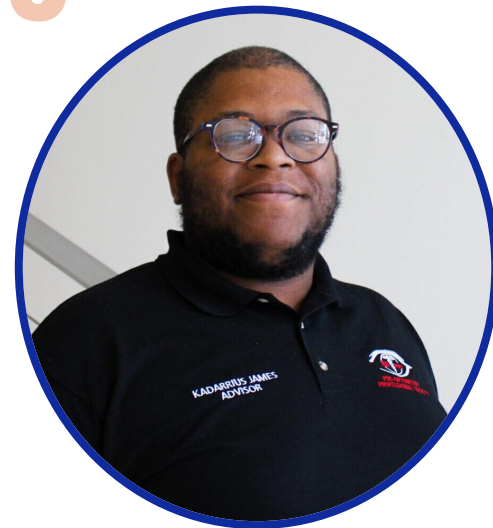
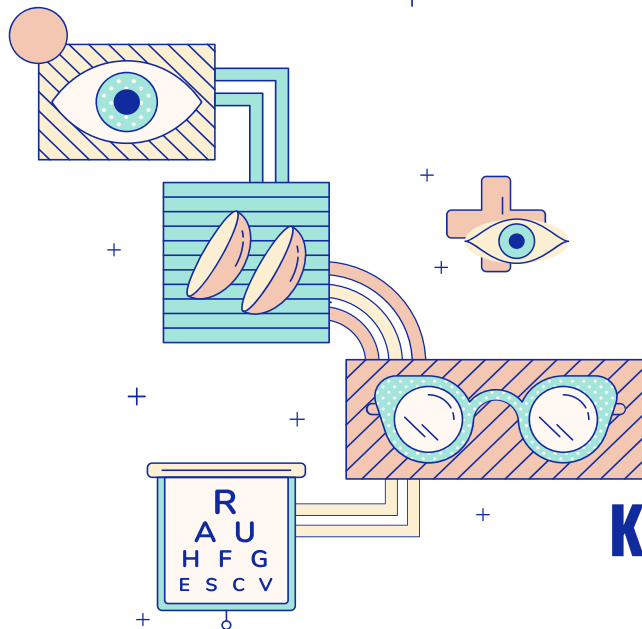
OUR ADVISORS



LYLE TATE

UHCO Admissions & Student Services

Email: dltate@central.uh.edu
Phone Number: 713-743-2044



KADARRIUS "KJ" JAMES

UHCO Program Manager for Admissions, Recruiting, and Advising

Email: kkjames@central.uh.edu
Phone Number: 713-743-8694

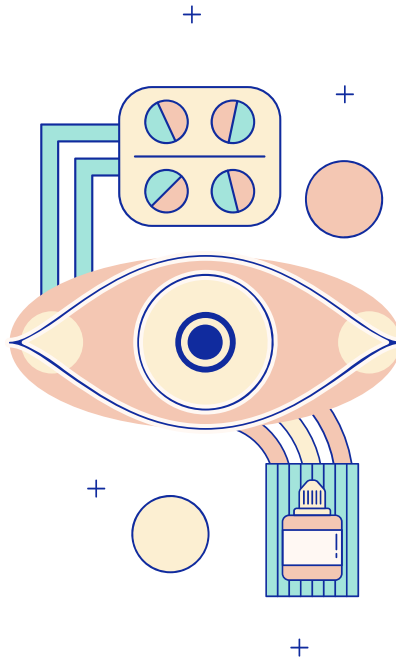
OPTOMETRY VS OPHTHALMOLOGY

OPTOMETRY?

Optometrists are **eye doctors** that conduct comprehensive eye exams. They dispense prescriptions for glasses, contacts, infections, and diseases. Other assessments include testing for glaucoma and diabetic retinopathy.

EDUCATION

- Bachelor's degree (4 yrs)
- Optometry school (4 yrs)
- Optional residency (1 yr)



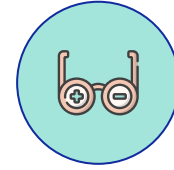
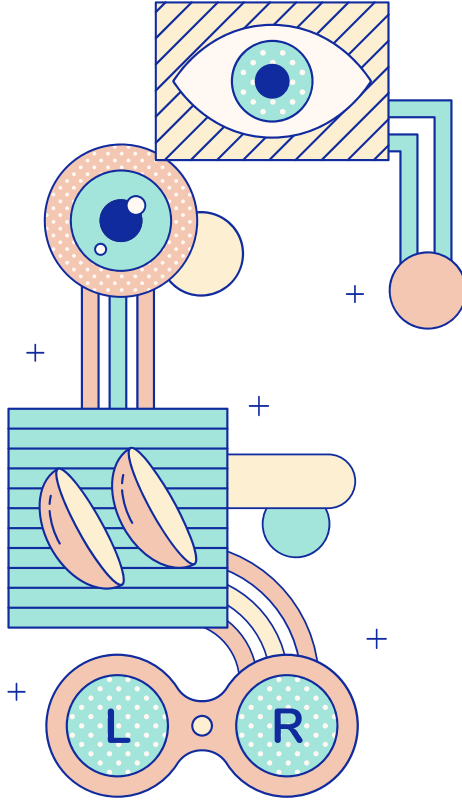
OPHTHALMOLOGY?

Ophthalmologists are **eye surgeons**. Examples of common procedures performed include LASIK and cataract surgery. They may also dispense Rx for glasses and/or contacts.

EDUCATION

- Bachelor's degree (4 yrs)
- Medical school (4 yrs)
- Internship (1 yr)
- Residency in ophthalmology (at least 3 yrs)

WHY OPTOMETRY?

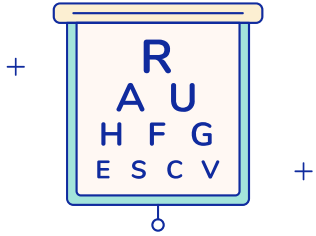


CHELSEA

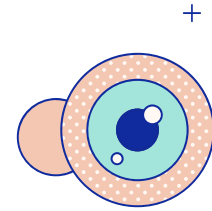
Has worn glasses since 1st grade & always left the optometrist's office with a great experience and more knowledge about sight. **Good vision is a privilege, but at least glasses are fashionable!** Working at a clinic is also very fun & rewarding!

HANNAH

Dad was an optometrist and grew up at his clinic. Got to really experience all the good optometrist do first hand. **Optometry is a great field for those with a passion for helping others.**



BENEFITS

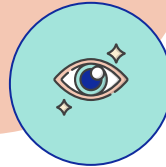
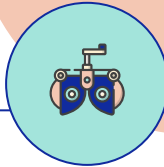
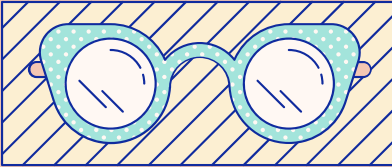
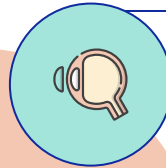
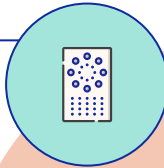


Work/Life Balance

Most offices are closed on weekends and are usually open late mornings to before sundown

Specialties

Private practice, contact lens, sports vision, pediatrics, low vision, vision therapy, corporate, research



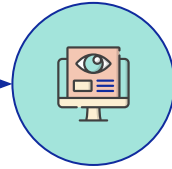
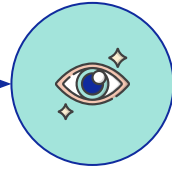
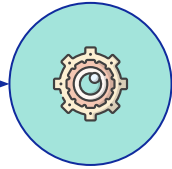
Managing Life-Changing Diagnoses

Glaucoma, diabetic retinopathy, retinal detachment, macular degeneration

Patient Interaction

Annual eye exams, building relationships with families

ROADMAP TO OPTOMETRY



FRESHMAN

- Build a strong GPA
- Find volunteering & shadowing opportunities
- Be active in any organization(s) that you are passionate about!

SOPHOMORE

- Continue volunteering & shadowing in optometry settings
- Work at an optometrist's office

JUNIOR

- Study for the OAT
- Write a personal statement
- Ask for Letters of Evaluation
- Continue all of your hard work!

SENIOR

- Applications open June 30 or July 1
- Ace your interview!
- Enjoy the rest of your senior year :)

ABOUT POPS

MEMBER OPPORTUNITIES

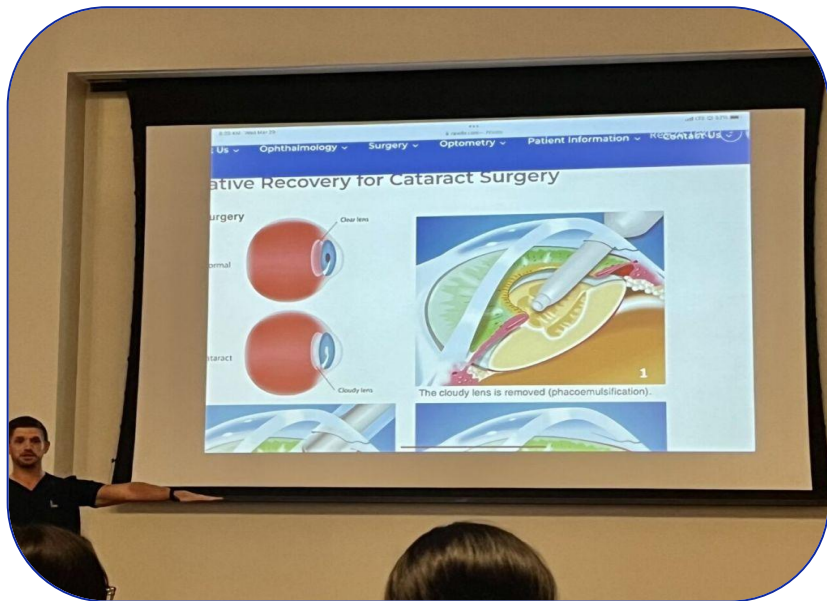
- Community of pre-optometry students
- Scholarships
- Monthly socials
- Families

OPTOMETRIC OPPORTUNITIES

- Direct communication with advisors from UHCO
- Meetings featuring speakers in the OD field
- Optometric volunteering opportunities
- Job, shadowing, surgical observations, and research opportunities
- Exposure to Optometry through major events (Texas Optometric Association & Spring Conference)
- Discounted OAT Prep & Jaanuu Scrubs



CATARACT SURGERY OBSERVATION



Eating breakfast while listening to the Alcon rep



On our way to watch the surgery!

TOA SUMMIT FEB '23



Friday night to Sunday morning in Austin with TOA at the JW Marriott



Spirit competition winners! WOMP WOMP! GO COOGS!

SPRING CONFERENCE APR '23



UH POPS chapter attendees

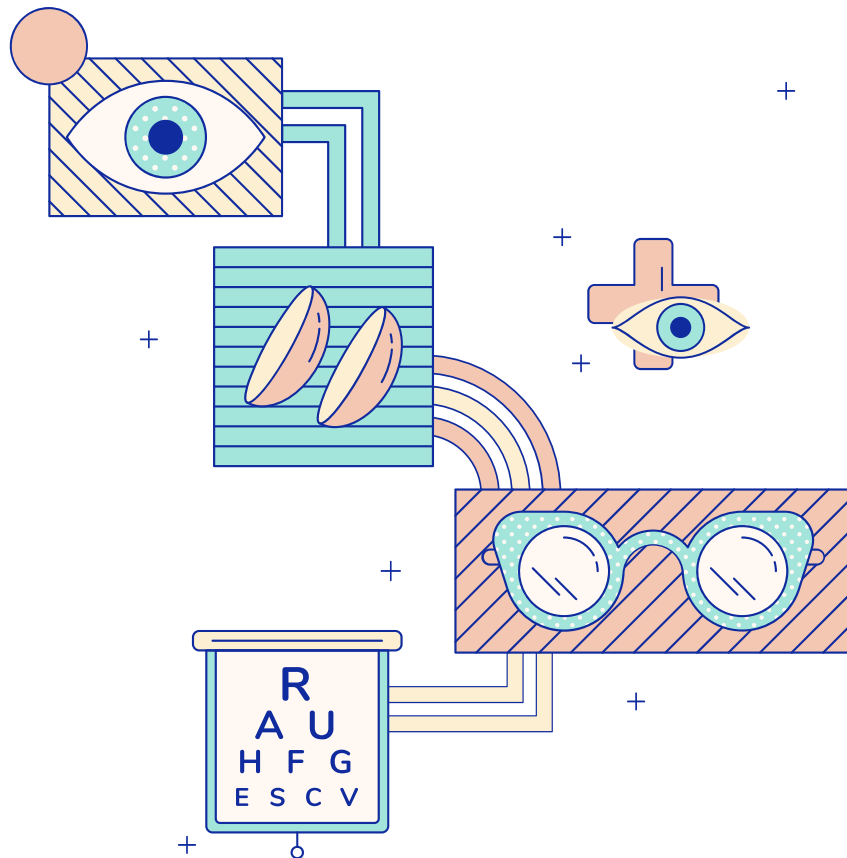


Brittney Juarez: Sports Vision Training
Dr. Marcia Moore, OD: Vision Therapy
Dr. Tyson Brunstetter, OD: Aerospace Optometry

THANK

+ YOU!

Any questions?
uhpops@gmail.com



KAHOOT!

Split up into groups of 2-3. 1st place team gets a prize!

