

## What is CSTEP?

CSTEP stands for the Collegiate Science and Technology Entry Program. Funded by the New York State Education Department, the Program strives to expose, attract, and assist college students in gaining access to the profession of Optometry.

## Who is Eligible?

To be eligible you must be:

1. A New York State resident.
2. Attending an accredited college or university full-time.
3. African-American, Hispanic/Latino, American Indian, or Alaskan Native **OR** if you are an economically disadvantaged student.

## How Much?

Participation in CSTEP is absolutely free and you will receive a stipend for your full participation in the Internship and the Summer Academic programs.

## Where is CSTEP?

Our program is located in Manhattan's Bryant Park Area of New York City. CSTEP is housed at the State University of New York (SUNY), State College of Optometry and the University Optometric Center—the largest outpatient vision care facility of its kind in the nation, attending over 75,000 patient visits per year.

More information and applications for CSTEP may be obtained by calling or writing:

**CSTEP @ SUNY Optometry**  
33 West 42nd Street  
New York, NY 10036

**Tel: (212) 938-5505 | Fax: (212) 938-5504**  
**E-Mail: [cstep@sunyopt.edu](mailto:cstep@sunyopt.edu)**

Website:  
**[www.sunyopt.edu/CSTEP](http://www.sunyopt.edu/CSTEP)**

Application:  
**[https://www.sunyopt.edu/prospective/cstep\\_apply.php](https://www.sunyopt.edu/prospective/cstep_apply.php)**



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# SUMMER ACADEMIC PROGRAM AND INTERNSHIP PROGRAM

*explore the possibilities...*

# THE PROGRAMS

CSTEP provides you with the opportunity to explore the rewarding profession of Optometry by participating in the Winter or Spring Internship Program, the Summer Academic Program, and by attending conferences and workshops during the academic year.

## 1. INTERNSHIP PROGRAMS

Two internships are offered per year, designed to expose you to the multifaceted field of Optometry as practiced in one of the top-ranked colleges of optometry, which has the largest clinical program in the country. The two-week internship programs typically start on the first week of January (Winter) and last week of May (Spring). The internship will engage you in the following activities:

### CLINIC OBSERVATIONS

You will be assigned to fourth year students and faculty who will guide you through their own clinical rotations. You will have the privilege of observing various clinical examinations and procedures and be able to experience the different specialties firsthand. Among the clinics to be visited, are: Vision Therapy, Ocular Disease, Primary Care, Contact Lens, and Pediatrics.

### OPTOMETRIC ORIENTATION

Focusing on the entire professional education, you will review the day-to-day academic schedule with students of Optometry. In addition to examining the course of study and program requirements, you will take part in demonstrations of state-of-the-art optometric equipment and procedures. One of the highlights of this component is that you will be given a comprehensive eye examination, while gaining an understanding of the human visual system.



### RESEARCH PROJECT

You will have the opportunity to investigate new developments within the profession and to improve your research, writing, and oral presentation skills by preparing a research project on a specific aspect of Optometry. Program faculty, staff and students will suggest topics and assist you in developing your report.

### SITE VISITS

To acquaint you with the career of Optometry, as practiced outside the academic setting, you will visit: a hospital, a private and/or group practice, a Health Maintenance Organization (HMO), and a neighborhood health center. Each site will provide you with a different outlook on the profession as well as give you the chance to meet more Doctors of Optometry personally.

### GROUP SESSIONS

You will be provided two types of group sessions:

- 1 Optometry School Information  
The Admissions Process  
Financial Aid  
Support Services
- 2 Academic and Career Success Workshops  
Time Management Study & Research Skills  
Test Anxiety  
Personal Statement Writing  
The Optometry Admission Test (OAT)



## 2. SUMMER ACADEMIC PROGRAM



During the summer, you will be able to attend a credit-bearing optometry course at no cost: "Introduction to Vision and Optometry".

This course, taught by SUNY Optometry faculty, provides an overview of exciting topics in vision science and optometry. You will be introduced to basic ocular anatomy and physiology, visual perception and visual neuroscience. You will also learn and discuss diseases and conditions commonly seen in clinical practice and will have the opportunity to observe clinical eye care in the University Eye Center. You may be able to transfer this course to your home institutions for college credit as well.

Having already passed a graduate course in optometry prior to applying or enrolling at SUNY Optometry or other colleges of optometry will give you a competitive advantage in the admissions process. You can also earn elective graduate credit. In order to increase your opportunity for success, this course will be accompanied by the provision of tutoring services.

"Introduction to Vision and Optometry" begins at the end of May, runs for 8 weeks, and meets 1-day per week. Depending on your status, this course may be taken concurrently while doing the Spring Internship.