

Timeline Table- High School

Things you can do as a high school student to explore optometry as a career:

- Talk to your high school counselor about career goals.
- Ask for recommendations/suggestions to make high school work tailored to your goal.
 - ❑ Involve science and math coursework and consider where you will attend college as a pre-med major (same as being a pre-optometry major).
 - ❑ Take coursework; physics, biology, chemistry, anatomy, physiology.
 - ❑ Take as many AP classes in science and math as the high school offers.
- Take courses in interpersonal communication and public speaking. You will need to put patients at ease when they are in your office, you need to be very comfortable talking to people you need to know how to read body language especially if you have to deliver less than positive news, for example, you have cataracts or all four of your children need glasses.
- Shadow as many optometrists and ophthalmologists as you can. This will really give you a chance to see if this is what you really want to do.
 - ❑ Shadow optometrists in different practices and specialties to expand your interests.
- Ask questions and write down experiences and what you have learned to help with your personal statement and interview.
- Research optometry schools. Attend Admissions Open House for Optometry Schools to learn more about the profession and talk to students.
 - ❑ Write down your experiences and what you learned to use for your essay and interview
- Decide which undergraduate major will best fit optometry
 - ❑ Biology and chemistry are the first and second choices for undergrad majors because they most naturally include as requirements the same prerequisite course requirements for optometry school
 - ❑ Psychology is also a popular undergrad major, being the third most common choice and since daily duties of being a healthcare provider mostly involve patient interaction, it is a great option
 - ❑ Psychobiology or Integrative Biology are undergrad majors that combine psychology and biology, being designed specifically for future health care providers