



The University of Manchester

Pre- Arrival Guide 2020/2021

Welcome to the University of Manchester and congratulations on making it onto the optometry course! With Covid-19 cancelling the exams and making the past few months tougher for all of us, we are glad to have you onboard with us. The PASS Team have created this pre-arrival guide to help you prepare for your start in September and give you an insight of what to expect at Manchester.

Before we begin talking about general life at the university, you might be curious as to what PASS is. This is an amazing scheme that you will be involved with in your first year. PASS stands for Peer Assisted Study sessions and has been designed to help bridge the gap between A-Levels and University. Primarily, the aim is to help assist you academically, however, there will be several social opportunities that will not only allow you to get to know each other better but also other years.

The sessions are timetabled for an hour weekly and are run by 3 PASS leaders. These sessions are flexible to suit your needs. Whether you have any queries about practical/lecture sessions or any personal questions, we are here to help you! We aim to create a safe environment where anything discussed will be treated confidentially and with respect. Also, whilst making sure the sessions are as useful as possible for you.

Over the next couple of pages, we will be introducing ourselves to help familiarise you with the team. If you have any questions about the PASS, the course or university life in general, feel free to email any of us. We would be ecstatic to assist you in any way.

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

Your PASS Team

The PASS Team

PASS Co-ordinators

Name: Suman Kashif

Favourite modules: Functional Anatomy and Optometric Examination A

A little about me: I've grown up and pretty much lived my entire life in Manchester. I currently live near Etihad Stadium, so I commute to university every day. I love dancing and volunteering and do it whenever I get free time. I also love food so it's really helpful that there are loads of food places near the university. My main piece of advice is that don't stress! Enjoy your first year. That being said it's also very important to keep on top of all your work. It can pile up really quickly so make sure you stay organized from day one. Last but not the least, make sure you take full advantage of the whole university experience. You had worked so hard to get into university, utilise the experience to make it best for you!

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Name: Nadia Hussain

Favourite Modules: Functional Anatomy and Geometrical Optics

A Little Bit About Me: I am not originally from Manchester, but it's one of my favourite cities. I chose the University of Manchester because of the cultural diversity, lively campus and the John Ryland's Library even though I've only been there once since university life. My hobbies include travelling, learning new languages and eating, I'm not really much of a practical person which is ironic due to the course I've undertaken. My advice to you would be make sure you're up to date with lecture notes or else you'll be making them when you should be revising for exams (that so wasn't me (!)). Also join in with as many social clubs as you can, explore as many university buildings as well as the rest of Manchester. If you're struggling with anything or need a bit of help feel free to drop me an email.

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PASS Leaders

Name: Sarbjeet Kaur

Favourite modules: Functional Anatomy and Dispensing A

A little about me: I'm originally from Manchester, right near the Trafford centre so it's not very long to get into uni for me tbh. I've very much been into music for most of my life since I've started playing the sitar since I was like 5 and have always been into vocals. I love to eat (a lot), but I also love to go on long walks/ hikes and shopping!!

I think my main piece of advice would be ask for help if you're struggling with anything! Anything at all!! I still remember when I thought I should drop out because I didn't like GO. Everyone around you will probs the feel the same or past students have defo felt it.

When it comes to exam season, don't stress and you'll be amazed how much info you'll retain provided you have MOST of your notes ready for the Christmas break.

Name: Rebecca Arobaga

Favourite module: Optometric Examination A

A little bit about me: I'm from a town called Southend-on-Sea in Essex. Living in Canterbury Court during my first year was an enjoyable experience; there were great events to get involved in and meet new people. During my free time at uni, I loved going to UoM's free 'Sporticipate' programmes, where I played hockey and volleyball. My advice to you would be to try to attend every lecture and keep on top of notes so you'll be less stressed around the exam period. Also, make the most of first year, don't be afraid to join societies and participate in events because it's a great way to develop or learn new skills!

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Name: Muhammad Abu bakar (Abu)

Favourite modules: Geometrical optics and Functional anatomy

A little bit about me: Born and bred in Manchester, I commute to university every day. I chose to study at the University of Manchester because of its prestige reputation and being ranked as one of the best universities to study Optometry. My hobbies include, binge watching on Netflix, eating junk, and walking my dog. The best advice I can give to anyone is to embrace the university experience during both the good and bad times, be open minded and try new things. And lastly, university will go faster than a 100mph, so enjoy it whilst it lasts and don't sweat the small stuff!

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Name: Mataz Hamaid

Favourite Modules: Functional Anatomy or Optometric Examination A

A little about me: I'm from Manchester and originally Libyan. For my first year I lived at Hulme Hall in Victoria Park. Living in halls enabled me to meet people I otherwise wouldn't have met and share amazing experiences with them! As a change from my studies I enjoy travelling, hiking and doing photography. My advice is to always enjoy your first year but to also understand and remain on top of your lectures.

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Name: Marwa Al-rawi

Favourite modules: Optometric Examination A and Functional Anatomy

A little bit about me: I am originally from a small town in Lincolnshire called Boston and I came to study at the University of Manchester because it is a big city with so much to do. In my first year I lived in Whitworth Park which is right next to the uni. I like playing badminton and movie nights. To make the most out of uni I think you should join loads of societies and have fun with friends especially for first year. If you have any questions or concerns don't hesitate to contact one of us.

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Name: Tariq Jogee

Favourite Modules: Optometric Examination A and Functional Anatomy

A little bit about me: Before starting university, I had lived in a small town called Blackburn in Lancashire, for my whole life. Coming to a city as busy as Manchester was a refreshing change, and I loved every aspect of it. I stayed at Liberty Park, now known as Brook Hall, for my first year. I enjoyed being able to meet loads of different people, and how campus, the supermarkets, and the liveliness of Fallowfield were all a short trip away. My main advice for first year is to enjoy it! It will go so fast, so make the most of your time in Manchester and grasp every opportunity.

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Name: Ruqayyah Sheikh

Favourite module: Functional anatomy of the eye

A little bit about me: I am originally from a small town in Lancashire and I commute every day to university, which at first can be quite challenging. My hobbies include playing badminton, archery and drawing, as well as going on adventures to explore new places. My advice to 1st years would be to keep on top of your work, as it can build up. Also take up as many opportunities which the University of Manchester offers, for example by joining societies, events and volunteering. Most importantly, enjoy the moment!

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Name: Sisi Pan

Favourite module: Optometric Examination A or Anatomy and Physiology for Healthcare Professionals.

A little bit about me: I was born in China and moved to London when I was 8 years old. I chose to study at Manchester because it's a large, vibrant city with

lots of places to visit and dine. I stayed for my first year at Whitworth park, it's really close to the campus and I would recommend it to those who don't like to wake up early to attend lectures. My hobbies include cooking and trying out new food. My advice for first year is to socialise as much as you can and get involved in a variety of activities.

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Name: Aazima Vali

Favourite modules: Functional Anatomy and Optometric Examination A.

A little bit about me: I'm originally from Blackburn but decided to move out to Manchester for university because who doesn't want to move away from home and live in a city. In Manchester there are so many things to do, including a huge variety of places to eat, which is a pleasant bonus!! My hobbies include singing and doing DIY building projects. My piece of advice would be; keep on top of your lectures so at the end of the semester it's easier for you to revise and things aren't all piled up. Personally, I used to make sure I was up to date with all the lectures from that week, leaving the weekend to be chilled and relaxing. Involve yourselves in every opportunity you get and just enjoy! If you have any questions about anything across the university experience feel free to drop me an email 😊.

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Name: Nafisah Khatun

Favourite module: Functional anatomy.

I'm originally from Manchester. I was happy that I get to stay in this great city, I know you will all enjoy it here. I currently work part-time on the side of doing university. Some of my hobbies includes anything sports (I'm a big fan of ice hockey), cooking and listening to true crime podcasts. My biggest advice would be to make the most of where you are, at the university and in the city,

both have a lot to offer in your studies and just having a good time. I would also say, manage your time effectively, and ask for help, even if it is something small. Feel free to send an email, whether it's about help with this course or anything else.

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Name: Talha Patel

Favourite modules: Optometric Examination A and Functional Anatomy

A little bit about me: I'm Canadian by birth but moved to Bolton and so I commute to university. I work part time on Saturdays too. My biggest advice is to keep on top of your work and not to leave it too late. This will allow you to be better prepared for exams and also allow you to have a better balance between fun and work. Also, please ask.

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Name: Amy Haggett

Favourite module: Anatomy & Physiology

A little bit about me: I'm from the Wirral so Manchester was ideal for me as it's close to home but far away enough for me to move out. In my first year I lived in Woolton Hall in Fallowfield and I absolutely loved it, it was a great opportunity for me to meet and socialise with people doing other courses at the uni. In my spare time I love going out with my friends, going to gigs and of course shopping! I would advise you to keep on top of your workload, stay up to date with your notes and never hesitate to ask someone for help if you're struggling!

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Name: Mohammed Imtiyaz Hoq

Favourite Modules: Functional Anatomy

A little bit about me: For the past 7 years I've lived in Manchester, so it was a huge comfort for me to be able to study in Manchester where everything is most familiar for me. Even though we've come to uni here to study I'd recommend setting aside time to do things you like and most importantly to socialise with everyone here as throughout all the years and courses we have a multitude of different personalities. The balance between the social life and

the studious life is arguably the most important thing for you to perfect but have no worries as we are all here to help with that!

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Name: Yuet Gi Hannah Siu

Favourite Modules: Optometric Examination A & Geometrical Optics

A little bit about me:

I am Hannah, born and raised in Hong Kong. I studied the IBDP (International Baccalaureate Diploma Programme) in high school and decided to study university abroad. It was my first year being six thousand miles away from home to live in Manchester, so it was a pretty exciting and nerve-wracking experience. I chose Manchester because it is a very condensed and vibrant city similar to Hong Kong, which makes me feel like being in a home away from home. I chose to study Optometry because it involves a lot of people-people interaction with a decent career prospect. I personally love to do sports, especially running and volleyball so I decided to join the university team and got involved with loads of friendly matches and competitions! There are so many different societies and groups to join, I strongly advice to try to get involved as much as possible in your first year to figure out what you like or dislike, because time flies! Remember to make the most out of it but also keep up with your studies 😊

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Name: Marian Chinelo Obi

Favourite Modules: Optometric Examination A and Functional Anatomy

A little bit about me: I am originally from Nigeria, but I was born in Italy and I lived there for most of my life (12 years). However, having lived in Bury, Greater Manchester, for 7 years, I would say that I chose to study Optometry at the University of Manchester not only because of the unique facilities and academic support available but also because of the things that this city has to offer. One of the things that attracted me to Manchester is the diversity on campus as there are a lot of people from different backgrounds with different cultures and religion that come together like one whole big family that respect each another and is willing to embrace and welcome everyone despite of the differences.

Being multilingual (I am fluent in Italian, English and French) I would say that I enjoy learning new languages and listening to foreign music. I also cannot live without sport. Hockey, athletics and basketball are my favourites! I would advise you to have a good balance between your academic and social life. Meet new people and join societies but prioritise making your notes on time. Please feel free to ask me for any tips or advice as I am here for you!

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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 were 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*

Living in Victoria Park for the first year of university was great. I lived in Canterbury Court which is self-catered and en-suite. It's about a 20-30-minute walk away from university. You could also take the number 50 bus to get on campus if you're running late! The student committee from Canterbury Court and St. Anselm (the halls opposite) organised many fun social events throughout the year - my favourite events were the free pizza nights, poker nights and karaoke. There are also many restaurants nearby on Curry Mile if

you would like to go out to eat. Overall, Victoria Park is a good campus to live in first year for a relaxed and social environment.

- *Rebecca Arobaga*

Living at Home

I've lived in Manchester for the best part of my active life so staying here and more specifically at home was a seemingly obvious choice. With the home life came many perks and also some downsides. For me the biggest positives were being able to come home to fresh food and having all my laundry done by my wonderful mum. However, having said that one for the challenges was the commute time. Travelling from Wythenshawe every morning became very tiresome as traffic resulted in travel times of over an hour and a half on some days! For the most part living at home was comfortable but not always practical so next year I'll be trying my hand at living away from my parents.

- *Imtiyaz Hoq*

What should I pack?

If you're moving to Manchester this year, I'm sure you can't wait to move into 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.

Need	Recommend	Don't Need
Passport Used for the DBS check.	Posters and Photos You'll be living here for a year – make it feel like home!	Stationery Everything can be bought from shops along Oxford Road.
Two Other Forms of ID 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.	Bedding, Duvet and Mattress Topper Bedding and duvets can be bought from halls, but they run out quickly. Mattress toppers can help to make the beds more comfortable.	Toiletries This is more for those with ensembles because you will need to buy your own toilet roll and cleaning products. These can all be bought once you arrive.
Business Wear and Black Shoes Worn in clinical sessions.	Pans and Cutlery This is more for self-catered halls but are needed in catered halls on the weekend.	Food and Drink 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.
Winter Clothes It will be cold! (Unless you're from further up north)	Umbrella It will rain. A lot.	Iron These can't be used in rooms and are provided by halls.
Casual Wear and Nightwear For general use.	Formal Attire For social and formal dinners and balls.	Summer Clothes You're likely to visit home at least once before summer comes around.
	Laptop It can be difficult to find available computers on campus sometimes.	

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.



Your personal advisor is the immediate point of contact for you. They are there for you if you need any help, whether that's personal or academic.

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

Student Union

Website: www.manchesterstudentsunion.com

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.*