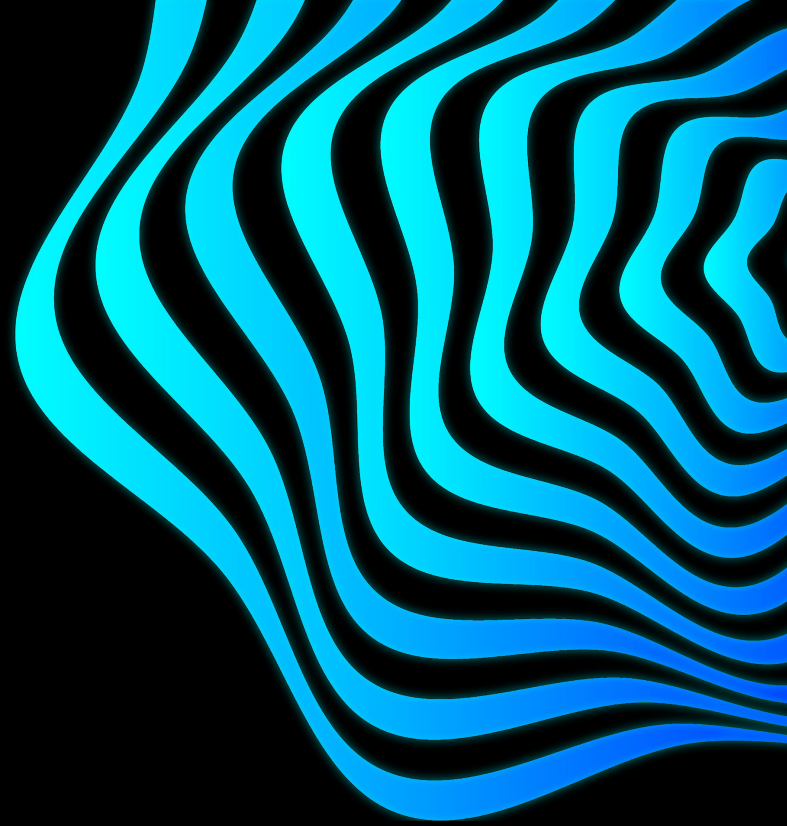


# Allied Health Career Portfolio: Optometrist

By: Giselle Flores  
ACES Emerging Interest: Allied Health  
Sciences  
Class of 2026



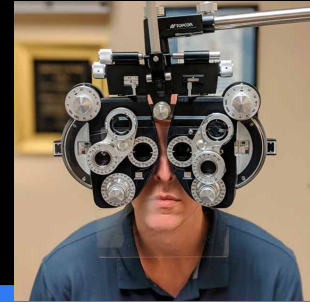
# Job Description

After earning a bachelor's degree in a science related major or completing required classes, obtaining a Doctor of Optometry (O.D.) degree, and with proper training you are responsible for:

Diagnosing, treating conditions, and diseases of the human eye and visual system. You will also prescribe and adjust eyeglasses, contact lenses, and other vision aids for a patient. Provide patient(s) with educational background on contact lens care, safety factors, and visual hygiene.



# Career Competencies



## Communication

Being able to discuss a patient's medical history. When performing an eye health exam, you need to be able to talk with the patient comfortably and know when they feel any type of discomfort. You would also need to plan out expenses and continuing treatment if needed.

## Teamwork

Optometrists work in an office environment where receptionists, opticians, and ophthalmologists work. Working with receptionists allows them to organize the operations of the office and patient flow. If there is any concern with a patient's exam results, optometrists may need to discuss with other professionals for further information.

## Technology

When conducting an eye exam, there are many tests that can be performed. An autorefractor is used to measure a patient's refractive error and contact prescription. You would need to know how to operate the machine because it comes into direct contact with the patient's eye and pressure is applied. A phoropter is most commonly known, but introduced during your clinicals in optometry school.

# Personal Career Competencies

## **Most-Developed: Equality/ Inclusion**

This will help me succeed in my profession because coming from a working class and bilingual family, I use these experiences to comfortably discuss expenses and communicate effectively in their domain language. If I cannot speak in their language, I will work with the individual patiently and find representation if I know many people speak the certain language. Eye health is important and we need to work together in order to benefit the patient.

## **Least-Developed: Communication**

Communication affects me academically by not advocating for myself. If I want to learn successfully, I need to be able to talk to professionals and professors for advice. This would affect my career pathway by not having a relationship with my patient. Patient trust will provide them with the best care, be able to discuss procedures, and treatments in detail .

# Activities



I am currently involved in a co-ed fraternity, Alpha Phi Omega, where we volunteer on and off campus. Here I am able to give back to my community and also gain experience in leadership and communication.

My plan for next semester is to be involved on more on campus organizations such as Husky Ambassador, METAS, WOW Leader, and the Daily Campus. One of my hobbies include photography and learning more about developing film. I would want to work with the Daily Campus to capture as many photographs during my time here and enhance my writing literacy. I would like to apart of METAS, *Mentoring, Educating, and Transforming to Achieve Success*, because I believe I would be able to guide first-year students and create a relationship.

For academics, I intend to work as a research assistant for the psychology department. I have been participating in many experiments since last year and would like to work on the opposite side, analyzing data and working with new students and professors.

I am currently working on acquiring an internship at my optometrist office, where I will learn more about the profession and gain experience working in an office.

# LinkedIn Profile



## Giselle Flores

Student at University of Connecticut

Storrs Mansfield, Connecticut, United States

58 followers · 58 connections

Sign in to connect



## About

Hi, I am Giselle Flores, an undergraduate at the University of Connecticut. I am pursuing a Bachelor of Science in Allied Health Sciences for pre-optometry or pre-nursing. I became interested in healthcare after volunteering at nursing homes, working as a camp counselor and support staff for infant-toddler curriculum teachers. I intend to receive my CNA certification in the Summer of 2024.

## Experience



### Summer Substitute Teacher

The Mead School

Jun 2022 - Aug 2023 · 1 year 3 months

Stamford, Connecticut, United States

Managed classroom behavior, engaged in a conversation with the child's parents and provided them with a comprehensive report on their child's progress, simultaneously supervised ten toddlers, and efficiently attended to their changing needs



### Food Runner

Rizzuto's Wood - Fired Kitchen & Bar

Feb 2021 - Jan 2023 · 2 years

Westport, Connecticut, United States

Retained details for eighty meal and drink orders, comprehensive grasp of the interior and exterior layout, managed both online and takeout orders, and communicated with bilingual staff



### Summer Camp Counselor

St. John's Episcopal Church

Jun 2019 - Aug 2019 · 3 months

Stamford, Connecticut, United States

Planned events tailored for children aged seven to thirteen, gave regular progress reports to guardians, and prepared nutritious snacks and lunch

## Education



### University of Connecticut

Bachelor of Science - BS · Health Services/Allied Health/Health Sciences, General  
· Sophomore

2022 - Present

Activities and Societies: Alpha Phi Omega



### Brien McMahon High School

High School Diploma

2018 - 2022

Activities and Societies: The Dream Team, Best Buddies, and BKind

# Grad School: Pennsylvania College of Optometry

Before applying to optometry school, I would need to complete the OAT (optometry admission test). Similar to the MCAT, it is a standardized examination to measure the ability and comprehension of scientific information. I would then send my results to optometry schools and interviews would be conducted. A school I have researched is, Salus University who has a four year optometry program, *Pennsylvania College of Optometry*.

Interested in applying to Allied Health Sciences, this upcoming semester, their course requirements aligns with the prerequisites for a majority of optometry school admissions. I have considered looking at more college's requirements because other schools require students to take a full year's course rather than ½ year courses. I would also be enrolling myself into summer courses to fulfill requirements quicker or enhance my grade from prior classes.

## PREREQUISITES

An applicant must have completed a minimum of 90 semester hours or 135 quarter hours of credit from an accredited undergraduate college or university. These credits must include the pre-optometry courses listed below completed with a 'C-' or better.

An applicant need not have completed all prerequisites prior to filing an application but must be able to complete all outstanding prerequisites prior to enrolling.

*Prerequisite credits completed ten or more years prior to the anticipated entrance date will be reviewed for approval on an individual basis.*

- General Biology or Zoology (with labs) - one year
- General Chemistry (with labs) - one year
- Organic Chemistry (with labs) - one year *or*
  - ½ year Organic Chemistry with lab, plus ½ year of either Biochemistry or Molecular Biology (lab highly recommended)
- General Physics (with labs) - one year
- Microbiology or Bacteriology (lecture only) - ½ year
- English Composition or English Literature - one year
- Mathematics - one year
  - ( ½ year Calculus fulfills math requirement; however, *one year Calculus highly recommended*)
- Psychology - ½ year
- Statistics (Math, Biology or Psychology) - ½ year

We highly encourage, but do not require, additional upper level science coursework in such areas as Anatomy, Physiology, Biochemistry, Cell Biology, Genetics, Histology, and Experimental and Physiological Psychology. *Anatomy and Physiology course work is highly recommended.*

# Collaborating Healthcare Professionals

## Registered Nurses

Optometrists can be seen working in hospitals or clinics. If there is an individual whose eyes were injured, both can be seen working together to monitor patient's eye health and administer medication or drops on a schedule. Both can help each other with routine examinations.

## Pediatricians

If you specialize in pediatric optometry, you may work with pediatricians who look after children and work with the patient's caregiver. Many children many need corrective lens due to genetics or by the environment. For example, I had to use glasses at eight years old due to genetics and also because we were given screen time in school.





# Final Reflection

The most significant thing I learned this semester was appreciating everyone's journey. In many cases, many knew exactly what steps to take and find programs in their interest. Three speakers who were impactful were, Jennifer Edward, Paul Bureau, and Stacy Bawuah. They learned that not everyone's journey is linear.

Jennifer was a ballerina for most of her life, but then decided to pursue occupational therapy. She began working at the peak of COVID, which not many can say, but she continued to push for her patients.

Sometime I feel that there is another major for me, but Paul Bureau reassured the class that you might not know right now and you could possibly figure it out during your eight semester like he did.

Medical student, Stacy Bawuah and Dr. Kenneth Dardic, had two different stories. Dr. Dardic knew what he wanted to do since childhood and Stacy knew too, but she had to overcome barriers such as taking the MCAT multiple times for a higher score.

With the help of the presenters, I was able to get just a better understanding of graduate school requirements and also to push through obstacles that life presents you with. Asking for help will help you become the best version of yourself.

## Works Cited

“29-1041.00 - Optometrists.” *O\*NET OnLine*, [www.onetonline.org/link/details/29-1041.00#content](http://www.onetonline.org/link/details/29-1041.00#content). Accessed 1 Dec. 2023.

“Clinic Equipment, Instrument Sanitation & Hygiene.” *UC Berkeley School of Optometry*, 14 Nov. 2016, [optometry.berkeley.edu/clinicmanual/clinic-policies-and-procedures/clinic-equipment-instrument-sanitation-hygiene/](http://optometry.berkeley.edu/clinicmanual/clinic-policies-and-procedures/clinic-equipment-instrument-sanitation-hygiene/).

“Phoropters & Refractors Equipment: Review, Compare, Get Quotes (Rfq) & Prices.” *News*, [www.news-medical.net/Clinical-and-Diagnostics/Phoropters-Refractors#:~:text=A%20phoropter%20is%20an%20instrument,binocular%20vision%20and%20eye%20movements](http://www.news-medical.net/Clinical-and-Diagnostics/Phoropters-Refractors#:~:text=A%20phoropter%20is%20an%20instrument,binocular%20vision%20and%20eye%20movements). Accessed 2 Dec. 2023.

“Traditional OD Program.” *Application Process*, [www.salus.edu/colleges/optometry/doctor-of-optometry-traditional-program/application-process/index.html](http://www.salus.edu/colleges/optometry/doctor-of-optometry-traditional-program/application-process/index.html). Accessed 3 Dec. 2023.