

PRE-OPTOMETRY

Doctor of Optometry (OD)

***RECOMMENDATIONS ONLY**

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|----------------------------|---|
| Biology | <input type="checkbox"/> BIOL 2051 - General Biology: Organismal Diversity <input type="checkbox"/> BIOL 2052 - General Biology: Cell Structure and Function <input type="checkbox"/> BIOL 3101 - Anatomy & Physiology I <input type="checkbox"/> BIOL 3102 - Anatomy & Physiology II <input type="checkbox"/> BIOL 3151 - General Microbiology |
| Chemistry | <input type="checkbox"/> CHEM 1110 - General Chemistry I <input type="checkbox"/> CHEM 1120 - General Chemistry II <input type="checkbox"/> CHEM 2210 - Organic Chemistry I <input type="checkbox"/> CHEM 2220 - Organic Chemistry II <input type="checkbox"/> CHEM 2230 - Organic Chemistry Lab <input type="checkbox"/> CHEM 4510 - Biochemistry |
| Physics | <input type="checkbox"/> Physics 1511 - General Physics I <input type="checkbox"/> Physics 1512 - General Physics II |
| Math | <input type="checkbox"/> STAT 1772 - Statistical Methods <input type="checkbox"/> Math 1420 - Calculus I |
| Social Sciences | <input type="checkbox"/> PSYCH 1001 - Introduction to Psychology |
| Suggested Electives | <input type="checkbox"/> BIOL 3106 - Vertebrae Anatomy <input type="checkbox"/> BIOL 3140 - Genetics <input type="checkbox"/> BIOL 4128 - Cell Biology <input type="checkbox"/> BIOL 4150 - Immunology <input type="checkbox"/> PH 2160 - Medical Terminology <input type="checkbox"/> PHIL 2500 - Ethics |

****The courses above are recommendations. Students are responsible for reviewing the requirements of the program(s) they plan to apply for to ensure they are meeting that program's specific requirements.***

UNI Resources

- Pre-Health Advising website: advising.uni.edu/pre-health
- Pre-Health Tracker: Virtual tool intended to organize all relevant information in one place!

Suggested Course Sequencing

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|--|---|
| Fall BIOL 2051 or BIOL 2052 - General Biology OD or CSF CHEM 1110 - General Chemistry I | Spring BIOL 2051 or BIOL 2052 - General Biology OD or CSF CHEM 1120 - General Chemistry II |
| Fall BIOL 3101 - Anatomy & Physiology I CHEM 2210 - Organic Chemistry I | Spring BIOL 3102 - Anatomy & Physiology II CHEM 2220 - Organic Chemistry II CHEM 2230 - Organic Chemistry Lab |
| Fall Physics 1511 - General Physics I CHEM 4510 - Biochemistry | Spring Physics 1512 - General Physics II |

Observation Hours & Experiential Learning

Exposure to healthcare professions and experience in healthcare settings are expected. Shadowing allows you to observe a professional at work and will help you learn more about a specific profession and reflect on whether it is a good fit for you. Students are encouraged to complete multiple shadow experiences in a variety of settings throughout their college experience.

Additionally, volunteering in a hospital or clinic, volunteering with a related service organization, or participating in science research strengthens applications by demonstrating a commitment to service and the development of a well-rounded health experience. Commitment to "service of others" through non-medical volunteer activities is expected.

Optometry Admission Test (OAT)

The Optometry Admission Test ([OAT](#)) is a comprehensive examination that enables optometry education programs to assess the knowledge and preparedness of program applicants. The OAT is composed of multiple-choice test questions (items) presented in the English language. It consists of four sections: Survey of the Natural Sciences, Reading Comprehension, Physics, and Quantitative Reasoning.

Application Process

[OptomCAS](#) is the Optometry Centralized Application Service. Through this service, applicants can file a single application and submit it to multiple optometry programs. All schools and colleges of optometry participate in OptomCAS. Applications are submitted one year before students expect to enter their program and are available for submission in early June. Schools view applicants on a rolling basis – apply early when the application opens!

Letters of Recommendation

If you are applying to optometry programs, you are required to submit 3 letters of recommendation via the application service. We recommend that you have at least 1 academic science letter, 1 non-science academic letter, and a letter from a professional in the field.