An introduction to PASS 2019-2020

Optometry
Welcome!

Hello!

Congratulations on passing your exams and making it into The University of Manchester and the Optometry Course! In this pre-arrival guide, put together by your PASS Team, we will discuss how to best to prepare yourself for the coming September and what to look out for whilst living in Manchester.

Now, you might be wondering what exactly PASS is. Before we get on to general life at university, we would like to introduce this brilliant scheme which you will be involved with throughout your first year. PASS stands for Peer Assisted Study Sessions, the aim of which is to guide you through your first year by helping to bridge the gap between A-level and university. We are here to facilitate your learning and, although we are here primarily to help you academically, we will also be putting on a variety of socials throughout the year to help you get to know each other, as well as other year groups.

PASS groups are led by 3 second year PASS leaders. Generally, it is structured so that a weekly, hour-long session is timetabled in which you can ask questions regarding lectures and practical sessions, or bring up anything affecting you personally. We aim to create a safe space where anything can be expressed and discussed confidentially, and we want to make sure that these PASS sessions are as useful as possible.

Over the next few pages, we will be introducing ourselves to you so if you have any questions about the course, PASS or general life at university, feel free to email any of us. We are more than happy to answer you.

We look forward to welcoming you to Optometry at Manchester, and we hope you enjoy your first year!

Your PASS Team
The PASS Team

PASS Coordinators

Name: Femina Solomon

Favourite Module: Anatomy and Physiology for Healthcare Professionals or Physical Optics.

A little bit about me: I am originally from Manchester, so I know quite a lot about the culture and cuisines we have to offer therefore don’t be shy to ask me for recommendations! I love watching movies, Korean dramas and American shows as well as listening to music. I am also involved in Classical Indian Dance during my spare time and I perform at many charity nights. It’s normal to feel nervous about starting university but don’t worry too much as almost everyone is in the same boat, so don’t hesitate to contact me or your pass leaders for any advice and make sure you take every opportunity to the fullest.

How to contact me: femina.solomon@student.manchester.ac.uk

Name: Melissa Gakuo

Favourite Module: Mathematics for Optometry and Optometric Examination

A little bit about me: I’m originally from Nairobi, Kenya. I chose to study at Manchester because it’s a vibrant city with loads to do. I lived in Owens Park during my first year and it was a great experience as I got to meet loads of different people. My hobbies include playing instruments and reading classic novels. I’d advise you to get involved in as many activities as possible to meet new people.

How to contact me: melissa.gakuo@student.manchester.ac.uk
PASS Leaders

Name: Armina Ahmed

Favourite Modules: Optometric Examination A or Dispensing A

A little bit about me: Having grown up in Birmingham, I chose to come to Manchester so I could still experience living in a big city, but away from home. I spent my first year living in Manchester Gardens, Victoria Park. I am addicted to watching TV shows and YouTube (I seriously have a problem!). My main advice for first year is to really enjoy yourself and make the most of every moment; it flies by so quickly.

How to contact me: armina.ahmed@student.manchester.ac.uk

Name: Arooj Waheed

Favourite Modules: Dispensing A or Optometric Examination A

A little bit about me: I’m originally from Manchester. I chose to study at the University of Manchester because of the unique facilities and academic support available. My hobbies include reading psychological crime thrillers as well as trying new Bubble Tea flavours. My advice would be to keep on top of your work from the very beginning, it will hopefully prevent any last minute cramming. Also, take the opportunity to become a student ambassador because it’s a fantastic way to gain new skills and to meet students from a vast array of courses.

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Name: Meera Agravat

Favourite Modules: Dispensing A

A little bit about me: I’m originally from Leicester and lived at Owen’s Park in Fallowfield for my first year. Living in halls was such an amazing experience as you meet so many new people and have a lot of fun as well. To alleviate any stress from studying, I love shopping at the Manchester Arndale as well as going for some drinks in Spinningfields. My advice to you is to come to the University with an open mind – go to new events, try a new activity and socialise with different people, as you never know what, or who you will discover!

How to contact me: meera.agravat@student.manchester.ac.uk
Name: Aisha Waheed

Favourite Modules: Optometric Examination A and Functional Anatomy

A little bit about me: Having lived in Manchester for most of my life, I was both relieved and excited that I’d be studying here as well. The University of Manchester has some of the best facilities and resources to offer to their students. My hobbies include venturing out to new places to eat and explore. I also enjoy watching crime based dramas. Settling in to university life can be daunting, so I would advise you to interact with new people and join societies, it’s a great way to make connections and enhance your skill-set from the offset.

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Name: Jade Dixon

Favourite Modules: Functional Anatomy and Optometric Examination A

A little bit about me: I am originally from Leeds and chose to do Optometry at Manchester because it is another big, vibrant city which is not too far away from home. My hobbies include playing instruments, singing and hanging out with friends. I have loved first year and would advise you to get involved with events, university related and general social ones, and to make as many friends as possible

How to contact me: jade.dixon-2@student.manchester.ac.uk

Name: Divya Bhandari

Favourite Modules: Functional Anatomy or Optometric Examination A

A little bit about me: I’m originally from Burnley in Lancashire. My hobbies include playing the violin, hiking and travelling. My advice would be to make sure you understand the content of the lectures as you progress throughout the year as well as enjoying first year.

How to contact me: divya.bhandari@student.manchester.ac.uk
Name: Neda Valian

Favourite Modules: Optometric Examination A or Dispensing A

A little bit about me: I have been living in Manchester since 2011. As a mature student, I have learnt to balance study with other personal commitments throughout my educations. My advice to you is not to compare yourself with anyone else, start doing any task as soon as it delivers to you and enjoy the university life. My hobbies include biking, go swimming, playing Setar (Persian musical instrument), travelling around the world and spending time with my family and friends. It would be great if throw yourself into any given opportunity, and volunteer which help you to gain lots of experience and meet new people. Enjoy the first year, time just flies!

How to contact me: neda.valian@student.manchester.ac.uk

Name: Sumayah Chowdhury

Favourite modules: Optometric Examination A or Dispensing A

A little bit about me: I am from Oldham and I commute daily to university. I chose the University of Manchester after completing the Manchester Access Programme which gave me an insight into the incredible facilities and support that this university has to offer. Being a big foodie Manchester has some of the best places to check out which is a bonus on top of everything else! My hobbies include reading, cooking and watching Korean dramas. The advice I have to share for first year is to stay organised and make sure you are understanding the content as you go along or else it can become overwhelming. Take every opportunity that will come your way and most importantly enjoy!

How to contact me: sumayah.chowdhury@student.manchester.ac.uk

Name: Ifrah Ajaz

Favourite Modules: Functional Anatomy or Optometric Examination A

A little bit about me: I’m from a small town just outside of Manchester called Oldham. My hobbies include shopping and travelling. My advice to you would be to get involved, attend social events and enjoy first year as much as you can!

How to contact me: ifrah.ajaz@student.manchester.ac.uk
Name: Maryam Afzal

Favourite Modules: Geometrical Optics or Dispensing A

A little bit about me: I live in Altrincham in Greater Manchester and commute every day to the university. When I’m not shopping I’ll be keeping up with Manchester United in the Premier League as well as games in the Bundesliga or going to the cinema to watch the latest Marvel films. The advice I would give is to get stuck into uni life, join societies and just enjoy the fresh start in life uni gives you. Don’t worry about making new friends – everyone is in the same boat! Above all, enjoy yourself as you’ve finally made it!

How to contact me: maryam.afzal@student.manchester.ac.uk

Name: Sawera Aysha Mohammad

Favourite modules: Geometrical optics or Optometric examination A

A little bit about myself: I was born and raised in France up until the age of 13 and then moved to the UK, to a small town called Stoke-on-Trent for education purposes. I decided to study at the University of Manchester because I wanted to experience the city life and I have enjoyed it so far. It has really boosted my self-confidence and made me more independent. However, I commute from home and at first, I found it time consuming and very challenging but eventually got used to it. A top tip for commuters would be to get used to going over your notes or over PowerPoints on the train/tram – it really helps remember them even if you don’t feel like it’s going in at the time! Would also be a good idea to move in in the 3rd year though – your workload builds up so make sure you also stay on top of your work and find effective ways of studying from the 1st year. My hobbies include gardening, cooking and baking and recently skin care. I’d also love to travel. If you have anything you’re struggling with, just pop me an email and I’ll be happy to help :D

How to contact me: Sawera.mohammad@student.manchester.ac.uk
Name: Aliya Ahmed

Favourite Modules: Mathematics for Optometry or Dispensing A

A little bit about me: I’m from Bolton and hence, I commute to university. I do two jobs and volunteer on top of university. I enjoy exercising and trying different restaurants and cuisines. The best advice I can give is, ensure you are balancing out your studies and socialising time well in your first year, it is important to carry out weekly study and extra work at home. However, its really important to socialise, explore Manchester and the campus, not to mention, always ask for help if you need it, don’t be shy.

How to contact me: aliya.ahmed-2@student.manchester.ac.uk

Name: Sachin Tandon

Favourite modules: Optometric Examination A or Functional Anatomy

A little bit about me: I’m from Birmingham but chose to come to Manchester as I wanted to live away from home and I really liked the city when I came to visit. There is so much you can see and do in Manchester from going to the Trafford Centre to exploring shops in Northern Quarter. The nightlife in Manchester is great! No matter what your music taste is, they'll be something for you. I spent my first year living in Victoria park, it was nice to meet new people and there was a good balance between socialising and it being quiet during exam time. It’s also close to uni so a lot of us could walk to our lectures. My hobbies include swimming and running, I recently did the Manchester half marathon which was amazing to complete both for the distance and the atmosphere! The advice I would give to first years is to get involved and join societies/volunteer. This will help you to do more outside of your course and to push yourself to try new experiences. You'll learn new skills as well as meeting new people.

How to contact me: sachin.tandon-2@student.manchester.ac.uk
**Name:** Mariah Ahmed  

**Favourite Modules:** Geometrical Optics or Dispensing A  

I am originally from Manchester, but I have lived in about five different cities throughout my life. I have loved being just 10 minutes away from a many food shops as you can possibly imagine. My hobbies include reading and taking walks in the park. To make the best of first year, try to get to know as many people in your course as possible, even people outside your course by taking part in events held by the university.  

**How to contact me:** syeda.ahmed-3@student.manchester.ac.uk  

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Name: Nidah Riaz  

**Favourite Modules:** Optometric Examination A and Geometrical Optics.  

**A little bit about me:** I’m from Oldham and I have lived there since birth. I chose to come to Manchester as I wanted to stay close to home and somewhere that has many different things to do. My favourite hobby is binge watching TC series and movies. My biggest piece of advice to the first years would be to stay on top of things from the start, no matter how small, because it just makes everything easier when it comes to exam time as you will be prepared as well as being able to enjoy the university experience.  

**How to contact me:** niddah.riaz@student.manchester.ac.uk  

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Name: Ayat Hussein  

**Favourite Modules:** Geometrical optics or Functional anatomy  

**A little bit about me:** Originally from Bolton and so I commute to university every day. I chose to come to the University of Manchester because of its focus to ensure that the student is prepared for life as an Optometrist after university. I enjoy watching crime documentaries, going out with friends and visiting new paces! My advice for you would be to attend as many lectures as you can and make sure you are up to date with your notes. It is also important to form good connections with your course mates so you can learn from on another.  

**How to contact me:** ayat.hussein@student.manchester.ac.uk
Living in Halls or at Home

Whether you are living in university accommodation this coming year or you are studying from home, you are probably wondering what university life is going to be like. These are a few accounts from people living at home, as well as from various halls around the university to give you an idea of what to expect.

City Campus

I was at Denmark Road and I really enjoyed my time there! I know that everybody says City Campus doesn't have the same sense of community as Fallowfield but I disagree. If you make the effort to get involved and meet new people, then the sense of community is definitely there, especially between Denmark Road and Whitworth Park residents who have lots of joint activities. This can be driven further if you spend time at The Grove, the shared accommodation bar. The staff at Denmark Road are all welcoming, always greeting you in the morning before you head to lectures. It can be really reassuring to hear them wish you luck when you’re stressed about an exam. The price for Denmark Road might be a little steep but it’s worth it for decent accommodation! Denmark Road is self-catered and a TV licence is included as part of the rent which is nice as it helps you to get to know your flatmates as you can all sit around the TV in the lounge together. Like any accommodation, problems do occur with faulty appliances or lights but everything gets sorted out pretty quickly once reported.

Fallowfield

Living in Fallowfield during my 1st year was undoubtedly the best experience of my life! I lived in Little Court in Owen’s Park. These halls have a shared bathroom and are catered as well. Food is provided for breakfast and dinner on weekdays. For me, I enjoyed it as me and my flatmates would go for food together every day, so it was a nice social thing we did as a flat. The meals weren’t bad as well! Fallowfield is known for being very social, meaning it can get loud and messy. This wasn’t a problem for me as I enjoyed going out, and it was nice always having people around. It also wasn’t an issue around exam season since it becomes a lot quieter around the halls. Overall, halls was a really fun experience you can guarantee you’ll never be bored in Fallowfield!

- Meera Agravat
There’s never a dull moment in Fallowfield. Living in Owens Park was a great opportunity to socialise as there are loads of different types of people living in the halls and everyone is friendly. There is a Sainsbury’s and some convenience stores a few minutes walk from Owens Park and loads of restaurants and nightclubs along Wilmslow Road. Squirrel’s, a university bar is located in Owens Park and sells drinks at affordable prices. The buses to the city centre are the same ones that go to university and are fairly regular. The commute to university takes approximately 15 minutes. Though it is known as a more social hall, during the exam season the atmosphere is more sombre. There’s also a PC cluster at the Owens Park reception where people study and can make use of printer facilities.

- Melissa Gakuo

Victoria Park

My experience in Victoria Park was good. It’s very sociable and everyone knows everyone. It’s not too far away from anything and there are loads of shops close by. It takes half an hour to get to uni on foot, which is a nice walk.

- Jade Dixon

My experience of living in Victoria Park has been an enjoyable one. I stayed at Canterbury Court which has a lot of social events throughout the year which definitely helped me settle into uni and make friends during Freshers Week. We ended the year with an accommodation ball which was run by the student committee and was so much fun.

- Divya Bhandhari
What should I pack?

If you’re moving to Manchester this year, I’m sure you can’t wait to move in to your new accommodation! The only downside: packing. Lucky for you, we’ve made a list of things that you may either need or want to bring with you from home, as well as the things you might think you need but aren’t necessary.

<table>
<thead>
<tr>
<th>Need</th>
<th>Recommend</th>
<th>Don’t Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passport</td>
<td>Posters and Photos</td>
<td>Stationery</td>
</tr>
<tr>
<td>Used for the DBS check</td>
<td>You’ll be living here for a year – make it feel like home!</td>
<td>Everything can be bought from shops along Oxford Road.</td>
</tr>
<tr>
<td>Two Other Forms of ID</td>
<td>Bedding, Duvet and Mattress Topper</td>
<td>Toiletries</td>
</tr>
<tr>
<td>Used with the passport for the DBS check. You need any 2 of the following: a driver's licence, a bank statement from within the last three months or a birth certificate.</td>
<td>Bedding and duvets can be bought from halls but they run out quickly. Mattress toppers can help to make the beds more comfortable.</td>
<td>This is more for those with ensuites because you will need to buy your own toilet roll and cleaning products. These can all be bought once you arrive.</td>
</tr>
<tr>
<td>Business Wear and Black Shoes</td>
<td>Pans and Cutlery</td>
<td>Food and Drink</td>
</tr>
<tr>
<td>Worn in clinical sessions.</td>
<td>This is more for self-catered halls but are needed in catered halls on the weekend.</td>
<td>There are so many shops on Oxford Road that you can buy groceries from. Unless you have specific dietary requirements, it is unnecessary to buy them.</td>
</tr>
<tr>
<td>Winter Clothes</td>
<td>Umbrella</td>
<td>Iron</td>
</tr>
<tr>
<td>It will be cold! (Unless you're from further up north)</td>
<td>It will rain. A lot.</td>
<td>These can't be used in rooms and are provided by halls.</td>
</tr>
<tr>
<td>Casual Wear and Nightwear</td>
<td>Formal Attire</td>
<td>Summer Clothes</td>
</tr>
<tr>
<td>For general use.</td>
<td>For social and formal dinners and balls.</td>
<td>You’re likely to visit home at least once before summer comes around.</td>
</tr>
<tr>
<td>Laptop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>It can be difficult to find available computers on campus sometimes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
To Do List

There are a few things every university student must do before starting their course. You can use this page to keep track of what you need to do.

- Complete your online registration to the university
- Confirm your accommodation if you will be living in Halls
- Activate your IT account so that you can access computers around campus
- Sort out your tuition fee payment or loan

Details can be found online at www.welcome.manchester.ac.uk

When you arrive at the university, you must:

- Pick up your student ID from University Place
- Complete your Hall Inventory Form if you are staying in Halls
- Register at a GPs which can be done in Halls

There are a few things that aren’t compulsory but will make your life easier:

- Connect to Eduroam, the University’s free WiFi
- Set up your student email on your phone
- Download the Blackboard app to view your timetables and receive notifications of upcoming assessments
- Explore! Get to grips with the layout of the campus

Apart from that, there may be things you must do that are specific to Optometry students. Keep an eye on your email for any communication from the University. If there are any forms sent your way, fill them out as soon as possible.
Getting Around Manchester

Whether you’re living in halls or living at home, how to get around is always a big question. Luckily, everything in the University of Manchester is relatively close together, meaning that you are usually in walking distance of wherever you need to be. However, if you’re coming from Fallowfield or North Campus, you’re running late for a 9am lecture, or walking just isn’t your style, buses are the best way to get around.

Magic Buses

You will come to be very familiar with these buses as they come quite frequently. The 142 and 143 are a great way of going anywhere between Fallowfield and Piccadilly Gardens, running right through Oxford Road. It is free with a Unirider bus pass, otherwise, it is £1.50 for a single.

The 50

The 50 is a Stagecoach bus that runs from East Didsbury to Salford and is useful for people who live closer to Upper Brook Street and Anson Road. Main Campus is easily accessible via the Brunswick Street stop while North Campus is a short walk from Booth Street East. A Unirider bus pass will allow you to get on for free. Otherwise, prices vary depending on how far you want to go.

The Free Bus

The 147 is the bus to get when wanting to travel between Main Campus and North Campus. Stopping right outside the Student Union, a quick flash of your Student ID can get you a free ride to a stop just outside the Sackville Street Building. This bus can go anywhere between the hospital and Manchester Piccadilly Train Station for only 80p.

First Buses

The 42 and 43 run the same route as the 142 and 143, their Magic Bus counterparts. A single ticket also costs £1.50. You cannot use a Unirider for these buses but System One passes and First Bus passes work.
What is There to do Around Uni?

Along, just off and in close proximity to Oxford Road, there is a huge range of shops and restaurants where you can either stock up or have a great meal with friends. Below are just some of the shops where you can buy your food at affordable prices:

Groceries
- Tesco Extra - Oxford Road, Upper Brook Street
- Lidl - Oxford Road, Stockport Road
- Sainsbury’s - Oxford Road, Wilmslow Road
- Morrisons - Just off Oxford Road near Main Campus
- Worldwide - Curry Mile
- ASDA - Stockport Road

Takeaways
- McDonalds - Oxford Road, Wilmslow Road
- Domino’s - Main Campus, Fallowfield, Booth Street East
- Subway - Main Campus, near Victoria Park (Halal)
- Food on Campus - All over University
- Pizza Co - Oxford Road

Restaurants
- MyLahore - Indian Food on the Curry Mile
- Gelato Passion - Ice Cream Parlour on the Curry Mile
- Archie’s Burgers and Shakes - Oxford Road
- Red Chilli - Chinese Food on Oxford Road

The University is surrounded by things to do. Below are just a few places that are worth checking out:

Activities
- Manchester Museum
- Whitworth Art Gallery
- The Aquatics Centre
- Sugden and Armitage Sports Centres
Societies

Manchester University has more societies than any other university in the country. You can get involved with any and as many as you like. They are a great way to meet likeminded people who share your interests. Societies range from Book Club to Robotics, meaning that there is something for everyone. A lot of these societies will be present at booths during the Welcome Fair. Below, we’d like to introduce a few key ones.

OPSOC
As Optometry students, you are all invited to join the ever-growing Optometry Society, also known as OPSOC. This is the society dedicated to organising your socials, which range from nights out and holiday events to bowling and meals. Attending these socials is a great way of meeting students in other year groups in a non-academic environment.

OPSOC also organises the main Optometry event of the year: the Eyeball! This is held after the January exams and is a great way to let your hair down and celebrate a job well done in first semester. Optometry hoodies are also available to purchase through OPSOC. By joining OPSOC, you get a discount on Optometry socials, events and the hoodies.

The International Society
The International Society is open to everyone and they allow you to make friends with people from all over the world. Being open to both international and home students, it is a great way to learn about different cultures, whether it be through the informal language classes they hold, or through the various cultural evenings that they host throughout the year. The International Society also offers various trips around the UK which is a great way to explore what the country has to offer.

Other Societies
There are many types of societies that you can get involved with, run by the student union. They include a range of categories such as:
- Music Societies
- Recreational Societies
- Religious Societies
- Sports Societies
- Dance Societies
The Timetable

In a typical week, a variety of things are scheduled in your timetable.

**Lectures**
These are different to what you might be used to, taking place in larger theatres where presentations are given by lecturers from the University. These presentations make up a lot of the material you will need to learn so making notes will come in handy! Notes can either be handwritten or you can bring a laptop along if you prefer to type. However, you are expected to read around the subjects presented to you so don’t rely solely on the lectures. Lecturers are more than happy to take questions during or after a lecture so take part as best as you can. Casual clothing can be worn in lectures so dress as comfortably as you want. Most modules usually have two hours of lectures scheduled each week. Some lectures start as early as 9am while others can end as late as 5.30pm.

**Clinics**
Within Optometry, a lot of emphasis is placed on clinical practice and procedures. During first year, a module called Optometric Examination A will teach you techniques during lectures which you will then practise on one another during timetabled clinical sessions. In semester two, you will practise on volunteer patients. Clinics are based in the Carys Bannister Building which will become a second home to you. Here, cubicles contain all the equipment you need during first year so that you may also practice outside of the timetabled sessions. We recommend spending time practising outside of these clinical sessions to polish your routine. You must dress and act professionally in these sessions.

**PPD Sessions**
PPD stands for Personal and Professional Development. This is a module designed to develop the skills needed for Optometry. These are developed through various tasks such as online group discussions, essays and short online assessments. Some parts of PPD require group work. For the most part, PPD is not timetabled as such, but has weekly deadlines. There are a few timetabled sessions throughout the year, however, which involve small tutor groups led by a Personal Advisor.
Labs
There are two modules which involve labs during first year. During Semester 1, you will perform experiments to aid your learning about the geometrical optics of light. These are group experiments which involve looking at principles like refraction and magnification. A workbook will be provided which contains the theory behind and the method for the experiments. The same workbook is used in the second semester for Dispensing A labs. Here, you begin to study the optics of lenses and prescriptions. You will work individually for these labs. It is best to make use of these sessions maximally as the lab is not open for use outside of timetabled sessions. Lab work is assessed at the end of semester two. The lab is located the Carys Bannister Building and casual clothing can be worn but bags and coats must be left in lockers.

Anatomy Labs
In Semester One, you will study Functional Anatomy of the Eye. To help you to better your understanding of certain structures, there will be sessions held in the Dissection Room in the Stopford Building where you will interact with models and specimens that you learn about in lectures. They are not weekly but you will be told when they will be held. You will have access to a workbook that contains the content you will be covering in each of the six sessions you do. You will be assessed on this in January. Overly casual clothing like caps must not be worn. Phones, cameras and bags must be left in the lockers available outside the room.
Study Spaces

The university provides many spaces for silent, individual and group study. These may be libraries, where you can either sit at a computer or hire a laptop, or PC clusters dotted all over campus. If you are living in halls of residence, your hall may even have its own library or PC cluster so you don’t even need to travel. Printing facilities are also available in most places.

There are many libraries and PC Clusters across campus. Here are a few:

Libraries
- Main Library
- Stopford Library
- Precinct Library
- Joule Library (North Campus)
- John Rylands Library (Deansgate)

PC Clusters
- Alan Gilbert Learning Commons (more commonly known as Ali G)
- Stopford Building PC Clusters 1, 2 and 3
- Simon Building
- Barnes Wallace Hub (North Campus)

One thing to note is that the Alan Gilbert Learning Commons and the Barnes Wallace Hub are open 24/7 during exam periods.

The following places are not strictly study areas but have relaxed, casual atmospheres that allow studying.

Other Areas
- University Place Atrium
- Zochonis Building Cafe
- Simon Building Cafe
- Roscoe Building Ground Floor
- Renold Building Seating Area (North Campus)
Work Experience

Work experience can be a valuable thing to have on the Optometry course. With it being such a specific field of study, a lot of new information is presented during the first year. Finding a weekend job at an optician’s can really help your understanding of how prescriptions and lenses work. It also helps to build confidence when talking to patients.

“Working in an Optometric practice as an Optical Associate helped me build confidence and gain understanding of the vocation. Holding this part-time job as well as studying optometry is a great way to get a greater understanding of certain topics, and also gives you practice at working with and dealing with the general public.”

“It’s a great idea to get in some work experience in Optometry – whether this be a placement in the summer, or like myself a part-time job. Working in practice allows you to see the patient journey from the test in the clinic, to the final dispensing of the glasses. Working in practice is a great way to link your studies together, and you get to see the importance of units like Dispensing.”

“Working in practice helped me gain time management skills, as well as be able to gain a balance between my social-life, studies and the responsibility of having a job. The skills you gain working in practice will be invaluable when it comes to finally qualifying as an optometrist, and also when it comes to applying for those all-important pre-registration positions.”

There are many opportunities to find part-time work. A Student Ambassador for Specsavers regularly advertises any available jobs for the company within the area, and some practices contact the university if they are looking for Optometry students to be Optical Assistants. Even if there is no job advertised, it can be useful to hand your CV with a covering letter into different practices in case an opportunity becomes available. If you can, take the opportunity as it allows invaluable experience to be gained that will really help throughout the Optometry course.
Useful Links and Contacts

This page contains useful links and contacts, some of which you can fill out.

**Personal Advisor**
Name: 
Email: 

**Pass Leaders**
Name: Email: 
Name: Email: 
Name: Email: 

**Hall Office**
Contact Number: 

**Accommodation Office**
Contact Number: 0161 275 2888

**Campus Security**
Contact Number: 0161 306 9966
www.manchesterstudentsunion.com

**Student Union**
Website: 

**Clinical Sessions**
Name: Will Holmes
Email: W.Holmes@manchester.ac.uk

**Lab Practicals**
Name: 
Email: 

**MyManchester and Blackboard**
Website: https://login.manchester.ac.uk/cas/login

**Mitigating Circumstances and Reporting Absences**
The forms for these can be found in the ‘Optometry’ tab under ‘My Communities’ on Blackboard.

**Undergraduate Admissions for the Faculty of Biology, Medicine and Health**
Contact Number: 0161 275 2411
Email: ug.optometry@manchester.ac.uk

**Undergraduate and Postgraduate Office for the Division of Pharmacy and Optometry**
Location: Stopford Building, G.121
Contact Number: 0161 306 4293
Email: optometry.student@manchester.ac.uk

We hope this guide has been useful to you. This has been made for students by students.