

# Sharon Carter University

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## Optician Essentials - Technical Skills for New Opticians

### 6-Month Timeline Guide

*A comprehensive self-paced learning pathway to master optical fundamentals, lens dispensing, and professional optician skills.*

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## Month 1

### *Foundation & Anatomy*

#### **Module 1: Introduction**

- Eyecare Professionals
- History of Eyewear

#### **Module 2: The Eye**

- Overview of the Eye
- Major Parts of the Eye
- The Cornea
- The Conjunctiva
- The Sclera
- The Anterior and Posterior Chambers
- The Iris and Pupil
- The Ciliary Body
- The Crystalline Lens
- The Choroid
- The Retina
- The Tear Layer
- The Eyelids
- The Extra Ocular Muscles
- Overview of Cranial Nerves
- Cranial Nerve V (Trigeminal)
- Strabismus
- The Bony Orbit

- The Aqueous Humor Pathway
- The Visual Pathway

## Month 2

### *Optics & Lens Fundamentals*

#### **Module 3: Optics and Refractive Status of the Eye**

- Optical Concepts
- The Nature of Light
- The Electromagnetic Spectrum
- Reflection
- Refraction
- Prism Power and Curvature
- Focal Points, Distances and Vergences
- The Normal (Emmetropic) Eye
- The Farsighted Eye
- The Nearsighted Eye
- Astigmatism
- Presbyopia

#### **Module 4: Overview of Lenses**

- The Plus Lens
- The Minus Lens
- The Sphero-cylinder Lens
- Comparing Lens Materials
- Lens Materials

#### **Module 5: Neutralization**

- How to Use the Lensometer
- Neutralizing Single Vision Lenses
- Neutralizing Spherocylindrical Lenses
- Neutralizing Progressive Lenses

## Month 3

*From Prescription to Laboratory*

### **Module 6: From Rx to Eyewear**

- Optical Performance
- The Doctor's Prescription
- The Laboratory Order

### **Module 7: Overview of an Optical Laboratory**

- The Route Your Rx Travels Through the Laboratory
- Customer Service
- Surfacing Department
- Finishing Department

## Month 4

*Frame Selection & Patient Fit*

### **Module 8: Eyewear Selection**

- Frame Styles and Materials
- Lens Enhancements

### **Module 9: Facial Measurements and Frame Selection**

- Lifestyle Considerations
- Rx Evaluation
- Presentation Process
- Facial Measurements
- Frame Selection

- Frame Measurements
- Decentration - Frame Size vs. Patient's PD
- Frame Materials and Styles
- Frame Selection for Cosmetics and Fit

## Month 5

*Delivery & Patient Care*

### **Module 10: Delivery of Eyewear to the Patient**

- Frame Alignment Process
- Standard Alignment
- Nose Pad Alignment
- Readjustments
- Alignment When Dispensing

### **Module 12: Ocular Pathologies**

- Pathology vs. Vision
- Cataracts
- Glaucoma
- Corneal Pathologies
- Retinal Pathologies
- Other Ocular Pathologies
- Pathology Recognition
- Diseases that Affect Vision
- Medications that Affect Vision

## Month 6

*Final Review & Mastery*

### **Module 12: Common Terms and Abbreviations**

- Common Optical Terms and Abbreviations
- Final Exam
- Bonus Study Aids
- Practice Questions

### **Course Completion**

Upon completing all 12 modules over the 6-month timeline, you will have mastered the essential technical skills needed to excel as a professional optician. Congratulations on your commitment to professional development!