

Career Development Manitoba

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Qualification Recognition, Alternative Careers,
and Training Options

April 2024

Career Development Manitoba

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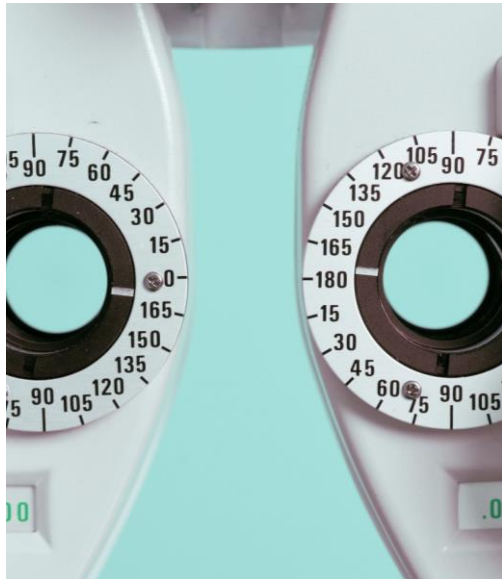


What Roles do Optometrists in Canada Perform?



Optometrists

[NOC website](#)

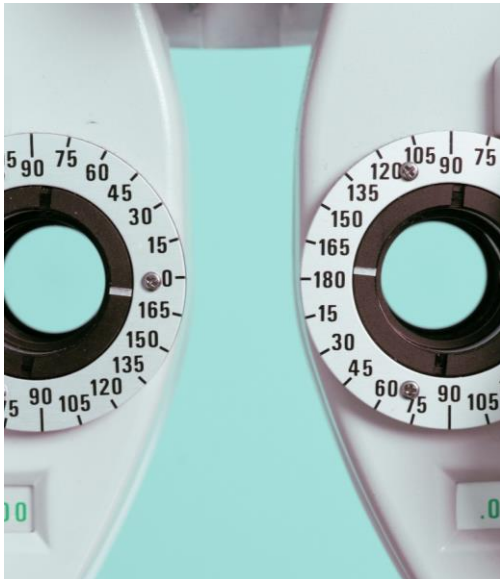


Job Duties

- Examine patients' eyes, conduct tests, and use ophthalmoscopes, biomicroscopes and other specialized instruments to determine ocular health and visual efficiency
- Prescribe and provide treatment (excluding surgery) to maintain, improve and correct vision and manage other ocular diseases and disorders
- Prescribe, dispense, and fit eyeglasses, contact lenses and other visual aids
- Educate, counsel, and advise patients on contact lens use and care, ocular hygiene, surgical and non-surgical options, and preventive care and maintenance related to occupation and lifestyle
- Refer patients to ophthalmologists or other physicians and surgeons for treatment of ocular diseases or conditions such as cataracts, glaucoma and macular degeneration and systemic conditions such as diabetes and high blood pressure
- Collaborate with ophthalmologists and other healthcare professionals to provide pre- and post-operative care for patients undergoing eye surgeries such as laser vision correction
- Optometrists may specialize in fitting visual aids for people who are partially blind, fitting contact lenses or correcting special vision problems.
- May prescribe from a limited list of medications
- Conduct research and promote advancement in the visual sciences

Optometrists

[NOC website](#)



Employment Requirements

- Three years of university undergraduate studies or, in Quebec, completion of a college program in sciences and a four- to five-year university program in optometry are required.
- Licensing by the provincial or territorial regulatory governing body is required.

Manitoba Association of Optometrists (MAO) Process

1) Credential
Assessment

2) Apply for referral to
IGOE (Exam)

3) Internationally
Graduated Optometrist
Evaluating (IGOE)
Exam

4) Advanced Standing
Program (if required)

5) OEBC Exam &
OSCE

6) Register with
Manitoba Association of
Optometrists

Manitoba Association of Optometrists (MAO) Overview



Transcript Assessments

Credential assessment services are provided through FORAC.

Federation of Optometric Regulatory Authorities of Canada (FORAC)

- [Federation of Optometric Regulatory Authorities of Canada \(FORAC\)](#)
- FORAC requires an evaluation of the applicant's education credentials from World Education Services (WES-ICAP, \$260).
- If the applicant's optometry degree program was not conducted in English, FORAC will require successful completion of an English proficiency test.
- FORAC's assessment will determine if the applicant is eligible to challenge the IGOE Exam.

Getting Started with the MAO Process



- Before initiating the application process, potential applicants can prepare as follows:
 - English language proficiency will be required if the applicant's optometric degree program was not conducted in English. These applicants will need to achieve a minimum score on a test approved by FORAC:
 - [IELTS](#) (General) - Minimum overall average of 7.5, no score lower than 7
 - [PTE](#) - Minimum overall average of 80, no score lower than 70
 - [CELPPI](#) (General) - Minimum overall average of 9, with no score lower than 8
 - Official notice of the results of your English language test must be submitted to the FORAC Credentialing Office at the time of your application.

Getting Started with the MAO Process



- Before initiating the application process, potential applicants can prepare as follows:
 - Canada's English language optometry school is the University of Waterloo School of Optometry and Vision Science. Course listings for the University's Doctor of Optometry program can be found on the University's website: [click here](#). Applicants may wish to review the course listings for comparison with the courses taken in the applicant's optometric degree program. This will give the applicant an idea of how similar the applicant's optometric education was to a Canadian optometric education.
 - Canadian citizenship, permanent resident status or convention refugee status must be established prior to participation in the IOBP bridging program. To register in Manitoba, if the applicant is not a Canadian citizen, then proof of ability to work in Canada must be provided.

Getting Started with the MAO Process



- Before initiating the application process, potential applicants can prepare as follows:
 - Start preparing application documents. Many documents can be requested in advance and will remain valid throughout the application process (however, please note that the criminal record checks must be dated within the 6-month period prior to Manitoba registration).
 - Review the [FORAC](#) website to gain a better understanding of the steps involved.
 - Review the Manitoba Association of Optometrists [International Applicants Time and Cost](#) page to gain a better understanding of the time and financial commitments required to complete the process.

MAO Contacts



Manitoba Association of Optometrists
217 - 530 Century Street
Winnipeg, MB R3H 0Y4



T: 204-943-9811
F: 204-943-1208

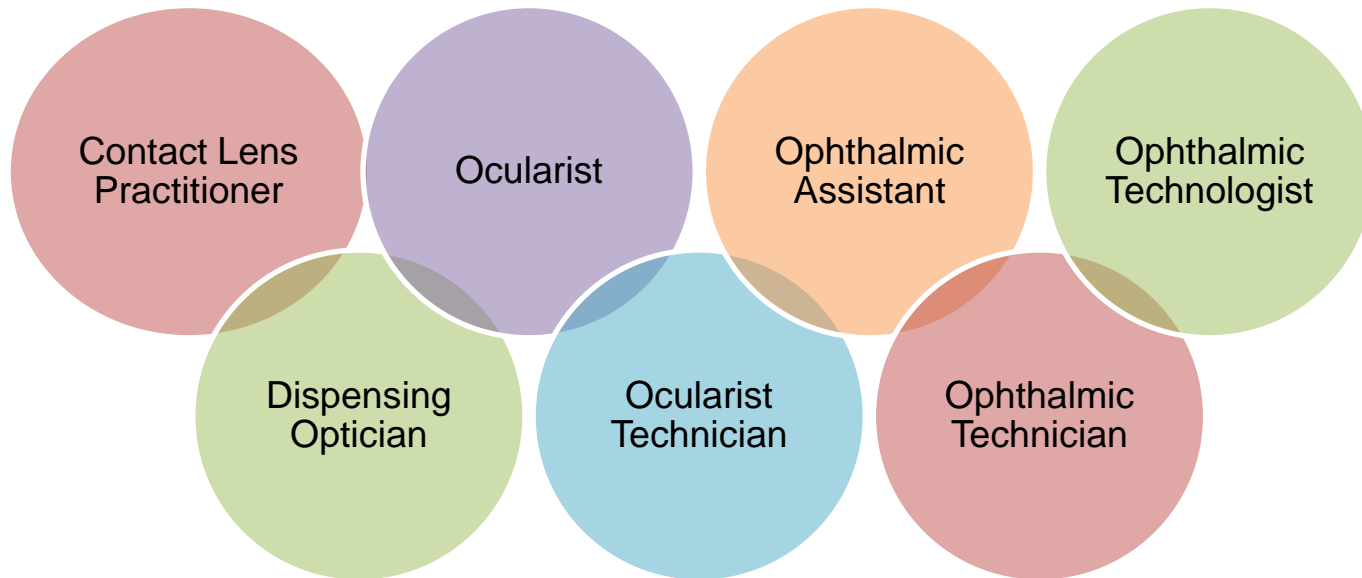


<https://www.optometrists.mb.ca/>
mao@optometrists.mb.ca

Alternative Careers for Dietitians

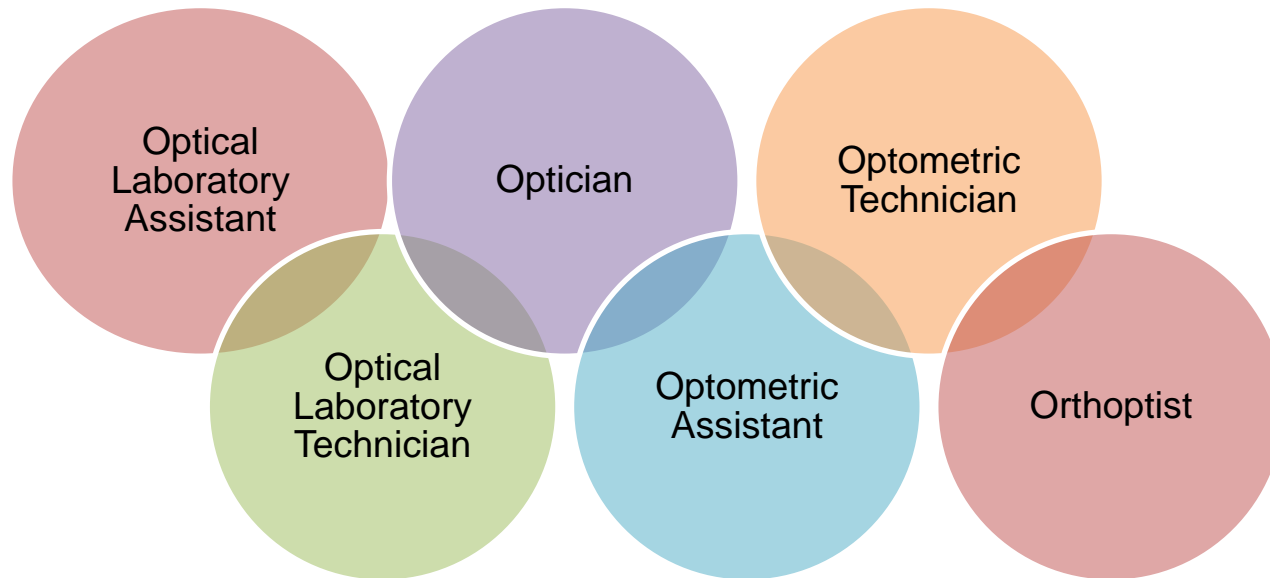


Alternative Careers for Dieticians



For more information visit [NOC website](#)

Alternative Careers for Dietitians



For more information visit [NOC website](#)

Career Planning Can Help You

Enter the workforce

Plan for education

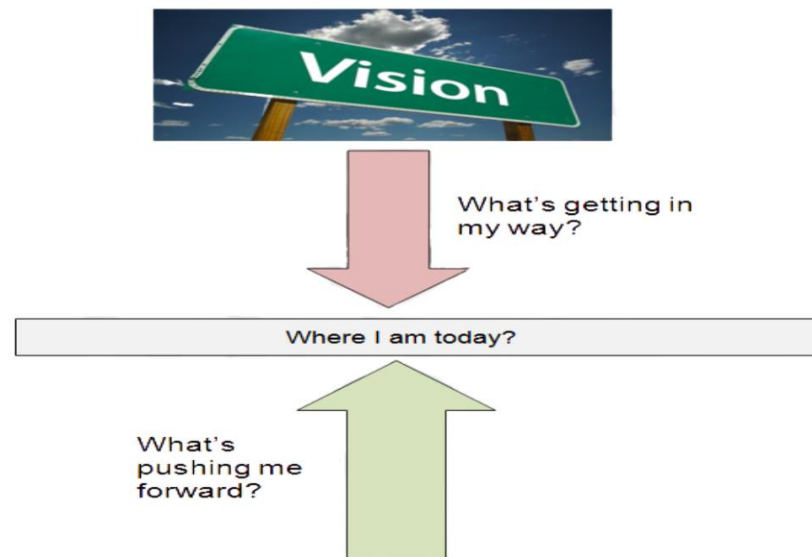
Deal with changing workplace demands

Anticipate trends or changes

Upgrade or maintain your skills

Develop skills for managing your career

Reflecting on Barriers and Strengths



Setting Short and Long-term Goals

Set SMART Goals
What? When?
How?

How much time
do you have
to complete
each step?

What resources
might you need?
Who can help?

Career and Education Plan

Name and Client ID: Jon Doe (123456)

Short Term Goal 1

Eyeglasses Fitter

Short Term Goal 2

Optometric Assistant

Long Term Goal

Optometrist

Achieving and Maintaining Long-Term Employment

- Maintaining long term employment and Career Management – An ongoing process:
 - a. Continuous learning – develop new skills or refine existing skills
 - b. Professional development – take courses, attend workshops, read, network, volunteer
 - c. Balancing work and life – reflect on values, priorities, and life circumstance
- Other: Complete Licensure process to become a Canadian Optometrist

Researching Post Secondary Training

- Research education and training options
- Identify post-secondary institution
- Verify admissions requirements
- Research funding options (Employment MB, SEED Recognition Counts, Student Aid, etc.)
- Other: Book a meeting with a counselor at SEED Winnipeg

Date:
Date:
Date:
Date: Jan 25, 2021
Date: Jan 25, 2021

Qualification Recognition

- Research your regulated profession or trade
- Contact regulatory body
- Identify necessary requirements (language level, transcript, syllabus, etc.) Research Funding Options
- (Immigrant Access fund, Employment MB, SEED Recognition Counts, MB Student Aid, bursaries, financial institutions, etc.).
- Other: Attend Qualifications Recognition webinar/information session at Manitoba Start

Date: Jan 28, 2021
Date: Jan 28, 2021
Date: Jan 28, 2021
Date: Feb 5, 2021
Date: Feb 5, 2021

Skill Development

- Research job specific training (First Aid/CPR, forklift, security guard license, etc.)
- Complete computer assessments sent by facilitator/coach; consider computer training
- Consider volunteering (visit www.volunteermanitoba.ca)
- Language assessment at WELARC
- Obtain Driver's license
- Other: Identify skill training options for Optometrists with career coach on January 25, 2021.

Date: Jan 25, 2021
Date: Jan 25, 2021
Date: Feb 5, 2021
Date: Feb 5, 2021
Date: Feb 8, 2021
Date:

Job Search Preparation

- Complete Career Development Workshop at Manitoba Start
- Finalize marketing materials (resume, cover letter, references)
- Apply for Security Clearance Checks (criminal record check, child abuse registry, adult abuse registry, immunizations record)
- Other: Discuss the QR process for Optometrists with career coach on January 25, 2021.

Date: Jan 25, 2021
Date: Jan 25, 2021
Date: Jan 25, 2021
Date:

Thank you!

If you require additional information about qualification recognition, please contact your Career Coach.

If you are not currently a Manitoba Start client, register with us:

- Call front desk at 204-944-8833
- Visit in person
- Complete our online [registration form](#) to receive career development support.

Good luck with your career planning and work search!