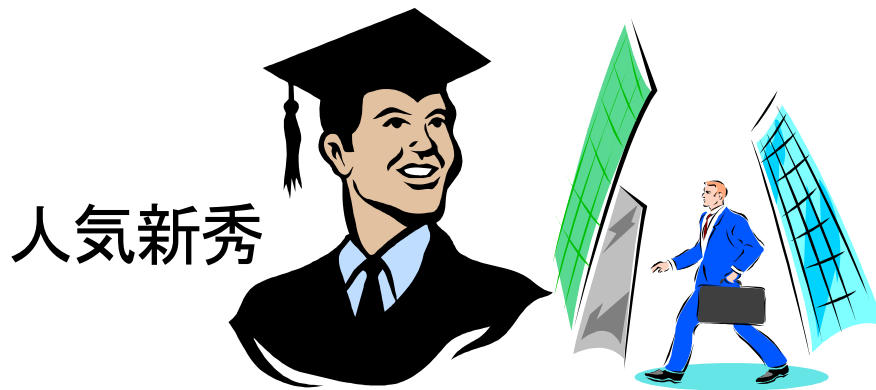


Becoming a Preferred Graduate in Optometry



人気新秀

Are you the one?

Preferred Graduate Checklist + Reflective Note
= Your Story of Becoming a Preferred Graduate

Your Story of Becoming a Preferred Graduate

Monitoring your development and reflecting on your experience help you become better. The checklists and templates in this document are specially designed to help you monitor and reflect on your status as a preferred graduate.

How?

1. Use the *preferred graduate checklist* to check your status as a preferred graduate at regular intervals (e.g. every year / semester)
2. *Reflect* – the guidelines in the reflection templates will help you – and write down your reflections, thoughts, ideas, plans...

Write your story,

Live your story!



Preferred Graduate Checklist



What is a Preferred Graduate in Optometry? See table below.

Why are the qualities of a Preferred Graduate important? Read the first column carefully.

Nature of the Optometry discipline	Qualities of the Preferred Graduates in the discipline	How far am I from being a Preferred Graduate?
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'How much water would there be in your bucket?'

A B C D E

Circle one.

Optometrists offer eyecare services to the public. These services may include refraction, prescribing spectacles and contact lenses, prescribing other special visual aids and detection of ocular as well as systemic problems.	Understand concepts in basic sciences, optometry, visual sciences and clinical optometry	A B C D E	1
	Be competent in practice, for example, know how to apply the learned skills and technology in actual work	A B C D E	2
Optometrists must communicate effectively with their clients. Optometrists need to be able to explain clearly the clients' conditions and give appropriate advice.	Have strong communication and interpersonal skills	A B C D E	3
	Show a caring attitude and sensitivity to clients' needs	A B C D E	4
Optometrists must observe the ethical standards of the profession.	Be responsible for the actions taken	A B C D E	5
	Take time to reflect upon the daily work and learn from what is done right and what is done wrong	A B C D E	6

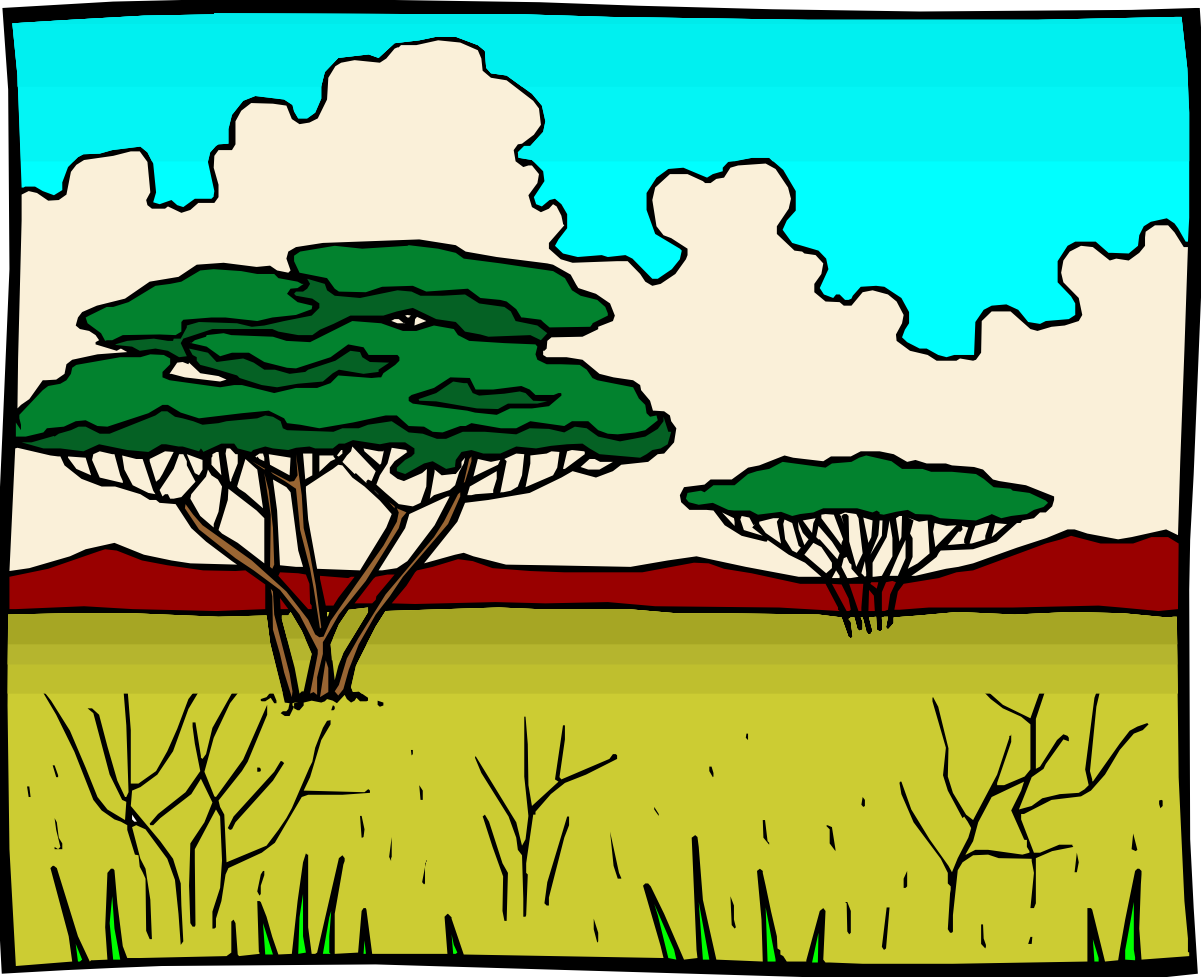
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Nature of the Optometry discipline	Qualities of the Preferred Graduates in the discipline	<i>How far am I from being a Preferred Graduate?</i>
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Optometrists are knowledgeable in many subjects outside their profession so that they have a wide view of what is going on in the society and around the world.	Have knowledge of many subjects	A B C D E	7
Optometrists take up leadership responsibilities.	Able to be a leader	A B C D E	8
When facing a problem, optometrists must thoroughly consider all available solutions before deciding on the best one. They must not only focus on a few solutions but also new and innovative ones.	Open-minded	A B C D E	9
	Creative	A B C D E	10
	Have critical thinking and analytical skills	A B C D E	11
	Have problem solving skills	A B C D E	12
Optometrists must constantly get the most up-to-date knowledge about their profession. Continuous Professional Development (CPD) is very important to them.	Have independent and life-long learning skills	A B C D E	13

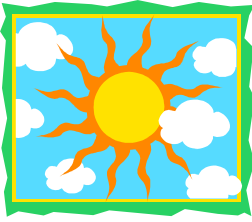
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Your first time... with the preferred graduate checklist

Now that you have completed the preferred graduate checklist for the first time, what have you learnt about your discipline? What have you learnt about *yourself* as a future professional in that discipline? How prepared are you? What do you need to work on? How...

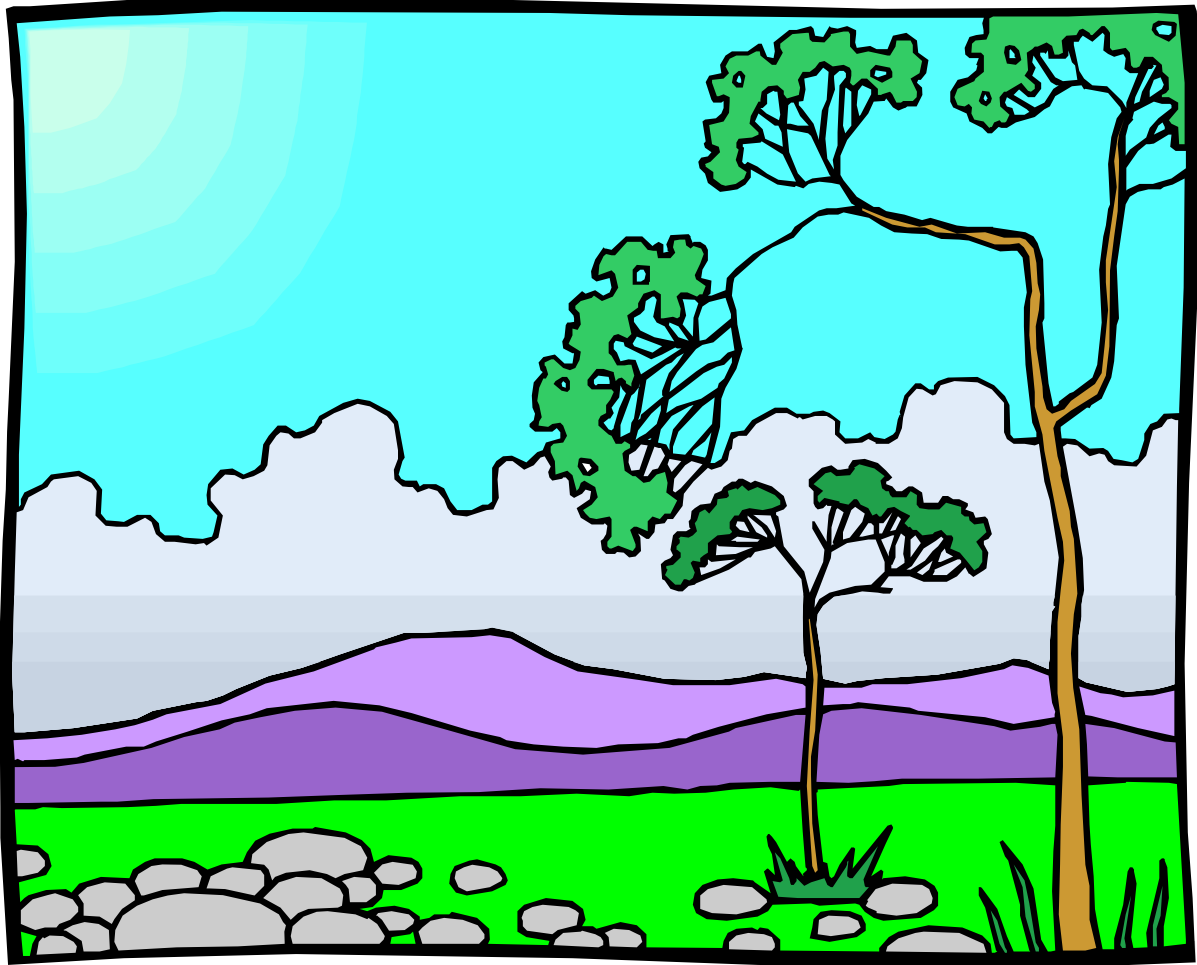
- 1) Assess your status as a preferred graduate by completing the preferred graduate checklist.
- 2) Write on next page your reflections and plans regarding your development as a preferred graduate.



My Reflections...

Today is _____

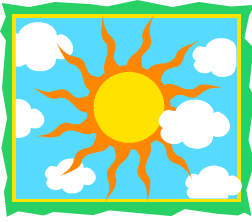
- ☉ Is being a professional in your field like what you have expected?
- ☉ What qualities do you need? What qualities do you have?
- ☉ How do you plan to develop the qualities you need?



One year has gone... How far have you gone?

It has been some times since you last completed a preferred graduate checklist, how far have you progressed since then? What qualities have you developed or need to develop? What new goals will you set for the coming year?

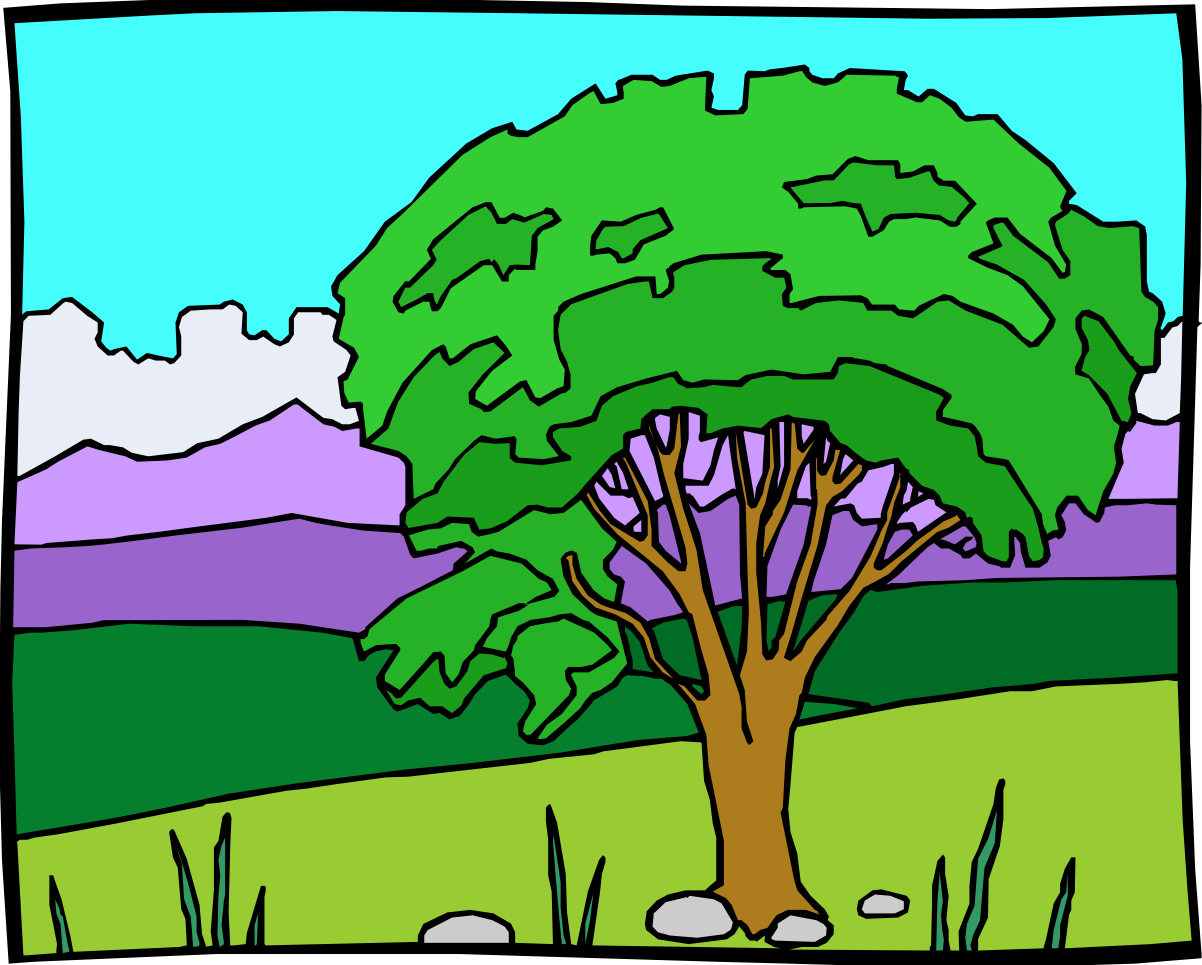
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My Reflections...

Today is _____

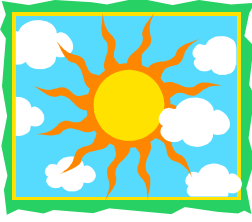
- Have you achieved the goals that you set last time?
- Are the strategies that you have used to develop relevant qualities effective?
- What do you need to work further on?



The time is coming closer... Let's give it the finishing touch

You are now only one year from your becoming a professional, how far left do you have to go? What steps do you need to take to get there (in terms of competence rather than qualification)? What would be your focuses this year?

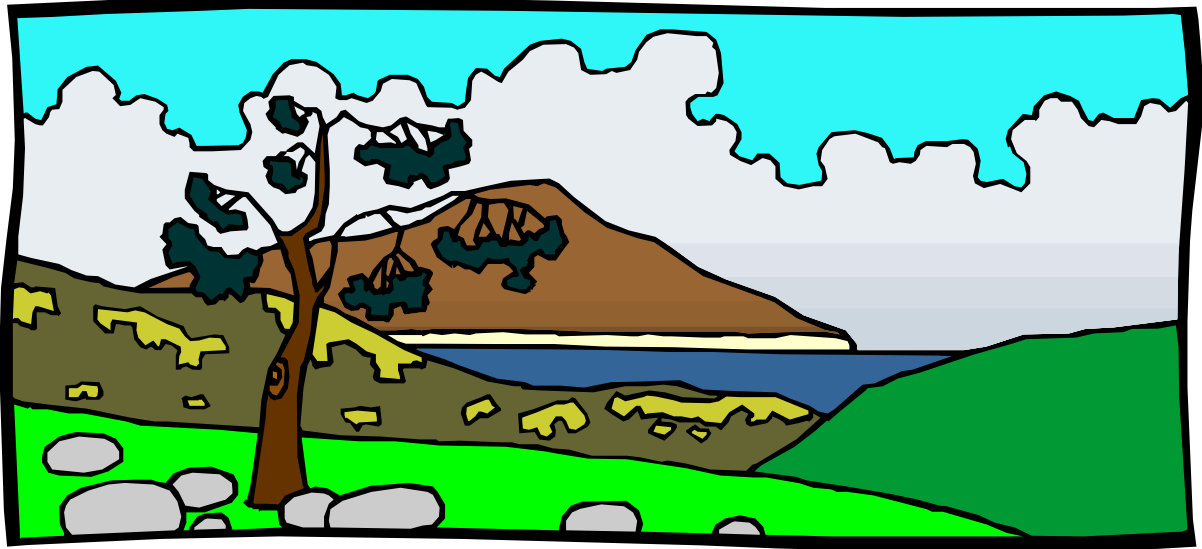
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My Reflections...

Today is _____

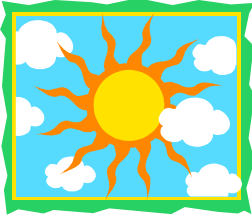
- ④ What qualities remained to be developed?
- ④ What learning difficulties have you encountered? How could they be overcome?
- ④ How would you plan this year in relation to your career development?



Finale... Are you ready?

At last, you are here, up on a hill looking at the prospect that lies in front of you, seeing all the challenges and opportunities. After all these years, what have you learnt about yourself? Are you ready?

- 1) Assess your status as a preferred graduate by completing the preferred graduate checklist.
- 2) Write on next page your reflections and plans regarding your development as a preferred graduate.



My Reflections...

Today is _____

- ④ What do you know about your strengths and weaknesses?
- ④ How well do you know yourself as a learner, a professional, and a person?
- ④ What will you bring with you from your university life into your working life?