

The Pathway to Optometry School for Post-Bacc Students

GETTING STARTED

Medical Applicant Portal (MAP): MAP is an online resource for post-bacc students and alumni to identify themselves as Pre-Med and stay informed of important dates and events. It also serves as a portfolio to help prepare students for the application process. Create a MAP account in StudentHub!

Connect with us: [Meet your pre-health advisor](#), register for [upcoming events](#), sign up for our [monthly newsletter](#), and read up on our latest [blog posts](#) from students, staff, and alumni! Follow us on Instagram and Facebook @NUPreHealth

APPLICATION & TIMELINE

The application process for optometry school **begins every year in late June/July** and is a **year-long application process**. Applicants should have their prerequisite courses and OAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about the application process: [OptomCAS](#)

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to optometry school - more information and resources are [on our website](#).

EXPERIENTIAL PREPARATION

Optometry students must possess a broad range of competencies to successfully learn and develop in optometry school and become effective optometrists. The medical competency model includes **professional, thinking and reasoning**, and **science competencies**, and serves as a roadmap for students as they prepare to succeed in optometry school. View the [AAMC Core Competencies](#) here.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by optometry school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, clinical exposure**, and **optometrist shadowing**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review the linked list of [accredited optometry schools](#) in the United States.

Common courses include:

- **Biology** with labs (Two semesters)
- **General/Inorganic Chemistry** with labs (Two semesters)
- **Organic Chemistry** with lab (One semester)
- **Physics** with labs (Two semesters)
- **Anatomy & Physiology** (One semester)
- **Microbiology** with lab
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)
- **Psychology**

ENTRANCE EXAM

Pre-Optometry students will take the [Optometry Admissions Test \(OAT\)](#). We recommend that pre-optometry post-bacc students plan to take the OAT **after completing all laboratory science prerequisite courses** and the applicant has had **3-5 months to study**. Applicants should take the OAT prior to submitting their application to optometry programs.