Completion 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 – eleven in fact! And many of these residencies are available all over the US.

- Family Practice Optometry
- Geriatric Optometry
- Vision Therapy and Rehabilitation
- Community Health Optometry
- Primary Eye Care
- Pediatric Optometry
- Ocular Disease
- Brain Injury Vision Rehabilitation
- Cornea and Contact Lenses
- Low Vision Rehabilitation
- Refractive and Ocular Surgery

**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)

optometriceducation.org