



STUDENT DISCUSSION GUIDE

Here are some things to keep in mind to help you have a successful session with your OD match.

Purpose

These sessions are intended to give you a better understanding of what a career in optometry is like.

How long?

Choose from 30- or 60-minute virtual conversations, or half- or full-day shadow sessions.

Goal

Get real-life insight and advice, and help see the “big picture” of optometry. Here are some things you can ask your mentor about:

- Their experience in the optometry field
- How optometry has been a rewarding profession for them
- A typical day at their practice
- What optometry school was like
- Their advice for someone thinking about a future in optometry
- Ask about the various specialties of optometry, and their POV on the future of the field

About you

Share a little about yourself, where you are in school and what you’re studying.

Do it again?

Would like to meet for another virtual session or shadow day?

Stay in touch

Ask if there’s a way to stay in touch in case you have additional questions.