

Many optometry schools require the following courses before being considered for admittance. These are general recommendations, as specific requirements vary by school. These courses must be completed with a minimum grade of 'C', higher preferred. Requirements are subject to change each year. **Be sure to research schools of interest for current prerequisites.**

**BIOL 120/121** Biological Concepts I (4)  
**BIOL 122/123** Biological Concepts II (4)  
**BIOL/CHEM 446** Biochemistry (3)  
**BIOL 207/208** General Microbiology (4)  
or **BIOL 226/227** Microbial Biology & Diversity (4)

**CHEM 120/121** College Chemistry I (5)  
**CHEM 222/223** College Chemistry II (5)  
**CHEM 340/341** Organic Chemistry I (5)

**PHYS 231/232** Physics & Biophysics I (4)  
**PHYS 332/233** Physics & Biophysics II (4)

**MATH 136** Calculus I (4)  
**MATH 183** Introductory Statistics (3)  
or **BIOL 382** Introductory Biostatistics (3)

**PSYS 100** Introduction to Psychology (3)  
Two semesters of English

Some schools recommend/require:

**BIOL 131** Anatomy & Physiology  
Two additional social sciences and/or humanities

Other courses that will assist with optometry school preparation include: Cell/Molecular Biology, Genetics, Histology, Immunology, Computer Science, and Ethics.

Note: Some schools do not accept AP credit. **In consultation with your advisor(s), it is vital to research all programs of interest to ensure all prerequisite courses and experience requirements are met before matriculation.**

## What should my major be?

You can major in anything you like to prepare for optometry school as long as you fulfill the prerequisites for your professional school of interest. A major in the sciences is not required. However, having a strong background in the sciences will certainly help you as you pursue pre-medicine, as it gives you a good foundation to build upon. "Pre-Optometry" is not a major, but is an 'advisement' that should be declared alongside your major in order to receive specialized advising towards your goal of attending optometry school.

## Application Checklist - Start Now!

- **ADVISING** | Meet with a pre-health advisor ASAP to map out your plan toward optometry school admission. Plan to meet with your pre-health advisor consistently throughout your journey.
- **RESEARCH** | Determine which optometry schools you are interested in. A good place to start is the AOA, ASCO, or OptomCAS websites, where you can find information on programs and their timelines.
- **PREREQUISITES** | Research each school to understand and begin work as soon as possible on their application requirements including courses, GPA, shadowing, patient care, etc.
- **TIMELINE** | Know the application start date and deadlines for each school you are interested in. Some schools have rolling admissions. The OptomCAS application opens in June.
- **EXPERIENCE** | Start early with shadowing and working with patients in the optometry and healthcare field. Research and strive to exceed the number of hours each program of interest requires.
- **INVOLVEMENT** | Be involved in meaningful activities such as research, community service, work, and extracurriculars that are meaningful and unique. Well-rounded applicants are more competitive.
- **RECOMMENDATIONS** | Determine what types and how many references your schools of interest prefer and begin building relationships with potential letter writers/ committee members.
- **OAT** | Study for the OAT at least 6 months prior to attempting the test. Register for your desired date as soon as possible, taking it during the spring a year prior to matriculation.
- **PERSONAL STATEMENT** | Start to write your personal essay prior to the application in a word document. Be sure to edit it carefully and have others review and edit as well.