



Name:	Email:
A Number:	Year in School:
Major(s):	Current GPA:
Minor(s):	Expected Graduation Date:
Previous Degrees:	Expected Date of Application:
State of Residence:	Are you planning to apply as an international student?
Issues I need assistance with / want to discuss:	

As you begin this Action Plan, here are a few important things to consider:

- Review the [Pre-Optometry](#) webpage before you complete this Action Plan, or as you are working on it.
- No matter if you are a freshman or a senior, it's important to consider what optometry programs you plan to apply to early on in the process, as that will drive your choice of prerequisite courses and experiences.
- At the end of this document, there is a section where you can start researching Optometry programs and review their application profile.
- Remember - the more you fill out and the more specific you are in your answers, the better Dr. Gonzales will be able to help you.
- When you have filled out this document to the best of your ability, you may make an appointment to discuss your plan with Dr. Gonzales. To schedule an appointment, follow the "Make an Appointment" link on the Health Professions home page.



Optometry Action Plan

Academics & Prerequisites	Courses Completed or In Progress:	Grade	Courses Planned:
<p>Status of prerequisite courses for occupational therapy schools I'm targeting. Include grade received for courses completed.</p> <p>Visit this link for the most up-to-date list and details regarding TAMU-CC Pre-Optometry prerequisites.</p> <p><i>Remember:</i> Prerequisites can vary from one school to another, it is important for you to research those programs for which you are interested in applying to.</p>	Ex. BIOL 1406	A	

This is not a checklist! These activities should be a reflection of your interests and passions.

Experiences	Completed or in progress:	Time (length of commitment)	Experiences you plan to gain & when:
Work Employer, position			
Volunteer Organization, position			
Shadowing Who, where			
Research Where, topic			



Optometry Action Plan

Learning Abroad Destination, topics studied			
Student Organizations Organization, position			
Other Experiences?			

Letters of Recommendation	List the people you plan to ask to write you a letter. Describe who they are and why you are choosing them.
Identify 2-3 people who could complete a letter of recommendation for you.	<ol style="list-style-type: none"> 1. 2. 3.

Optometry Admission Test (OAT)	
The OAT is required by all U.S. dental schools. Learn more about the OAT	I plan to take the OAT on the following date: If already complete, list your score:

Personal Statement



Assistance from the Pre-Pro website	Writing Your Application Essays
Write a draft of your statement	I wrote a draft of my personal statement - Yes / No. What number draft am I on? _____
Seek advice on your draft. List 3 people who can review your statement.	1. 2. 3.

Application

Complete this section if you are starting the process of completing/submitting your occupational therapy school application.

OptomCAS Most schools use OptomCAS (Optometry Centralized Application Service) for their application.	I have reviewed the OptomCAS Process : Yes / No
Transcripts: Request/obtain official and unofficial copies of transcripts from all schools attended.	Received/requested copies of official transcripts: Yes / No
Letters: Work with letter writers to submit letters in the format needed (by application service/system).	Communicated with letter writers about how to submit letters & deadlines: Yes / No
Completion date	I plan to have the OptomCAS submitted by the following date:

Interviewing

Get assistance from Career Services!	Encouraged, but optional http://career-services.tamucc.edu/current%20students/mock_interviews.html
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Optometry School Research

When researching occupational therapy schools that you would like to apply to, it can be helpful to compare different schools. In the following table, we have included some criteria to get you started on this process.

Step 1: Optometry School Comparisons

Search programs by using the Occupational Therapy School [online directory](#). Expand this table to match your number of schools and criteria! Please explain how each school fulfills the criteria you are considering.

<u>School Name</u> ↓	<u>Criteria 1</u> GPA/OAT (averages for matriculants)	<u>Criteria 2</u> In-State/Out-of-state %	<u>Criteria 3</u> Required number and type of LOR	<u>Criteria 4</u> Expected Prerequisites



Step 2: Other Criteria Selection

Choose criteria that are important to you. Some examples include (not an exhaustive list):

- ✦ Application fee
- ✦ Tuition
- ✦ Financial aid options
- ✦ Number of applicants / Percent accepted
- ✦ Specialty choices
- ✦ Student body/school size
- ✦ Accredited program?
- ✦ Combined degree programs
- ✦ Early Decision Program?
- ✦ Residency rates (In-state vs. Out-of-state)
- ✦ Secondary application required?
- ✦ Percent of students with advanced degrees
- ✦ On campus housing available?
- ✦ Community service required (as part of the curriculum)?
- ✦ Research / Thesis required (as part of the curriculum)?
- ✦ Diversity of student body
- ✦ Location and climate
- ✦ Applications accepted from international applicants?