

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, Low 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 (late February or early 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 \(ORMatch\)](#) ▶

