

Completing a residency in optometry is a unique and valuable experience that can enhance career opportunities and add to the confidence you will have at the beginning of your post-residency career. A residency can OPEN doors!

 **WHAT IS YOUR FUTURE IN OPTOMETRY?**

**Optometric residency programs are optional after graduating from optometry school.**

They typically start in the summer and last for one year. A stipend is provided and will vary based on the institution funding the program. The stipends are considerably less than the starting salary of a newly graduated Doctor of Optometry so this is something to be aware of when starting the decision process.

The benefits to completing a residency are:

- Schools and colleges of optometry require residency training for clinical positions.
- The Veterans Health Administration looks favorably at residency training as a prerequisite for employment at hospitals and outpatient clinics.
- A growing number of private practice optometrists, ophthalmology and multi-disciplinary practice settings prefer an optometrist who has completed a residency.

**WHAT ARE YOUR INTERESTS?** 

**There are many different areas that you can specialize in during a residency – the “Category” title most accurately reflects the content of the majority of the program’s clinical and didactic curricula. A program may have a substantial portion (≥ 30%) of the clinical and didactic curricula devoted to an area of emphasis.**

- **CATEGORY:** Primary Care Optometry, Pediatric Optometry, Cornea and Contact Lenses, Vision Rehabilitation, Ocular Disease
- **EMPHASIS AREAS:** Primary Care Optometry, Pediatric Optometry, Family Practice Optometry, Community Health Optometry, Geriatric Optometry, Cornea and Contact Lenses, Ocular Disease, Refractive and Ocular Surgery, Anterior Segment, Glaucoma, Retina, Neuro-Optometry, Vision Rehabilitation, Vision Therapy and Vision Rehabilitation, Low Vision Rehabilitation, Brain Injury Rehabilitation

 **NOW WHAT?**

**By now, hopefully you have decided a residency is for you! Here’s what you need to do:**

- Take Part III of the NBEO Exam early in the fourth year
- Submit applications to programs through ORMatch (opens in October and closes end of January)
- Get ready for face-to-face interviews! (These are usually required for most programs)
- Rank your choices through ORMatch by the ranking deadline (March)
- ORMatch releases results 1-2 weeks later
- Relax, and get ready to enjoy your residency

**HOW CAN I LEARN MORE?** 

**Residency Resources on ASCO Website**

- [FAQs about Residencies](#) ▶
- [Residency Directory](#) (provides the specific details of all the residency programs included in ORMatch) ▶
- [Optometry Resident Directory](#) (gives you an opportunity to contact current and past residents with your questions) ▶
- [How to Apply - Optometry Residency Match \(ORMatch\)](#) ▶

