

Lily Jones

Speice 3A

Independent Study and Mentorship

10, December 2018

Potential Mentor

Assessment 10- Interview

**Name of Professional:** Carey Brooks

**Title:** Doctor of Optometry (O.D.)

**Company:** Frisco Eye Source

**Date of Interview:** November 26, 2018

**Works Cited:**

Jones, Lilian, and Carey Brooks "Potential Mentor." 10 Dec. 2018.

**Assessment:**

The third interview was conducted with Dr. Carey Brooks. Dr. Brooks the owner of Frisco Eye Source and has been the business owner for about six months. Before opening her own practice, Dr. Brooks worked in Plano for about ten years. With her new and developing family business, Dr. Brooks is able to have more flexible hours and construct her day based on her availability. Additionally, she attended Texas A&M University and then went on to the University of Houston College of Optometry. This is ironic because I recently applied to Texas A&M and may end up going there for the next four years of my life. Right off the bat, Dr. Brooks seemed very enthusiastic about her job and loves how she is able to exhibit her passion daily.

Since becoming an optometrist is a potential career choice currently, Dr. Brooks gave insight on entering the field. She said that when entering a sector of the medical field, individuals should be going in for the right reasons. Additionally, young people should be confident and trust themselves, especially right before going into a field where other adults are present. Coming right out of college, starting a business is much different in person than taught in a school setting. However, Dr. Carey says that young people should channel their ambitions and go for it. She suggested that starting a practice is encouraged and she wishes she would have done something on her own sooner. With her self-owned business, Dr. Brooks appreciates her fascination for eyes and her love for helping others and having specific relationships with her patients. Especially since she is the only optometrist in her business, she is able to schedule her clients and work with them for an allotted amount of time, while getting to know them personally.

Although the benefits of being an optometrist are numerous, there are also plenty of complications and difficulties that correlate with the job. For example, Dr. Brooks stressed that insurance, filling, and the reimbursements are all factors that make the job frustrating, nonetheless. With the job, interaction with Ophthalmologists are critical, and occur about one to two times a week. Dr. Brooks says that it is essential to work with other people who appreciate what you do, especially when working with Ophthalmologists. This relationship with other professionals is essential because it creates a positive work environment.

Also, while working as an optometrist, these doctors must work with various types of people, including diabetic patients. When working with these people, certain precautions must take place, including making sure that these patients dilate their eyes once a year and

observing the leaky vessels in their eyes. These people usually have to be counseled on their blood glucose control and must maintain follow-up appointments. This is especially a requirement for individuals who do not even realize they have diabetes and do not have any symptoms whatsoever.

From this interview, I appreciated how real Dr. Brooks was able to be with me from the very beginning. Dr. Carey Brooks explained how optometry is not all textbook. There are certain situations and decisions that doctors have to make, that school does not teach. With optometry, it is all about getting to know the patient and really diagnosing them based on their needs and health. At the end of the interview, Dr. Brooks and I began to brainstorm ideas for the Original Work piece. She explained how the idea proposed was a good one and that I should pursue it, in order to help and benefit kids in the local community.

Immediately after telling her about the idea, she informed me of multiple contacts that she would contact, in order to get some ideas flowing. She also gave a few suggestions, including changing the drive from eyeglasses to free exams. Dr. Brooks said that she would love to help with the process and would gladly volunteer her time in the drive. Once the interview came to a conclusion, I instantly knew that Dr. Carey Brooks was the person I wanted to ask to be my mentor for the rest of ISM.

[Interview Notes Pg 1](#)

[Interview Notes Pg 2](#)