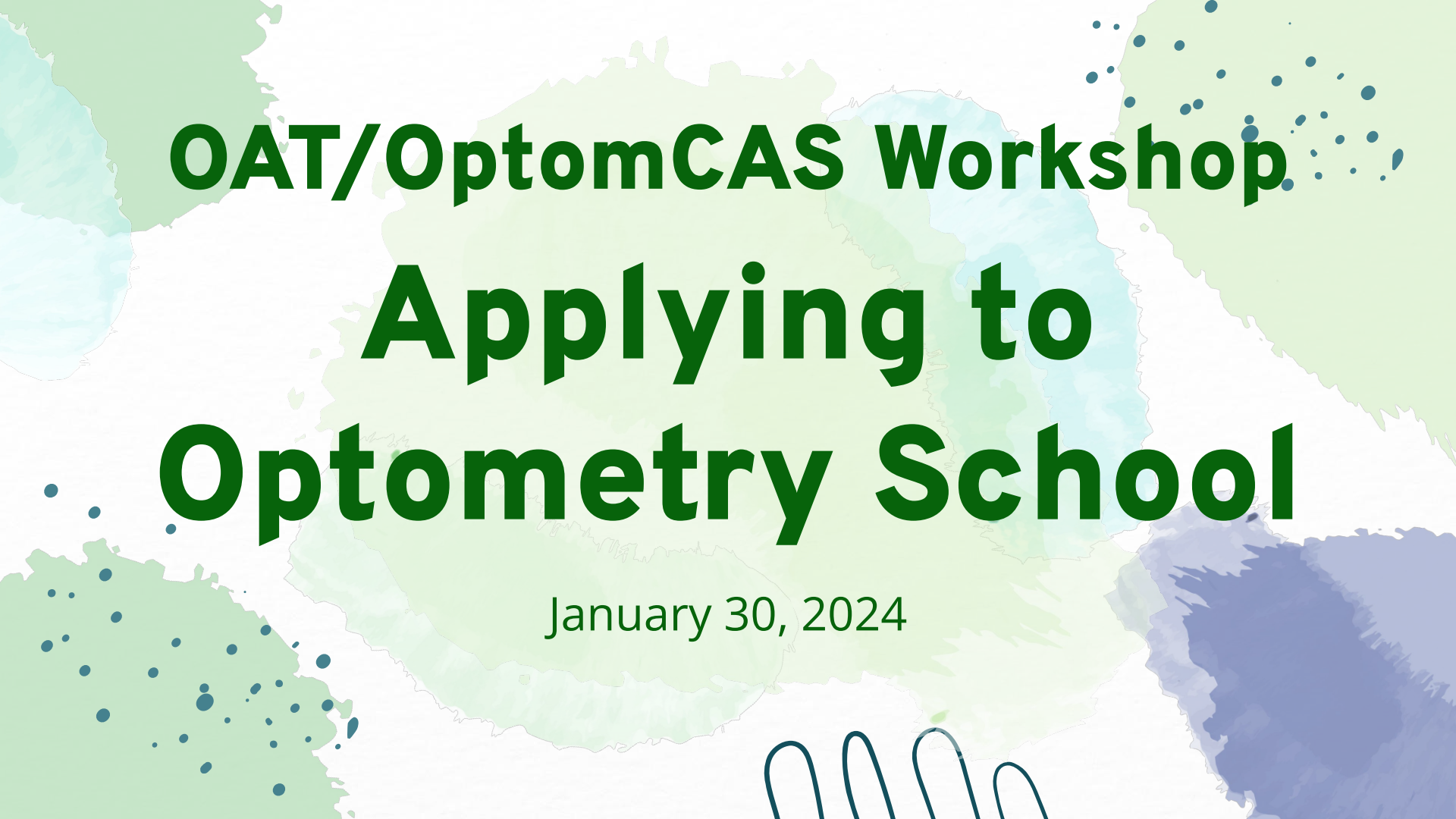


# Welcome!

Please scan the QR code to sign in.

If you're having issues, please email  
[uhpops.secretary@gmail.com](mailto:uhpops.secretary@gmail.com)





**OAT/OptomCAS Workshop**  
**Applying to**  
**Optometry School**

January 30, 2024



# Officers Presenting



**Chelsea Abad**

**President**  
Senior  
Major: Nutrition  
Minor: Biology



**Randi Culpepper**

**Public Relations Chair**  
Senior  
Major: Biology  
Minor: Psychology & Medicine  
and Society



**Felix Lozano**

**Webmaster**  
Junior  
Major: Biology  
Minor: Public Health

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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](https://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](https://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](https://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

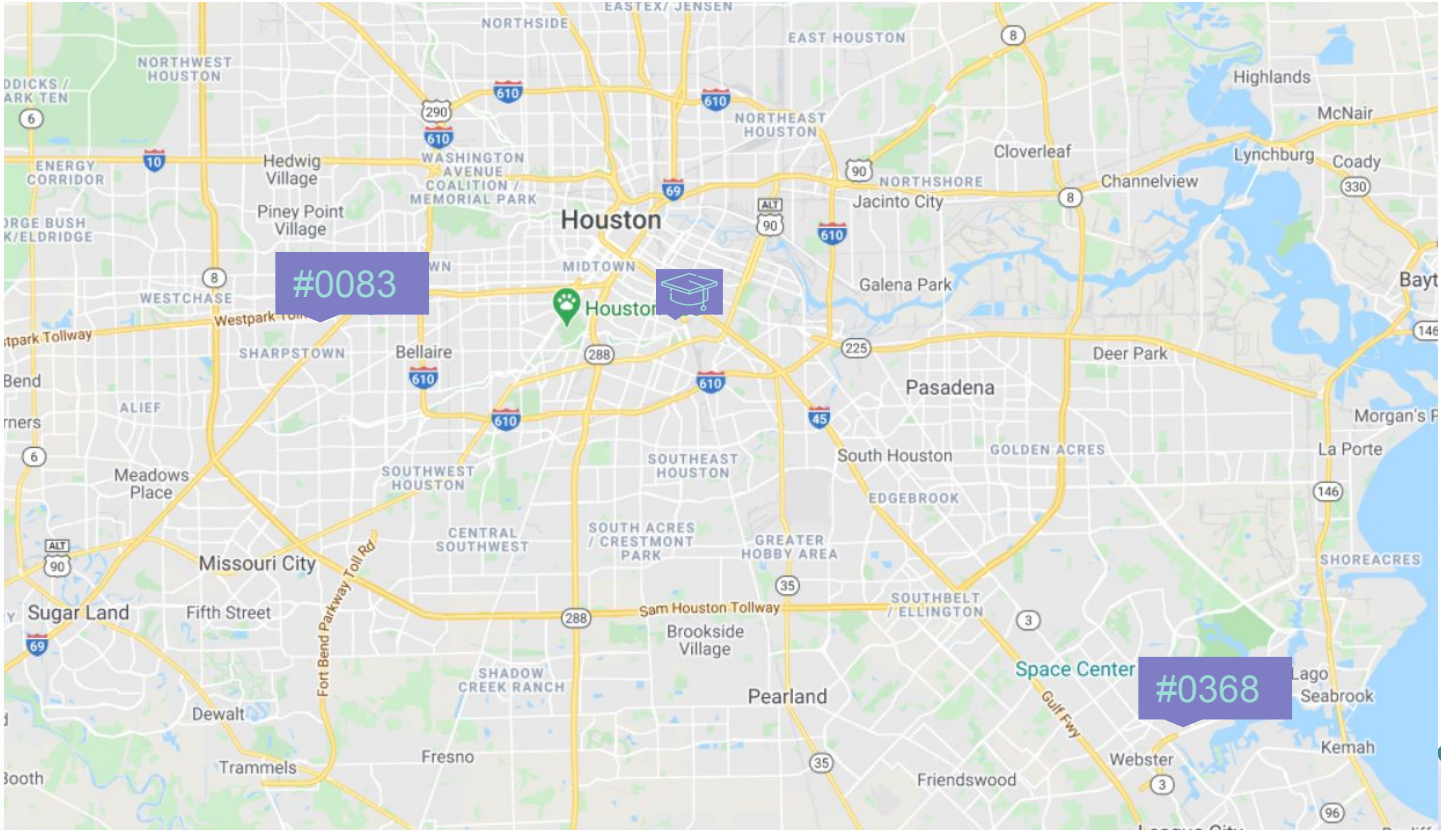
- **Houston Space Center #0368:** 16055 Space Center Blvd Suite 200 Houston, TX 77062
- **Harwin #0083:** 7111 Harwin Suite 100 Houston, TX 77036



## Extra tips

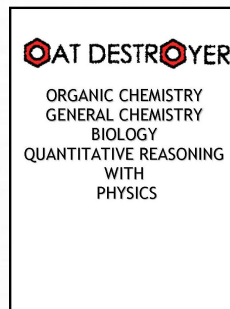
- Make sure your name is an exact match on all your ID's
- Use the bathroom before you start
- Arrive early

# Testing Centers in Houston

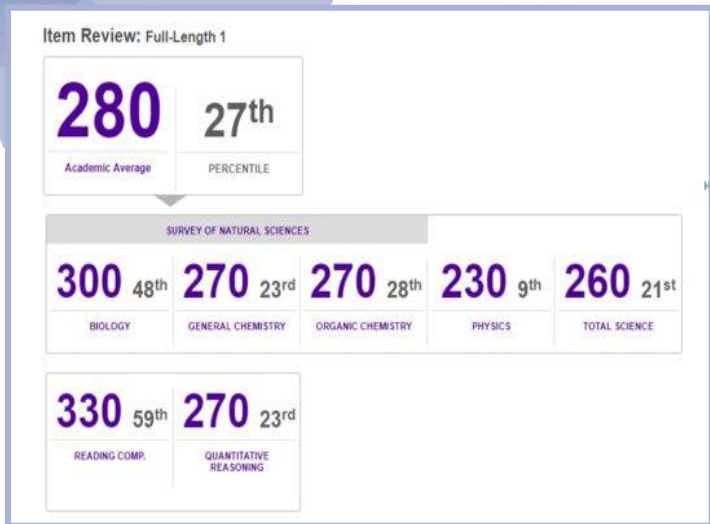


# OAT Resources

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



# 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.

## Finish Up Notes

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

## Practice Exams

Start doing practice exams and get the timing down.

## Light Review

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

# 02

## OptomCAS

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

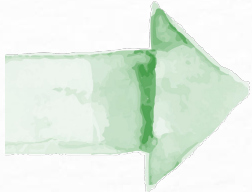
# Personal information

COVID-19

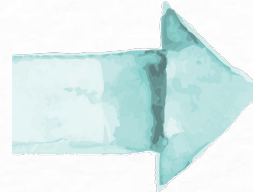


Enter your responses to questions related to COVID-19 impact.

- “Did your institution move to offering only an online curriculum during the COVID-19 crisis? If yes, what classes/labs were affected? Please include what semester.”
- “Did you have an opportunity to receive a letter grade for any of your courses during the COVID-19 crisis? If yes, please include courses.”
- “How has the COVID-19 crisis impacted your pathway to optometry school through your academic, professional and personal life? How have you responded to these changes?”
- **May vary depending on the school you are applying to.**



How did you adapt to the changes of COVID?



How did COVID change your path into optometry?

# 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



## 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

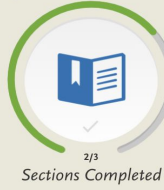
# Program Materials

<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




2/3 Sections Completed

**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

New England College of Optometry

Home Questions Documents Prerequisites

Deadline: 03/31/2021

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](mailto: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: <b>March 31, 2021</b>	City: <b>Boston</b>	State: <b>MA</b>
Program Name: <b>New England College of Optometry</b>	Start Term: <b>Fall</b>	Supplemental Application: <b>No</b>
Accreditation Status: <b>Accredited</b>	Start Year: <b>2021</b>	Degree: <b>OD</b>

# Program Materials - Personal Statement

What is it?	What do you write about?	Tips and Recommendations
<ul style="list-style-type: none"><li data-bbox="247 397 683 430">• A short essay about you.</li></ul>	<ul style="list-style-type: none"><li data-bbox="757 397 1128 489">• Why did you choose Optometry?</li><li data-bbox="757 514 1193 718">• Work &amp; personal experiences, extracurricular activities, etc.</li><li data-bbox="757 743 1097 776">• Professional goals</li></ul>	<ul style="list-style-type: none"><li data-bbox="1267 397 1644 430">• Be clear and concise</li><li data-bbox="1267 455 1663 604">• Look at examples and get feedback from optometrists, etc.</li><li data-bbox="1267 630 1702 779">• Keep it professional, but remember to show personality</li><li data-bbox="1267 804 1682 837">• Tailor it to the program</li></ul>

# Program Materials - Questionnaire/Short Answer Response

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

# 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

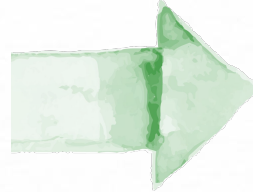
# Open v. Closed File

## 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.

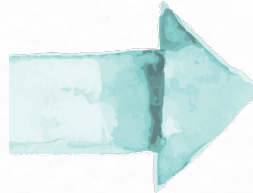


### Examples

- Grades/GPA
- Personal Statement
- OAT
- Experiences

### Closed File

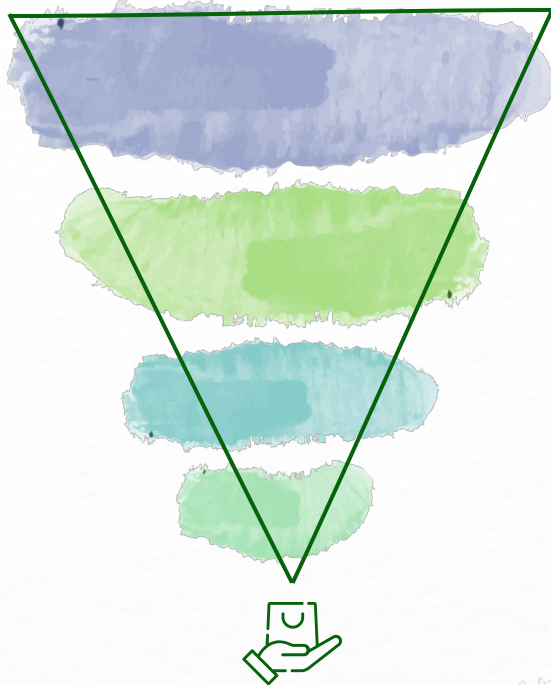
Prepare for questions more centric about yourself and your pathway to optometry.



### 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 & KJ
- 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:

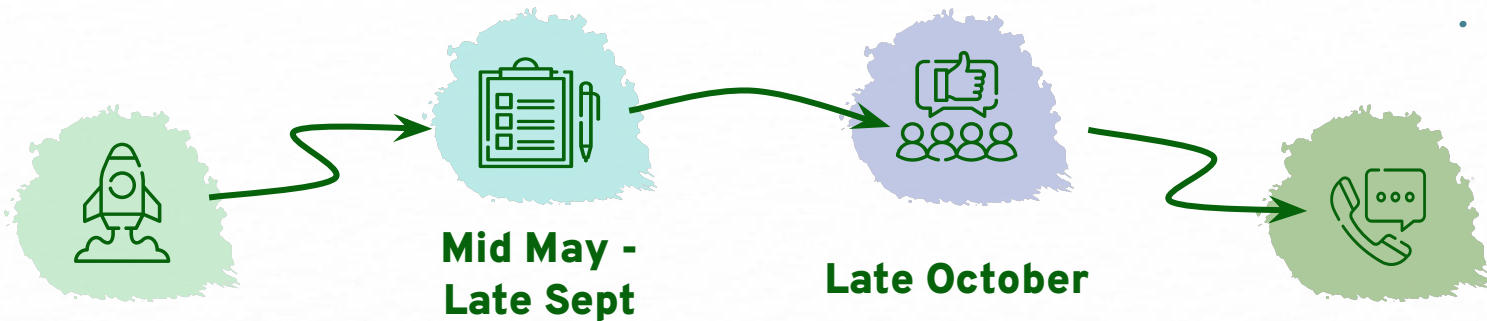
- Practice, Practice, Practice!
- Remember why you're doing this
- Have confidence in yourself
  - You're trying to sell yourself
- Be ready for follow up questions
- Speak from the heart
  - OD schools want to know who you're a person, not just an academic robot
- It's not as bad as what you think it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

## Late 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

## Chelsea

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

#2. It's okay if you decide to take a break. We are still young and life is not a race!

## Randi

#1. Our journeys are similar, not identical!

#2. Research the schools you are interested in.

## Felix

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

#2. Set small goals





**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](mailto:uhpops.secretary@gmail.com)

