

**ABDO COLLEGE PROSPECTUS**  
**2019–20**



FACE TO FACE TUITION,  
LED BY EMINENT AND APPROPRIATELY QUALIFIED  
FIRST CLASS

# LECTURERS, TAKES PLACE AT THE TRAINING FACILITY IN KENT

## **EMPLOYERS – DEVELOP YOUR TEAM WITH ABDO COLLEGE**

ABDO College offers courses to help your staff develop their skills. These courses can:

- Lead to stand-alone qualifications.
- Prepare team members to study for the FBDO qualification.

From Optical Assistant, a vital induction and development programme which can be studied from work or home, through to FBDO and beyond, ABDO College courses allow you to develop your team in house. A planned training programme will help you retain great staff who know your practice and patients. You will save on recruitment costs too.

ABDO College courses are flexible, allowing your staff to learn online or through block release, minimising time out of practice. Many courses lead to recognised qualifications.

The courses follow a pathway to allow team members to take the route that suits your business needs and their abilities. Start with the basics and you can continue all the way through to qualifying as a contact lens optician or specialising in low vision.

ABDO College is best known for its courses in ophthalmic dispensing. Every practice needs a Dispensing Optician (DO). A DO can help upskill your other team members through their knowledge and expertise. They are the experts when it comes to optical problem solving in practice and play a vital role in advising parents and dispensing to children.

## **SUPPORT STAFF – DEVELOP YOUR CAREER WITH ABDO COLLEGE**

Whether you are starting out in optics or a DO looking to develop your career, ABDO College has courses to help. ABDO College courses can:

- Allow you to earn while you learn.
- Lead to stand-alone qualifications.
- Prepare you to study for the FBDO qualification.

If you have just started working in optics, or have been in practice for some time and want to formalise what you have learnt, the Optical Assistant course is for you. Study online and you will have a vital induction to the world of optics.

Continue studying the Optical Assistant course and you will uncover just how much there is to working in eyecare. Your knowledge of frames and lenses will grow, allowing you to develop what you can offer patients with growing confidence and knowledge.

Follow the ABDO College pathway and you can continue all the way through to becoming a DO, qualifying as a contact lens optician or specialising in low vision.

ABDO College courses are flexible, allowing you to learn online or through block release. Many of the courses lead to recognised qualifications.

## ABOUT ABDO COLLEGE

ABDO College, in Godmersham, Kent, specialises in distance and blended learning education for the optical profession. It is the only college in the UK devoted solely to the teaching of the theory and practical aspects of ophthalmic dispensing and its related specialist areas.

The College is a centre of excellence and has been raising the standards in optical education for the whole profession since it was established by the Association of British Dispensing Opticians (ABDO) in 2001.

ABDO College strives to maintain the highest possible standards and to increase the standing of ophthalmic dispensing in the eyes of the profession, to raise public confidence and increase public understanding of the level of training achieved. In addition to this ABDO College prides itself in a dedication to maintaining a supportive and caring learning environment for all students at all levels.

The team at ABDO College shares its extensive professional knowledge to equip students with the understanding and skills for their chosen profession. ABDO College has an impressive reputation for high standards and exemplary pass rates. Face-to-face tuition, led by eminent and appropriately qualified lecturers, takes place at its first class training facility in Kent.

The College, which is the centrepiece of the Godmersham Park estate, lies within 1,000 acres of beautiful Kent countryside and benefits from stunning views across the North Downs. Situated between Ashford and Canterbury, it is accessible by rail, bus and car and provides an ideal venue for study and reflection away from the pressures and demands of everyday practice life.

Distance learning coursework and supplementary material is provided by the dedicated courses team at ABDO College and helpful staff are always on hand to guide and support. The College also offers accommodation for those visiting Godmersham for block release and day courses and the ABDO College Bookshop to fulfil all your textbook and equipment needs.





## COURSES

ABDO College offers courses from entry level, Access courses for those without GCSEs as well as advanced and honours courses allowing qualified professionals to specialise in specific fields of interest.

ABDO College provides courses that lead to the ABDO Diploma in Ophthalmic Dispensing (FBDO), awarded by the Association of British Dispensing Opticians.

Online and blended learning education allows students at ABDO College the tremendous benefit of applying contemporary teaching in a work environment therefore allowing for study that best suits the changing demands of both student and employer.

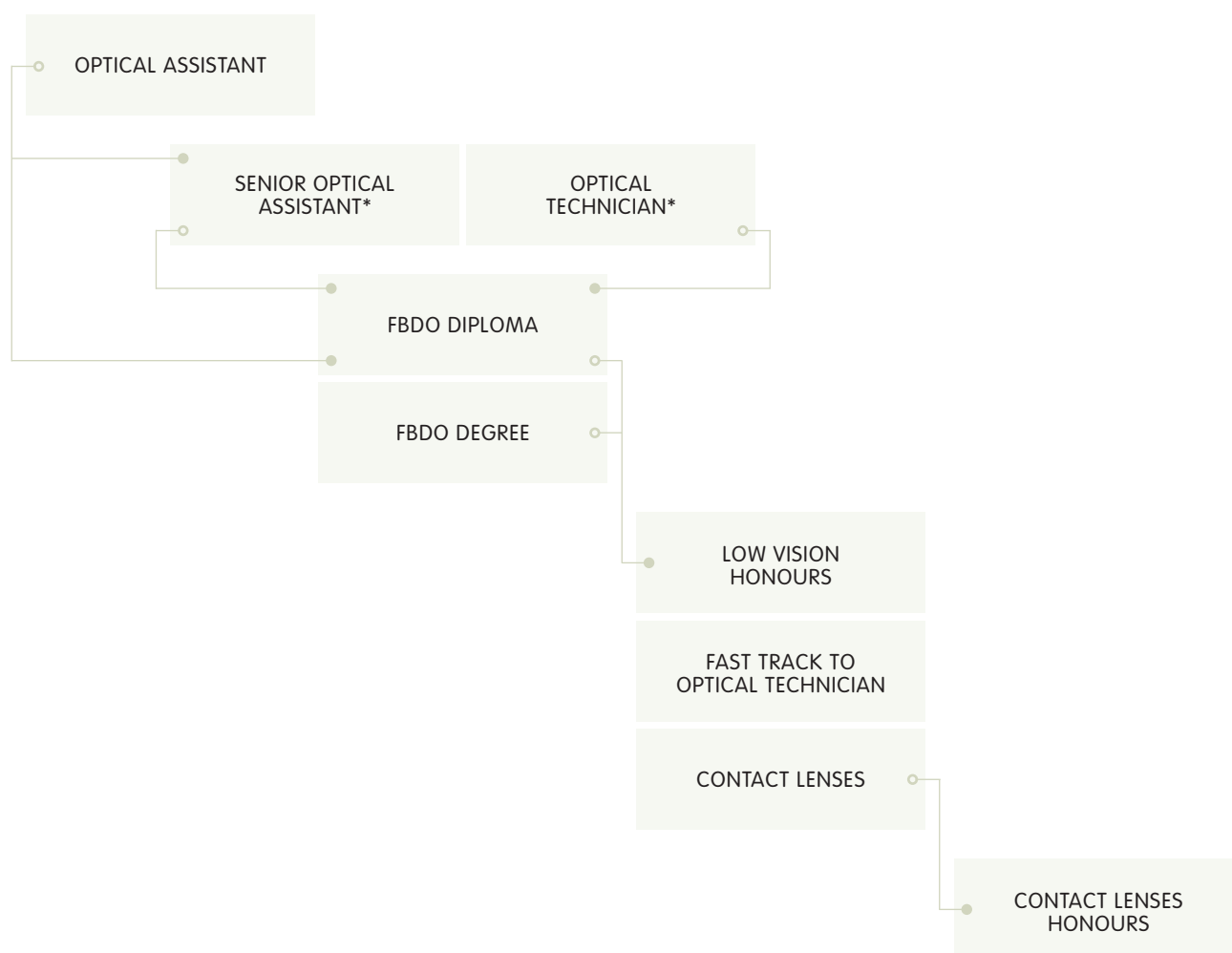
Students continue in paid employment for the duration of their studies reducing the need for additional finance and giving them a chance to continue to develop their career.

### INDEX

<b>OPTICAL SUPPORT COURSES</b>	<b>5</b>
Optical Assistant	6–9
Senior Optical Assistant	10–13
Optical Technician	14–17
<b>ACCESS COURSES</b>	<b>18–19</b>
English   Mathematics   Optics and Dispensing	
<b>OPHTHALMIC DISPENSING COURSES</b>	<b>21</b>
Foundation Degree BSc (Hons) in Ophthalmic Dispensing	22
Fellowship Dispensing Diploma	23
BSc (Hons) Vision Science	24–25
Fast Track Technician Training for FBDO	26–27
<b>CONTACT LENS COURSES</b>	<b>29</b>
Contact Lens Certificate	30
Contact Lens Practical Preparation	31
Contact Lens Honours	32
<b>LOW VISION COURSES</b>	<b>33</b>
Low Vision Honours	34
<b>REVISION COURSES</b>	<b>35</b>
Distance learning revision courses	36
Revision courses held at Godmersham	36
<b>ABDO COLLEGE STUDENT ACCOMMODATION</b>	<b>38–39</b>
<b>ABDO COLLEGE BOOKSHOP</b>	<b>40</b>

## OPTICAL SUPPORT COURSES

### CAREER PATHWAY



\*The senior optical assistant course and optical technician courses may allow entry into year two of the FBDO Diploma.

## OPTICAL ASSISTANT

### DURATION OF COURSE

25 weeks.

### MODE OF STUDY

Distance learning and optional workshops.

### ENTRY REQUIREMENTS

None.

### TIME REQUIRED FOR STUDY EACH WEEK

Two to four hours.

### ASSESSMENT METHOD

Continuous online assessment.

### OTHER REQUIREMENTS

Regular access to a computer, scanner and the internet.

### START DATES

January and September.

### TUITION FEES

See enclosed sheet.

This course is designed for all support staff working in optics, from entry level to those with a desire to reinforce their skills and broaden their knowledge gained in practice. Each module is designed to provide you with the foundation of knowledge needed in order to support both professional staff and customers in practice.

Students on this course will benefit from a workshop which will demonstrate how to carry out basic repairs and adjustments and the various types of optical screening equipment in practice. This workshop will also allow you to learn in a hands on environment under the expertise of our tutors.

This course is designed as an introduction to formal learning for students in the area of optics to help you progress in your optical career and educational pathway.

End of year exams can be a significant barrier to a student's desire to pursue further education: with this in mind, this introductory course allows people to study and learn without this anxiety. Students must achieve an average of 70% in each module in order to gain a completion certificate from ABDO College.

Successful completion of this Optical Assistant course, studying subjects directly applicable to everyday practice, will allow the learner direct entry into Year 1 of the FBDO Diploma without the need for prerequisite GCSEs or A Levels.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

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### INTRODUCTION TO THE EYE

The aim of this module is for the learner to understand the very basic anatomy and functions of the eye. It will provide the learner

with an understanding of myopia, hypermetropia, astigmatism and presbyopia and their correction.

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### INTRODUCTION TO CONTACT LENSES

The aim of this module is for the learner to understand the different types and wearing modalities of contact lenses, their advantages

and disadvantages, the general principles of lens care including hygiene and aftercare.

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### THE PROVISION OF SPECTACLE LENSES IN OPTICS

The aim of this module is for the learner to gain an understanding of the optics of lenses and their design and form including the significance of optical centres, decentration, prisms and their

application, and the types and uses of special and safety lenses, and tints.

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### THE PROVISION OF SPECTACLE FRAMES IN OPTICS

The aim of this module is for the learner to understand the components of a spectacle frame, the materials used in construction and manufacture, the standard measurements of a frame and how to

assist patients in choosing suitable frames to match their facial shape and features.

### LEGAL REQUIREMENTS IN OPTICS

The aim of this module is to help the learner to understand the roles and responsibilities of staff within the optical profession, including how to communicate and deal with patients and patients' entitlements and the procedures required within the health service. It also gives clear guidance on the limits of responsibilities of all

staff and the requirements for contractors working under the GOS contract. It therefore gives all within the profession an insight into the roles across all disciplines and outlines the role of the representative bodies and the GOC.

### INTRODUCTION TO MATHEMATICS

The aim of this module is for the learner to be able to understand and apply mathematical principles used within optics. It includes geometrical mathematical principles and basic algebra. For those

students who do not have confidence in their mathematic ability, an informative and supportive introduction to maths guide is available.

### OPTICAL SCREENING WORKSHOP

Delivered in ABDO's state of the art National Resource Centre, this workshop will introduce staff to the wide range of screening equipment used in optical practices. Discussions on the day will

include communication around the screening process, the principals and process of the optical screening equipment and how to obtain the best measurements or data.

### SPECTACLE ADJUSTMENT AND REPAIR WORKSHOP

Delivered in ABDO's state of the art National Resource Centre, this workshop will introduce staff to the basic adjustments and repairs that are carried out daily in practice. Students will be able to learn hands

on how to realign spectacles, reinsert lenses, replace nose pads and carry out basic supra repairs.



## SENIOR OPTICAL ASSISTANT

### DURATION OF COURSE

Two years.

### MODE OF STUDY

Distance learning and workshop.

### ENTRY REQUIREMENTS

None. However it is recommended that if you do not have a maths or science GCSE you start with the Optical Assistant course.

### TIME REQUIRED FOR STUDY EACH WEEK

At least six to eight hours of work per week is required, plus individual research and written assignments.

### ASSESSMENT METHOD

Written examination, portfolio, viva and practical assessment.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### START DATE

September.

### TUITION FEES

See enclosed sheet.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

This Ofqual accredited course is aimed at receptionists, optical advisors and optical assistants who want to progress within optics. It gives you the underpinning knowledge to understand the principles behind many of the tasks undertaken by optical assistants. It is tailored to the needs of those who aspire to become senior optical assistants, supervisors, practice managers and provides the next step for people who want to develop their future career. It is a significant step up from the Optical Assistant course. There are two suggested pathways through this course which are detailed below.

### ASSESSMENT

To obtain the diploma, students must pass both Part I and Part II. All these modules are assessed by written examination. The assessment for Module 11 is an extended essay which the candidate writes in their own time. Part II involves submission of a portfolio of evidence, on which further questions may be asked in a viva, and a practical assessment. Students are assessed at the end of each year of a two-year course.

If a candidate fails any module, the module can be retaken on its own, up to three times. All modules must be completed within a period of five years.

### PATHWAY 1: RETAIL PRACTICE AND MANAGEMENT

This pathway through the Senior Optical Assistant course is for you if you wish to enhance your retail knowledge and potentially move into supervision or management. It provides you with the fundamental skills of an optical assistant teamed with retail business principles. An end of year project concentrates your learning into formulating a business plan with a focus on continued growth of the practice.

### PATHWAY 2: OPTICS AND DISPENSING SKILLS

This pathway through the Senior Optical Assistant course is for you if you wish to progress onto the ABDO College course in Ophthalmic Dispensing leading to the FBDO qualification. The core learning on the course lays the foundation of knowledge required in both Theory of Optics and Theory of Ophthalmic Lenses. Completion of this pathway may allow successful candidates entry into Year 2 of the Fellowship Dispensing Diploma on completion of the ABDO PQE Examinations.

## MANDATORY MODULES

## MODULE

1

## PATHWAY 1 + 2

## THE EYE AND THE PRINCIPLES OF OPTICS

9 CREDITS

- The nature of light and the electromagnetic spectrum.
- The reflection of light when incident at plane and curved surfaces.
- The refraction of light when incident at plane and curved surfaces.
- The basic anatomical structure of the eye and how it relates to refractive errors.

## MODULE

2

## PATHWAY 1 + 2

## PRINCIPLES OF OPTICAL RETAIL PRACTICE SUPPORT AND MANAGEMENT

12 CREDITS

- The legal requirements that apply in an optical practice and their relevance to the role of an optical assistant.
- The regulatory requirements governing optical practice.
- The health and safety requirements in an optical practice and their relevance to the role of an optical assistant.
- The skills required for communication in optical practice.
- The principles of managing staff and developing individuals' performance in an optical practice.
- How to achieve excellent customer service in an optical practice.
- How to sell in an optical practice.
- The rules of provision of services through a national health care scheme.

## MODULE

3

## PATHWAY 1 + 2

## THE PROVISION OF OPTICAL SCREENING AND CLINICAL SUPPORT

12 CREDITS

- How to interpret optical prescriptions.
- The applications of visual field screening.
- The application of auto-refraction.
- The application of non-contact tonometry in measuring intra-ocular pressure (IOP).
- The importance of fundus photography and optical coherence tomography (OCT).
- Eye conditions typically encountered in an optical practice.
- The actions required when confronted with an ocular emergency and recognised pathways for referral.

## MODULE

4

## PATHWAY 1 + 2

## THE PROVISION OF SPECTACLES IN OPTICAL PRACTICE

12 CREDITS

- The design principles for spectacles.
- The selection process for dispensing multi-focal lenses including bifocals and trifocals.
- The measurements required prior to the supply of spectacles.
- The materials used for spectacle lenses.
- The principles of fitting spectacles.
- The importance of the care of spectacles.
- The use and limitations of protective eyewear.

## MODULE

5

## PATHWAY 1 + 2

## THE PROVISION OF CONTACT LENSES IN OPTICAL PRACTICE

8 CREDITS

- The legal implications of the supply of contact lenses and aftercare.
- The legal implications of the supply of contact lens solutions.
- The key designs of contact lenses.
- The wearing modalities of contact lenses.
- How to advise those customers who have not complied with contact lens care regimens.

## MODULE

6

## PATHWAY 2

**MATHEMATICS FOR OPTICAL ASSISTANTS****7 CREDITS**

- How to perform arithmetical calculations.
- How to use a scientific calculator to solve mathematical problems in an optical environment.
- The principles of geometry and how to apply them in optical practice.
- How to extract information from line and bar graphs.
- How to solve problems involving simple algebraic expressions.

## MODULE

7

## PATHWAY 1

**THE PROVISION OF LOW VISION AIDS IN OPTICAL PRACTICE****8 CREDITS**

- The terms relating to low vision.
- The importance of the case history for patients with low vision.
- The anatomy of the retina and anterior chamber and related structures and the relevant pathological conditions.
- The importance of illumination for low vision patients.
- The care requirements for people with low vision.
- The use of low vision appliances.

## MODULE

8

## PATHWAY 1

**ANTERIOR EYE AND OCULAR SUPPLEMENTS****8 CREDITS**

- The use of refractive surgery to correct vision.
- The identification and management of blepharitis.
- The identification and management of dry eye.
- The use of ocular nutritional supplements.

## MODULE

9

## PATHWAY 2

**THEORY OF OPTICS****12 CREDITS**

- The propagation of light formation.
- Reflection.
- Refraction at a plane surface.
- Refraction at curved surfaces.
- Photometry.
- The use of colour in optics.
- How to use thin lenses.

## OPTIONAL MODULES

## MODULE

10

## PATHWAY 2

## THEORY OF OPHTHALMIC LENSES

12 CREDITS

- How to measure interpupillary and centration distances.
- Lens form.
- The parameters of sphero-cylindrical lenses.
- The parameters of toric lenses.
- Lens measure and lens thickness.
- The nature of ophthalmic prisms and prismatic effects.
- Elements of ametropia.
- Line foci and disc of least confusion.

## MODULE

11

## PATHWAY 1

## BUSINESS PRINCIPLES FOR OPTICAL PRACTICES

8 CREDITS

- The factors for success of an optical retail practice.
- How regulatory bodies, professional organisations and trade bodies influence the restrictions on marketing and advertising in optical practice.
- The effectiveness of different marketing techniques.
- The financial impact of decisions taken by optical assistants.
- Systems typically used within an optical practice.

Candidates will be required to submit a written business/development plan which brings together the learning developed during the course and which could be of benefit to their own practice. The work will be undertaken in the candidate's own time and submitted by a given deadline towards the end of year two.

## MANDATORY MODULE

## MODULE

12

## PATHWAY 1 + 2 : PRACTICAL

## OPTICAL SKILLS IN PRACTICE

12 CREDITS

- Effective patient communication.
  - Spectacle repairs and adjustments.
  - Spectacle dispensing.
  - Spectacle verification.
  - Optical screening.
  - Contact lenses.
- This unit will be assessed by submission of a portfolio of evidence, plus a viva and one day practical assessment.

## OPTICAL TECHNICIAN

### DURATION OF COURSE

Two years.

### MODE OF STUDY

Blended learning, with online study and 4 workshops.

### ENTRY REQUIREMENTS

None. However it is recommended that if you do not have a maths or science GCSE you start with the Optical Assistant course.

### TIME REQUIRED FOR STUDY EACH WEEK

At least six to eight hours of work per week is required, plus individual research and written assignments

### ASSESSMENT METHOD

Written examinations, practical project, one day assessment and viva.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### START DATE

September.

### TUITION FEES

See enclosed sheet.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

This Ofqual accredited course is regarded as the Gold Standard for the industry. Holders of the qualification are entitled to use the letters SMC (Tech) after their name. It is tailored to the needs of those who aspire to become senior technicians and supervisors. Holders of this qualification will be eligible to apply for exemptions from course elements of Year 1 of the ABDO College Level 6 Diploma in Ophthalmic Dispensing course.

The aims of each module, together with the number of credits, are shown on page 15–17. In the second year, students choose a surfacing or glazing 'pathway' (module 8 or module 9). You will need to access a laboratory for these modules.

Students are assessed at the end of the first and second years. Candidates must pass the year 1 examinations before continuing to year 2.

### YEAR 1 EXAMINATIONS

- Module 1: written paper
- Module 2: written paper
- Module 3: written paper

### YEAR 2 EXAMINATIONS

- Module 4: written paper
- Module 5: written paper
- Module 6: written paper
- Module 7: written paper
- Module 8 or 9: practical project, practical examination and viva.
- Module 10: written paper
- Module 11: written paper

If a candidate fails any module, the module can be retaken on its own, up to three times. All modules must be completed within a five-year period.

## YEAR 1

## MODULE

1

**MATHEMATICS FOR OPTICAL MANUFACTURING****3 CREDITS**

The mathematical principles used in the optical workshop.

## MODULE

2

**THE EYE AND THE PRINCIPLES OF OPTICS****9 CREDITS**

The structure of the eye and the principles of sight-correcting lenses.

## MODULE

3

**THE PROPERTIES OF OPHTHALMIC LENSES****12 CREDITS**

Properties of spherical and astigmatic lenses, prisms and prismatic effects.

## MODULE

7

**THE PROPERTIES OF SPECTACLE FRAMES AND GLAZING****12 CREDITS**

Properties, applications and the process of manufacture; glazing techniques.

## YEAR 2

## MODULE

4

**THE THEORY OF LENS SURFACING****10 CREDITS**

Surface generation of spherical and toroidal lenses; processes and standards.

## MODULE

5

**THE PROPERTIES OF OPHTHALMIC LENSES****12 CREDITS**

Design principles of spectacle lenses and how these relate to manufacture.

## YEAR 2

## MODULE

6

**SPECTACLE LENS MATERIALS****9 CREDITS**

Properties of spectacle lens materials and what makes them suitable.

## MODULE

8

## PRACTICAL

**GLAZING PATHWAY – OPTICAL WORKSHOP TASKS AND GLAZING SPECTACLE FRAMES****12 CREDITS**

The full range of tasks in an optical workshop; non-routine glazing.

## MODULE

9

## PRACTICAL

**SURFACING PATHWAY – OPTICAL WORKSHOP TASKS AND GLAZING SPECTACLE LENSES****12 CREDITS**

The full range of tasks in an optical workshop; non-routine surfacing.

STUDENTS WILL NEED TO TAKE ONE OF THESE YEAR 2 PRACTICAL UNITS

## MODULE

10

**SPECTACLE LENS TREATMENTS****10 CREDITS**

Spectacle coating and tinting; ISO standards.

## MODULE

11

**THE SPECTACLE INDUSTRY AND STANDARDS****5 CREDITS**

How the processes work to produce high standards for the UK consumer.

## FAQ

### OPTICAL SUPPORT COURSES

#### HOW DOES DISTANCE LEARNING STUDY WORK?

You receive your course material and assignments via our virtual learning environment. Log in details are sent to you after enrolment. This will include your tutor details. All contact can be made via the online resource. You work through an assignment each week. This is then submitted to your personal tutor. They will mark it for you and return it to you with some feedback. You can expect this coursework to take you several hours per week and you will need to be disciplined to make sure you keep up. You must have a reliable internet connection and access to Microsoft Word or be able to convert documents to PDF format.

#### WHAT IS WORK BASED LEARNING?

While you are studying for your qualification you are working in optics, in a practice, a laboratory or a manufacturing organisation. Your training not only consists of learning coursework but also learning in practice, through asking questions and testing your understanding with your supervisor and colleagues.

You will develop practical skills in your workplace to supplement your learning.

#### WHO IS RUNNING THE COURSE?

ABDO College runs these courses.

#### DO I NEED TO ATTEND COLLEGE?

You do not have to attend for Optical Assistant courses but are able to take part in optional workshops.

#### DO I HAVE TO BE WORKING IN OPTICS?

Yes. It is essential that you are working in an optical environment, so that you can receive support from your supervisor and colleagues and in order to gain practical experience. You need the support of your employer to work towards this qualification.

#### DO I NEED TO BE A MEMBER OF ABDO?

You do not need to be a member of ABDO to study optical support courses, but membership offers a range of benefits and is available to you at a reduced rate if you choose to join.

#### HOW MUCH DOES EACH COURSE COST?

See enclosed sheet for fees.

Please note that examination fees are separate and are not included in course fees. Please see enclosed sheet for course costs.

## ACCESS COURSES

### DURATION OF COURSE

16–20 weeks.

### MODE OF STUDY

Distance learning.

### ENTRY REQUIREMENTS

None.

### TIME REQUIRED FOR STUDY EACH WEEK

Two to four hours.

### ASSESSMENT METHOD

Continuous assessment. Students are required to achieve an average mark of 70 per cent to pass.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### START DATE

February.

### TUITION FEES

See enclosed sheet.

### LEVEL

2

Access courses are designed to help prospective ophthalmic dispensing students meet the necessary entry requirements. They are also a useful refresher for those who have been out of education for some time.

The entry requirements for the ABDO Level 6 Diploma in Ophthalmic Dispensing (FBDO) and the Canterbury Christ Church University Foundation Degree/BSc (Hons) in Ophthalmic Dispensing are five GCSEs at grade 4–9 (grade C or above), which must include English, Maths and a science. Each Access course you pass is accepted in place of one GCSE.

The access courses are available in the key subjects of English, Maths, Optics and Dispensing.

Access Optics and Dispensing presents introductory level information to facilitate an initial understanding of these important disciplines. It is also therefore a particularly useful course for new staff induction and for practice reception staff.

If you need to gain more than one GCSE equivalent you are advised to take the Optical Assistant course.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## ENGLISH

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### Subjects

Words; Sentences; Punctuation; Review; Verbs (present tense); Verbs (past and future tense); Comprehension; Adjectives; Adverbs; Paragraphs; Note taking; Spelling; Reports; Letters; Essay writing; Essay planning; Curriculum Vitae.

**Duration 20 weeks**

## MATHEMATICS

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### Subjects

Basic Arithmetic; Fractions; Ratio and Proportion; Decimals; Use of Calculators; Percentages; Graphs from Data; Basic Algebra; Expansion of brackets and Factorisation; Algebraic Fractions; Solution of Simple Equations; Formulae; Quadratic Equations; Simultaneous Equations; Graphs of Functions; Indices; Angles; Triangles; Trigonometry; Further trigonometry; Vectors.

**Duration 21 weeks**

## OPTICS AND DISPENSING

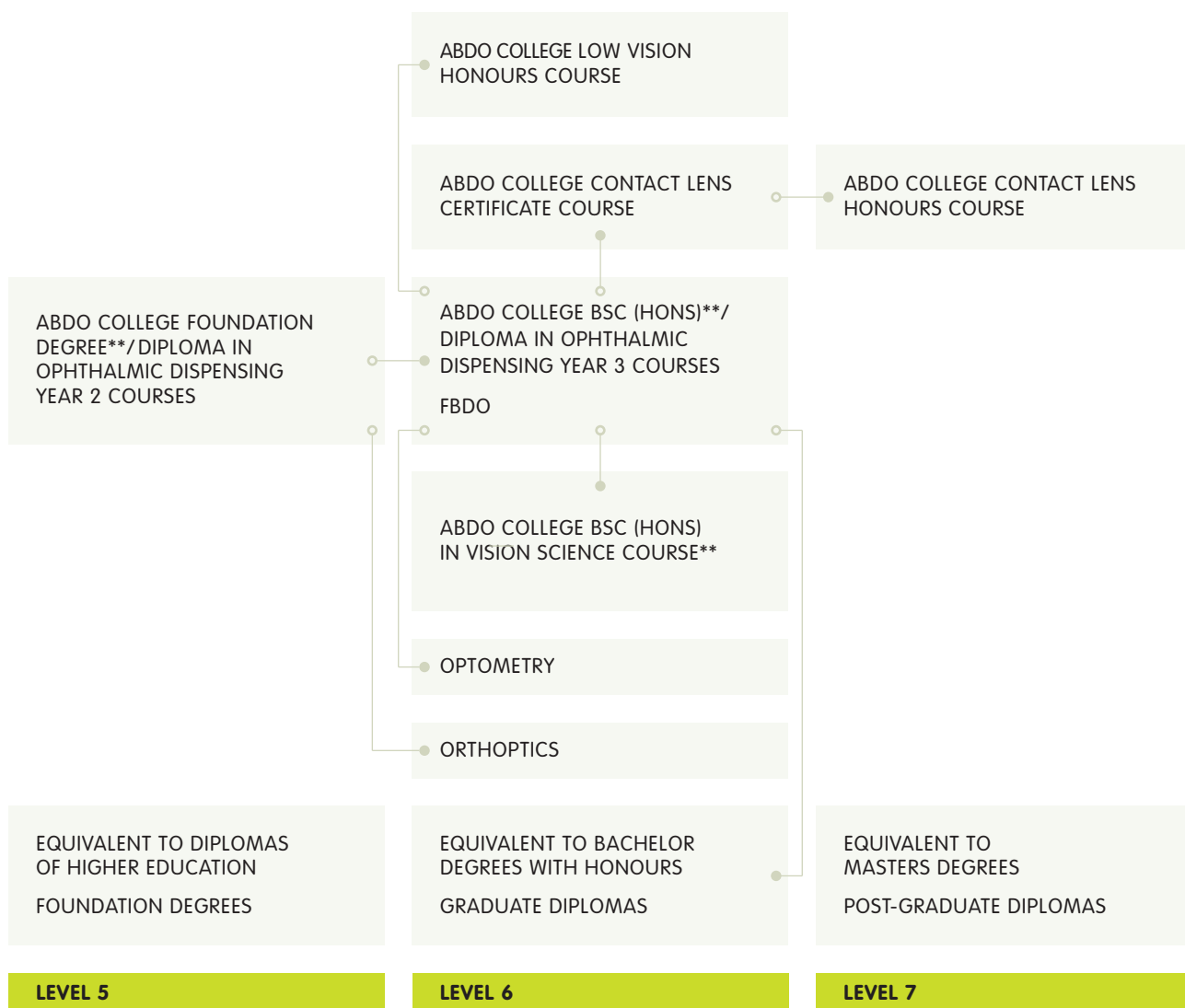
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### Subjects

Introduction to the eye; How the eye works; Maths revision; Electromagnetic spectrum, refractive index and refraction of light; Spherical lenses; Optical correction of refractive errors; Lens measure and lens thickness; Prescriptions and their transposition; Prisms; Bifocal and Multifocal Lenses; Lens materials and their properties; Lens tints and coatings; Facial and frame measurements; Frame selection and adjustment; Reflection of light.

**Duration 16 weeks**

## OPTICAL CAREER PROGRESSION PATHWAY



\*\*IN CONJUNCTION WITH CANTERBURY CHRIST CHURCH UNIVERSITY (CCCU)

## OPHTHALMIC DISPENSING COURSES

### WHAT IS A DISPENSING OPTICIAN?

The work of the dispensing optician (DO) involves prescription analysis, advice on lens type and styling of frames, and taking frame, facial and lens measurements. Before any finished spectacles are deemed acceptable for a patient, they must be checked to ensure they correspond to the prescription and final ordered specifications, and are suitable for the conditions in which they are used.

The supply of spectacles and other visual aids is vital to the majority of people so they can enjoy life and work. After the patient has received the new spectacles and has been instructed in how to get the best results from them, the DO is always available to offer advice, adjustments and repairs if necessary. The supply and fitting of contact lenses involves different processes to fitting spectacles, and after completion of the standard course, advanced courses are run for those wishing to specialise in the subject.

Registration with the General Optical Council as a dispensing optician is obtained after qualifying for ABDO Level 6 Diploma in Ophthalmic Dispensing (enabling the use of 'FBDO' after your name).

Dispensing optics offers immense job satisfaction if you are interested in combining a profession in health and social care with a mathematical/scientific knowledge base and enjoy interacting directly with the public.

ABDO College offers two routes to become a dispensing optician:

- Canterbury Christ Church University Degree
- Fellowship Dispensing Diploma

These are both 'blended learning courses', are both delivered by ABDO College and both lead to registration with the General Optical Council as a dispensing optician.

## CANTERBURY CHRIST CHURCH UNIVERSITY

Canterbury Christ Church University (CCCU) is a modern, multi-campus university offering higher and professional education across key Kent and Medway locations: Canterbury, Broadstairs, Medway and Tunbridge Wells. It has a strong community of 16,000 students and 1,600 staff, studying and teaching across four faculties: Arts and Humanities, Education, Health and Wellbeing and Social and Applied Sciences.

Christ Church was established in 1962 and is a Church of England Foundation University, welcoming all faiths and none. Today, the University continues to shape courses and research around critical social issues and public service need. Nearly 90 per cent of its research submitted to the 2014 Research Excellence Framework (REF) was assessed as world-leading, internationally significant or internationally recognised, and in the most recent study, 94 per cent of CCCU UK undergraduates and 98 per cent of postgraduates were in employment or further study within six months of completing their studies\* with nine out of ten of the employed graduates in graduate level jobs three and a half years after finishing their studies – higher than the national average. To find out more visit [www.canterbury.ac.uk](http://www.canterbury.ac.uk).

(\*DLHE Survey 2013/14. Includes full-time and part-time work.)

## FOUNDATION DEGREE BSC (HONS) IN OPHTHALMIC DISPENSING

### DURATION OF COURSE

Three years.

### MODE OF STUDY

Blended learning, with online study and block release.

### ENTRY REQUIREMENTS

You will need to have five GCSEs of grade 4–9 (C or above) in English, mathematics, science and two other subjects. You need to have evidence of recent study (within the last five years).

### START DATE

September.

### TIME REQUIRED FOR STUDY EACH WEEK

10 to 15 hours of work per week is required, plus individual research and written assignments.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College and Canterbury Christ Church University (CCCU) run the Foundation Degree and BSc (Hons) courses together as partners. You would be a student with both.

### ASSESSMENT METHOD

Written and practical examinations.

### QUALIFICATION ACHIEVED:

The first two years form the Foundation Degree in Ophthalmic Dispensing. The third year then forms the BSc Hons element. All successful candidates also receive the FBDO qualification alongside

### AWARDING BODY

ABDO/CCCU

### LEVEL

6

If you want to become a dispensing optician, and we hope that you do, you will have to study for three years and take external (ABDO) examinations. Success in these examinations will allow you to register with the General Optical Council as a dispensing optician.

There are six, twenty credit, modules in each of the first two years of this course. They are all compulsory. In the first year the modules are:

- Foundations for Learning
- Introduction to Optics
- Introduction to Ophthalmic Lenses
- Theory of General Optics
- Theory of Ophthalmic Lenses
- Communication in Ophthalmic Practice

In the second year the modules are:

- Evidence Based Ophthalmic Practice
- Standards of Practice
- Advanced Theory of Ophthalmic Lenses
- Ocular Anatomy and Physiology
- Theory of Ophthalmic Dispensing
- Paediatric Dispensing

The third year modules are:

- Principles of Refractive Management
- Principles of Contact Lens Wear
- Concepts of Low Vision
- Ophthalmic Practice Theory
- Low Vision of Ophthalmic Dispensing
- Independent Study

The Foundation Degree and BSc (Hons) courses are based around the ABDO Syllabus and the GOC Core Curriculum for Dispensing Opticians. Both of these documents are available on request from the appropriate body.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## FELLOWSHIP DISPENSING DIPLOMA

### DURATION OF COURSE

Three years.

### MODE OF STUDY

Blended learning, with online study and block release.

### ENTRY REQUIREMENTS

5 GCSEs at grade 4–9 (A–C) including English, mathematics and science. If you have five years or more optical experience you only require GCSE mathematics and English at grade 4–9 or equivalent.

### START DATE

September.

### TIME REQUIRED FOR STUDY EACH WEEK

10 to 15 hours of work per week is required, plus individual research and written assignments.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College.

### ASSESSMENT METHOD

Written and practical examinations.

### QUALIFICATION ACHIEVED:

FBDO.

### AWARDING BODY

ABDO College

### LEVEL

6

The Fellowship Dispensing Diploma course is based around the ABDO Syllabus and the GOC Core Curriculum for Dispensing Opticians.

### YEAR 1

#### Theory:

Ophthalmic Lenses, Optics,  
Professional Conduct and Communication.

#### Practical:

Ophthalmic Dispensing Practice.

### YEAR 2

#### Theory:

Theory in Ophthalmic Dispensing,  
Advanced Theory of Ophthalmic Lenses,  
Abnormal Ocular Conditions and Standards of Practice,  
Ocular Anatomy, Paediatric Dispensing and Communication.

### YEAR 3

#### Theory:

Refractive Management, Low Vision and Contact Lenses.

#### Practical:

Advanced Ophthalmic Dispensing Practice.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## BSC (HONS) IN VISION SCIENCE

### DURATION OF COURSE

18 months to four years.

### MODE OF STUDY

Online learning.

### ENTRY REQUIREMENTS

To be eligible to undertake this programme you will need to provide evidence of passing the QCA Level 6 Fellowship Diploma (FBDO) final qualifying examinations (FQEs).

### HOW MUCH TIME WILL I NEED?

10–15 hours of work per week is required, plus individual research and written assignments.

### START DATE

September.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS:

ABDO College and Canterbury Christ Church University (CCCU). You would be a student with both.

### ASSESSMENT METHOD

Essays, presentations, leaflets and posters.

### AWARDING BODY

CCCU

### QUALIFICATION ACHIEVED

BSc (Hons) Vision Science.

This programme is specifically designed for dispensing opticians, ideally working in practice, who are motivated to obtain a degree that is tailored to their profession.

The aim of the programme is to up-skill diploma DOs to obtain a profession specific BSc (Hons) degree, thus acquiring the skills necessary to adapt to the changing scope of practice.

The degree is made up of core modules and optional modules. The three core modules (60 credits) aim to facilitate the development of a reflective practitioner, who has the ability to utilise evidence based practice and a commitment to lifelong learning. The remaining 60 credits are made up of three profession-specific optional modules, which allows tailoring the degree to specific areas of interest.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

**WHAT WILL I LEARN ON THIS COURSE?**

You can choose and plan your study over the duration of the programme. The core modules will develop academic graduate attributes, including reflective practice, evidence based practice and research methods. The final core module will offer the chance to research a chosen area of practice.

**CORE MODULES EACH WORTH 20 CREDITS**

- Academic Skills Development
- Understanding Evidence Based Practice
- Transforming Ophthalmic Practice

**OPTIONAL MODULES EACH WORTH 20 CREDITS**

Three optional modules, chosen from the list below, need to be completed to obtain your BSc (Hons):

- Concepts of Ophthalmic Public Health
- Dry Eye and Ocular Surface Disorders
- Principles of Contact Lens Practice
- Principles of Low Vision Practice
- Paediatric Care
- Independent Study

**A TYPICAL STUDENT JOURNEY**

	SEMESTER 1	SEMESTER 2	SEMESTER 3
Core	Academic Skills Development	Optional module 1	Transforming Ophthalmic Practice
Profession specific	Understanding Evidence Based Practice	Optional module 2	Optional module 3

Modules are delivered using online material (including voiceover presentations), online activities, contributions to discussion boards, development of an e-portfolio and the search and critiquing of literature.

Although there is no face-to-face teaching, there is an expectation to contribute to online discussions with fellow students, facilitated by academic staff. This online collaboration aids in building a

supportive learning community. It is therefore essential to have regular access to the internet.

There is access to the University's virtual learning environment, 'Blackboard'. This student portal provides a gateway to all services in one place and it is therefore essential to own, or have regular access to, a personal computer with a broadband internet connection.

## FAST TRACK TECHNICIAN TRAINING FOR FBDO

### DURATION OF COURSE

One year.

### MODE OF STUDY

Distance Learning and revision workshops.

### ENTRY REQUIREMENTS

You must hold the FBDO qualification awarded by ABDO.

### TIME REQUIRED FOR STUDY EACH WEEK

It is recommended that you spend a minimum of six weeks within a glazing environment.

### START DATE

January.

### TUITION FEES

See enclosed sheet.

### AWARDING BODY

WCSM

### LEVEL

4

The course covers the elements of glazing and the technician's role that do not form part of the FBDO qualification. The FBDO qualification gains you exemption from all of year 1, Modules 6, 10 and some of the practical sections of the standard level 4 course for Optical Technicians.

There are 18 written assignments. For experienced glazers there is no requirement to attend the workshop.

A theory revision day will be run towards the end of each course.

The distance learning element of the course consists of 10 papers, each one is worth 1 CET point.

The examination will include three theory papers and a practical assessment.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## MODULE

**1****THE THEORY OF LENS SURFACING****10 CREDITS**

Surface generation of spherical and toroidal lenses; processes and standards.

## MODULE

**2****THE PROPERTIES OF OPHTHALMIC LENSES****12 CREDITS**

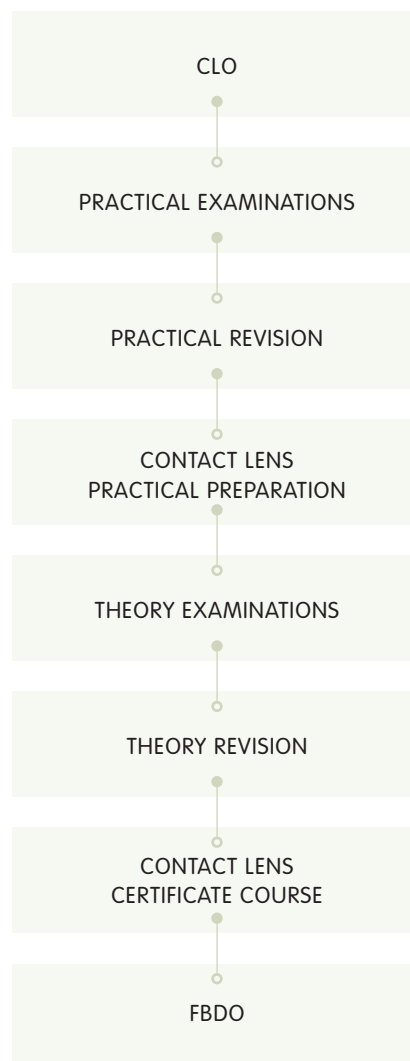
Design principles of spectacle lenses and how these relate to manufacture.

## MODULE

**3****THE SPECTACLE INDUSTRY AND STANDARDS****5 CREDITS**

How the processes work to produce high standards for the UK consumer.

### ROUTE FOR A DISPENSING OPTICIAN TO BECOME A CONTACT LENS OPTICIAN



## CONTACT LENS COURSES

### WHAT IS A CONTACT LENS OPTICIAN?

A contact lens optician (CLO) is a specialist practitioner who is trained and qualified to fit, and provide aftercare for, patients with contact lenses. Contact lens opticians assess whether contact lenses meet the needs of their patient, resolving clinical and tolerance issues, and remain responsible for clinical decisions enabling them to provide continuity of care to their patients.

The contact lens specialty is open to dispensing opticians (as well as optometrists and ophthalmologists) and involves extra study and clinical practice. Once the specialist training is completed and competence assessed, practitioners must register their specialty with the General Optical Council. They are then able to perform additional duties to those of a dispensing optician.

### WHAT COURSES ARE AVAILABLE?

CONTACT LENS CERTIFICATE

CONTACT LENS PRACTICAL PREPARATION

CONTACT LENS HONOURS

CONTACT LENS THEORY REVISION  
(DISTANCE LEARNING) – [SEE REVISION COURSES](#)

THEORY AND PRACTICAL REVISION  
(HELD AT GODMERSHAM) – [SEE REVISION COURSES](#)



## CONTACT LENS CERTIFICATE

### DURATION OF COURSE

One to two years.

### MODE OF STUDY

Blended learning, with online study and block release.

### ENTRY REQUIREMENTS

You must hold the ABDO Level 6 Diploma in Ophthalmic Dispensing (FBDO) or be a qualified optometrist.

### START DATE

September.

### TIME REQUIRED FOR STUDY EACH WEEK

15 hours of work per week is required, plus individual research and written assignments.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College.

### ASSESSMENT METHOD

Written and practical examinations.

### AWARDING BODY

ABDO.

### LEVEL

6

### WHAT WILL I LEARN ON THIS COURSE?

The Contact Lens Certificate course is based around the ABDO Syllabus and the GOC Contact Lens Core Competencies. Both of these documents are available on request from the appropriate body. The three key areas of theory study are:

1. Ocular Anatomy, Physiology and Related Pathology; eyelids, pre-corneal tear film, lacrimal system, cornea, sclera, conjunctiva and anterior chamber.
2. Visual Optics; instrumentation and emerging technology, refractive techniques, the optics of the eye and the optics of contact lenses.
3. Contact Lens Practice; instrumentation, clinical procedures, abnormal conditions, design, materials, manufacture and related terminology, clinical application of all contact lens types, solutions and drugs.

The practical elements are; initial assessment, soft contact lens fitting, RGP contact lens fitting, complex lenses, aftercare routine and management, verification and identification.

While you are studying your Contact Lens Certificate you are training in contact lens practice. Beyond your block release and distance learning coursework, your learning in practice with your supervisor is a key part of the course. You and your supervisor are issued with a workbook to guide you both through this part of your training. You will learn practical skills from your supervisor and work with patients in practice (under supervision) to perfect these skills. To become a contact lens optician you will also need to complete a set number of case records that you build up over a one-year period and makes up a part of your final examinations.

You must be working in practice as a trainee contact lens optician for a minimum of one day a week.

The Contact Lens Certificate course run by ABDO College prepares you for the Contact Lens Certificate examinations available from the Association of British Dispensing Opticians.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## CONTACT LENS PRACTICAL PREPARATION

### DURATION OF COURSE

Two days.

### MODE OF STUDY

Practical study at Godmersham.

### ENTRY REQUIREMENTS

Applicants will normally have sat the ABDO contact lens certificate theory examinations.

### START DATE

August.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College.

### LEVEL

6

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

Contact Lens Practical Preparation is for students who have completed the Contact Lens Certificate Course with ABDO College, taken their theory exams and are ready to start working towards practical exams next year. It is to help you know where to get started, what to do next and to advise you of the legal and examination requirements.

The programme will include:

#### 1. REVISION LECTURES

- Instrumentation
- RGP and soft lens fitting
- Aftercare consultations
- Management of common aftercare issues

#### 2. PRACTICAL HANDS-ON SESSIONS

- Slit-lamp examinations
- RGP fitting
- Soft lens fitting
- Over-refraction

#### 3. TUTORIAL SESSIONS

- The legal implications
- How to plan the time until the exam
- Case record preparation
- The practical examination

#### PLEASE NOTE

Contact Lens Practical Preparation is not a pre-examination revision course for those sitting practical examinations this year – it is a preparation course for students planning to sit their practical exams at the summer or winter sessions next year. For revision courses please see page 36.

## CONTACT LENS HONOURS

### DURATION OF COURSE

Six months – one year

### MODE OF STUDY

Distance learning and block release.

### ENTRY REQUIREMENTS

You must hold the ABDO Certificate in Contact Lens Practice (FBDO CL). You must also provide evidence of a minimum period of 12 months experience in contact lens practice following achievement of the Certificate in Contact Lens Practice and be on the GOC Contact Lens Speciality Register.

### START DATE

September.

### TIME REQUIRED FOR STUDY EACH WEEK

10 to 15 hours of work per week is required, plus individual research and written assignments.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College.

### ASSESSMENT METHOD

Written and practical examinations.

### QUALIFICATION ACHIEVED

Contact Lens Honours.

### AWARDING BODY

ABDO.

### LEVEL

7

### WHAT WILL I LEARN ON THIS COURSE?

The course has been designed to guide and support those interested in attaining a higher contact lens qualification and to prepare students for the ABDO 'Advanced Diploma in Contact Lens Practice' examinations. Students are expected to develop current knowledge, skills and experience in the specialist field of contact lens practice at a more advanced level than the Contact Lens Certificate. Examination candidates are assessed on their practical ability and knowledge of modern contact lens practice including fitting complex lenses and advanced contact lens aftercare.

The five key areas of study are:

- A. Toric Lens Fitting
- B. Presbyopia Correction
- C. Remedial Fittings
- D. Current Knowledge
- E. Case Records

The course will include both lecture and practical sessions, astigmatic and presbyopic correction, remedial fittings, over-refraction techniques and case record formats. It will also address the various forms of assessment within the ABDO examination.

Revision of the theoretical element of the various subject areas are supported by the distance learning programme. Students are expected to complete four assignments on a monthly basis. Lastly, a pre-examination day will involve a mixture of formats designed to assess theory and practical knowledge in preparation for the examination.

When you attend for your block programme we will give you some coursework material to work through and some assignment questions to answer. We will also allocate you a personal tutor and give you their contact details and a timetable for you to work to. There are four modules of coursework and you will work through one each month. You then send your work to your personal tutor who will mark it for you and return it to you with some feedback. As the course is at honours level, you will need to undertake some additional research and read around the subject in order to gain a thorough understanding of the subject. You will need to be disciplined to make sure you keep up!

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## LOW VISION COURSES

### LOW VISION COURSES

People with visual impairment need to understand more about their eye condition. Everyone needs to know more about the difficulties that people with low vision experience on a daily basis. The World Health Organisation estimates that there are approximately 124 million people in the world with low vision of whom about a quarter would benefit from low vision services. Eye care practitioners must provide a quality service sensitive to the individual needs of those who are sight impaired, helping them to attain the highest level of independence. This is an interesting field of clinical practice spanning ocular pathology, epidemiology, lighting, optical design, psychological adaptation and devices for sensory substitution.

### COURSES

LOW VISION HONOURS

THEORY REVISION (PAPER ONE) OPTICS –  
[SEE REVISION COURSES](#)

## LOW VISION HONOURS

### DURATION OF COURSE

One to two years.

### MODE OF STUDY

Blended learning, with online study and block release.

### ENTRY REQUIREMENTS

You must hold the ABDO Level 6 Diploma in Ophthalmic Dispensing (FBDO) or be a qualified optometrist.

### START DATE

January.

### TIME REQUIRED FOR STUDY EACH WEEK

15 hours of work per week is required, plus individual research and written assignments.

### OTHER REQUIREMENTS

Regular access to a computer and the internet.

### TUITION FEES

See enclosed sheet.

### COURSE PROVIDERS

ABDO College.

### ASSESSMENT METHOD

Written and practical examinations.

### AWARDING BODY

ABDO.

### LEVEL

6

The Low Vision Honours course is for qualified dispensing opticians, contact lens opticians, orthoptists, optometrists or ophthalmologists that have a specialist interest in working with patients with low vision. Qualified orthoptists who are interested in learning more about low vision may undertake the theory part of this course. However, orthoptists are not permitted to complete the practical elements, examinations nor dispense spectacles or spectacle mounted low vision aids and would therefore not gain any qualification from this study.

While you are studying the Low Vision Honours course you will also be working in practice as a registered dispensing optician and developing a significant level of experience in the assessment of patients with low vision. The opportunity to work in hospital clinic setting or a rehabilitation centre would enhance your experience and contribute appropriately to your learning in this specialist field. Fifteen case records that demonstrate assessment procedures, selection and fitting of low vision aids and an aftercare regime for a minimum of three months will need to be submitted to ABDO prior to practical examinations.

As part of this course you will study:

- Objective and subjective refraction
- Low vision assessment and registration procedures
- Magnification, availability and use of magnifiers
- Psychological impact of visual loss
- Appliances and training for the person with low vision
- Contrast sensitivity
- Illumination and filters
- Ocular pathology and low vision
- Rehabilitation and living with visual impairment.

You also need to collate case records for examination purposes.

You will receive provide coursework material to work through and some assignment questions to answer for each part of the course.

### HOW DO I APPLY?

For details of the next intake, fees, deadline and how to apply:

- visit [www.abdocollege.org.uk](http://www.abdocollege.org.uk)
- call the courses team at ABDO College on **01227 738 829 (Option 1)**
- email [info@abdocollege.org.uk](mailto:info@abdocollege.org.uk)

## REVISION COURSES

ABDO College runs two different types of revision course:

- Distance learning revision courses.
- Revision courses held at Godmersham.

One type is offered purely by distance learning and the other involves face-to-face teaching at Godmersham.

There are revision courses to prepare students for ABDO examinations for dispensing, contact lenses and low vision and they run to fit in with the ABDO schedule for summer and winter examination sittings.

The revision courses are to supplement your revision programme and should be undertaken in addition to a thorough study of your coursework and practice with past paper questions. You will also need to undertake some additional research and read around the subject in order to gain a thorough understanding of the syllabus. Courses at Godmersham are held three times a year in May, August and November.



## DISTANCE LEARNING REVISION COURSES

### WHAT WILL I LEARN ON THIS COURSE?

Theory distance learning revision courses are designed to introduce structure and discipline into your revision programme and to help you understand the concepts covered in the syllabus. There are three intakes a year, in August, February and May. The following courses are available:

#### YEAR 1

Optics and Ophthalmic Lenses (12 assignments)

#### YEAR 2

Dispensing (12 assignments)

Standards of Practice (6 assignments)

Abnormal Ocular Conditions (6 assignments)

Anatomy (6 assignments)

#### YEAR 3

Contact Lenses [Dispensing] (6 assignments)

Low Vision [Dispensing] (6 assignments)

Refractive Management (12 assignments)

**All courses relate to the 2015 syllabus. Please contact the courses team for revision courses based on the 2008 syllabus.**

#### CONTACT LENSES

Visual Optics (12 assignments)

Anatomy (12 assignments)

Practice (12 assignments)

#### LOW VISION

Optics (Paper 1)

Students planning to sit a fourth and final attempt at any ABDO examination are required to undertake further sustained study. ABDO College distance learning revision courses have been approved by the ABDO for this purpose.

### HOW LONG IS THIS COURSE?

All of our theory distance learning revision courses are studied over a period of 12 weeks and are available leading up to summer and winter examinations sittings.

## REVISION COURSES HELD AT GODMERSHAM

### WHAT WILL I LEARN ON THIS COURSE?

Revision courses held at Godmersham are tutorial sessions designed to assist students with worked problems, past paper questions and practical skills in a taught environment in the period immediately prior to examinations. The sessions are often student led and actively involve students in selection of revision topics. The following courses are available:

#### YEAR 1 DISPENSING

PQE Theory of General Optics

PQE Theory of Ophthalmic Lenses

#### YEAR 2 DISPENSING

FQE Theory Advanced Ophthalmic Lenses and Ophthalmic Dispensing

FQE Theory Standards of Practice

FQE Abnormal Ocular Conditions

FQE Theory Anatomy

#### YEAR 3 DISPENSING

FQE Theory Assessment and Management of Refractive Errors

FQE Theory Low Vision in Ophthalmic Dispensing

FQE Theory Basic Principles of Contact Lens Wear

**For PQE and FQE practical revision please contact ABDO examinations and registrations.**

#### CONTACT LENS CERTIFICATE

CL Visual Optics

CL Anatomy

CL Practice

CL Practical

Each course will run for one day or one half day and sessions are all are held at ABDO College, Godmersham, Kent.

## FAQ

### FOR OPHTHALMIC DISPENSING, CONTACT LENS AND LOW VISION COURSES

#### WHAT IS BLENDED LEARNING?

The Ophthalmic Dispensing, Low Vision Honours and Contact Lens courses are delivered by a method called 'blended learning' that consists of practice-based learning, block release and distance learning coursework.

#### HOW DOES DISTANCE LEARNING STUDY WORK?

You receive your course material and assignments via our virtual learning environment. Log in details are sent to you after enrolment. This will include your tutor details. All contact can be made via the online resource. You work through an assignment each week. This is then submitted to your personal tutor. They will mark it for you and return it to you with some feedback. You can expect this coursework to take you between two and four hours per week and you will need to be disciplined to make sure you keep up.

#### WHAT IS BLOCK RELEASE?

Block release is a period of intensive study that will support you with your theory and practical studies and give you the chance to meet some of your fellow students. For Ophthalmic Dispensing students there are two two-week block release periods in each year, for contact lens students there are two week long blocks. Block release is held at ABDO College in Godmersham, Kent and it is a compulsory part of the course for all students from the UK and ROI.

#### WHAT IS PRACTICE-BASED LEARNING?

While you are studying for your FBDO you are training full time. This training consists not just of your block release and distance learning coursework but also of your learning in practice with your supervisor. You and your supervisor are issued with a Practical Training Timetable to guide you both through this part of your training.

You will also need to complete a Pre-Qualification Portfolio (PQP). This portfolio is made up of a set number of case records that you build up over a three-year period and makes up a part of your final examinations. This will all be explained when you attend for your first block release and we will issue the PQP to all students.

#### DO I HAVE TO BE WORKING IN PRACTICE?

Yes. For the majority of level 6 and 7 courses it is essential that you are working in practice and involved in a comprehensive variety of tasks in order to gain the necessary practical experience. You need a supervisor and the support of your employer.

#### WHAT SHOULD I DO IF I DON'T HAVE THE QUALIFICATIONS I NEED TO APPLY FOR A COURSE?

Call us and we can talk through your options with you; you may need to take an Access Course first.

#### DO I HAVE TO BE A MEMBER OF ABDO?

Yes, you will need to retain student membership for the duration of your course.

#### DO I HAVE TO REGISTER WITH THE GENERAL OPTICAL COUNCIL?

Yes. Student registration costs £30.\* You will need to visit the GOC website and complete your application directly with the GOC.

#### HOW DO I GET MY BOOKS AND EQUIPMENT?

ABDO College has its own bookshop and sells all of the books and equipment that you will need for your course. Contact Justin Hall at the ABDO College Bookshop by telephone on 01227 733 904, by email at [jhall@abdocollege.org.uk](mailto:jhall@abdocollege.org.uk) or order online at [www.abdocollege.org.uk](http://www.abdocollege.org.uk).

#### WHO SHOULD I CALL IF I HAVE QUESTIONS OR NEED HELP FILLING IN THE FORMS?

Call the courses team at ABDO College on 01227 733 920. Any member of the team is happy to help you.

#### WHAT SHOULD I DO IF I AM NOT SURE ABOUT THE RIGHT COURSE FOR ME?

Call us. We are happy to answer questions about the available courses from ABDO College and to provide you with all the information you need to make an informed decision. We may also be able to put you in touch with other members who have previously completed this course.

#### WHAT SHOULD I DO IF I AM INTERESTED IN APPLYING?

Talk to your employer straight away. There are a limited number of spaces available. Your employer will need to provide you with a dedicated supervisor to work with you and help you with your training in practice. If your employer or supervisor has any questions they should call us.

\*Correct at time of going to print.

## ACCOMMODATION

ABDO College student accommodation is situated in a converted barn on the Godmersham Park estate in easy walking distance of the College. This delightful barn is set in its own grounds with ample parking. There are fourteen comfortable en-suite bedrooms (eleven single rooms and three twin rooms). There is a communal living, cooking and dining areas where you can make friends, eat, relax and study together. The kitchen is well equipped with cutlery, crockery, cooking utensils, pots and pans, fridge, freezer, cooker, microwave, and dishwasher. Self-service breakfast is supplied. The lounge has a flat-screen television and DVD player and there is a wi-fi connection for you to use with your own devices. Bedding and towels are provided and the housekeeper provides a daily service to ensure that the accommodation is clean and welcoming. A washing machine, iron and ironing board are also available for student use. There is also a pay phone in the accommodation; the number is 01227 738 975.

ABDO College has developed relationships and negotiated competitive rates with a number of good local hotels and B&Bs and is able to advise on alternative accommodation according to your needs.

### **ABDO COLLEGE STUDENT ACCOMMODATION**

For all enquires and bookings please contact:

Rachel Blazycyca-White

ABDO College Operational Services,

Godmersham Park, Godmersham,

Canterbury, Kent CT4 7DT

tel: 01227 733 921 | fax: 01227 733 900

email: [accommodation@abdocollege.org.uk](mailto:accommodation@abdocollege.org.uk)





## BOOKS AND EQUIPMENT FROM ABDO COLLEGE BOOKSHOP

A carefully chosen selection of high quality books, rules, gauges and other useful items are available from the ABDO College Bookshop with an efficient, friendly and personal service for immediate delivery throughout the world. You can place orders online at the ABDO College website, [www.abdocollege.org.uk](http://www.abdocollege.org.uk) using a secure Internet ordering process or by telephone, email or post.

For information, orders or special requests contact:

Justin Hall

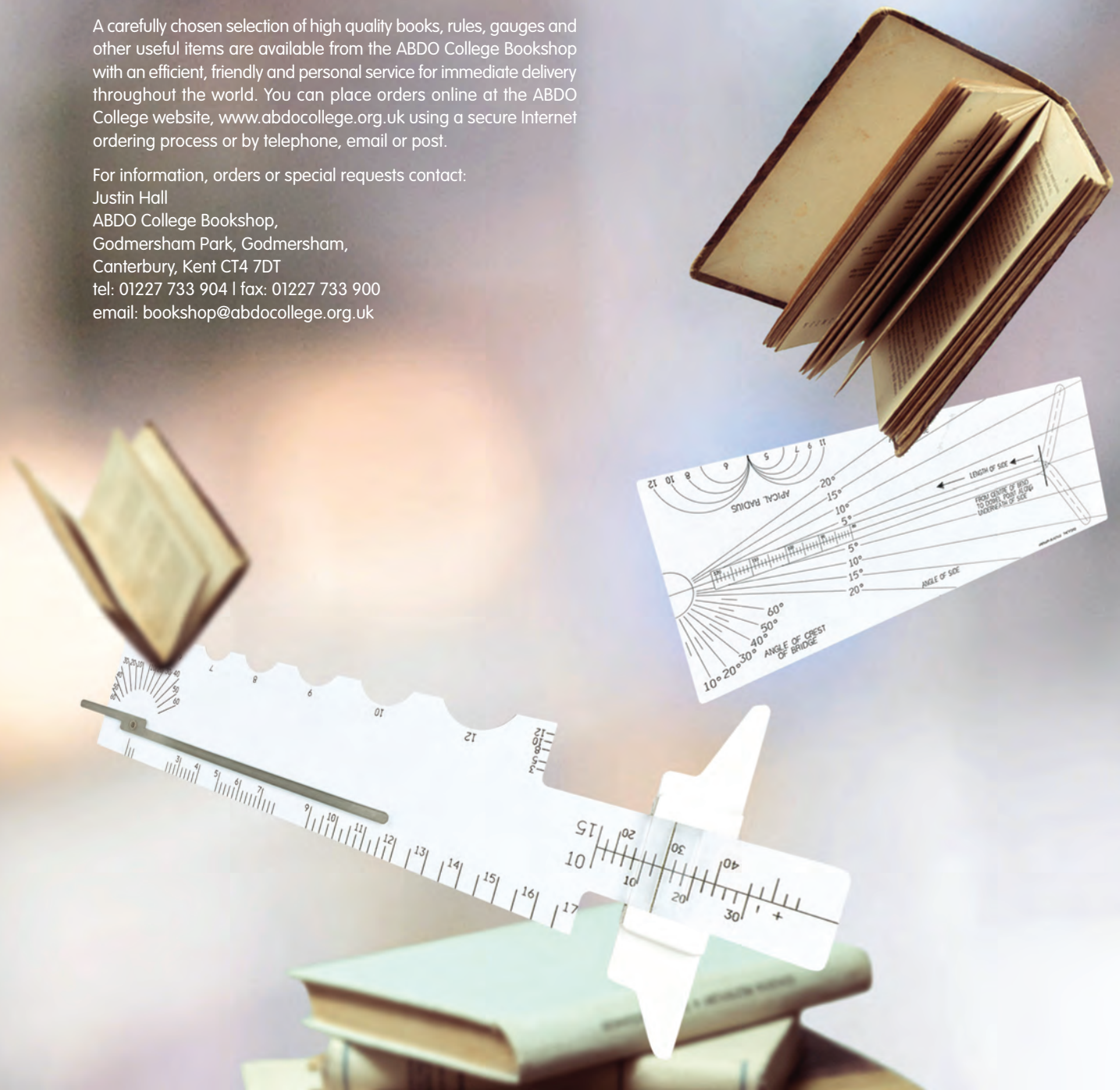
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