

Checklist & Timetable for Students Applying to Optometry School

Freshmen Year

- Begin taking your first Biology and Chemistry courses (with corresponding labs)
- Focus on grades! To be competitive for optometry school, you need at least a ~3.3 GPA
- Begin building relationships with professors who can later serve as mentors, offer you the opportunity to participate in research, or write recommendations on your behalf

Sophomore Year

- If you haven't already, consider participating in extracurricular activities, which will enhance you as an optometry school applicant
- Spring/Summer of sophomore year
 - Start prepping for the OAT
 - Seek out opportunities for internships (research and/or shadowing optometrists)
 - Research potential optometry schools & visit their campuses.

Junior Year

- Fall of junior year
 - Take an OAT prep course
 - Check application deadlines for schools
 - Seek out recommendation letters
 - Begin writing personal statement
- Spring of junior year
 - Take the OAT (average competitive score: ~330)
 - Complete OptomCAS application
 - Submit all application materials by December-June (*varies by school*)

Senior Year

- Send thank you notes to your recommenders
- Prepare for interviews (mock interviews)

Required Courses: (*vary by school*)

- 8 hours of general biology with laboratory
 - 8 hours of general/inorganic chemistry with laboratory
 - 8 hours of general physics with laboratory
 - 6 hours of Anatomy & Physiology
 - 6 hours of English
 - 4 hours of organic chemistry with laboratory
 - 4 hours of Microbiology with laboratory
 - 3 hours of Biochemistry
 - 3 hours of Calculus
 - 3 hours of Statistics
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