

# BRACE YOURSELF

The Official UNC ASDA Pre-Dental Newsletter



## Dental Admissions Mythbusters

Want to know more about the behind-the-scenes of dental school admissions? We sat down with UNC Adams School of Dentistry's Assistant Dean of Admissions, Dr. Jonathan Reside, to bust some of the commonly heard myths about the process.

**Q: Are interviewers monitoring interviewees during the interview day?**

**A:** We do not monitor our candidates throughout the Interview Day. However, every interaction is an opportunity to make a great (or less than great) impression!

**Q: Do particular interviewers carry more weight than others when it comes to influencing decisions for admissions?**

**A:** No. Every interview team has an opportunity to advocate for their applicants. Each applicant nominated for admission is evaluated by the committee as a whole and every committee member gets a vote. No one vote is weighted more than another.

**Q: Does the Dean of Admissions select students for admission?**

**A:** I do not vote during the admissions selection process. I participate in the process to select our interviewees, I guide the discussions throughout the selection meetings, and I work with a small subset of the Admissions Committee to select students from our alternate list when we have open positions in the class. It is truly a team effort!

**Q: Does participating in particular extracurricular activities have more influence than others, when applicants are compared?**

**A:** We look at each applicant holistically. The activities you are involved in help to paint a picture of who you are, where you come from, and where you are going. Everyone's journey is different!

## SPOTLIGHT: DAT PREP

*Studying for the DAT can be one of the more stressful things when applying to dental school, but if you stay organized while studying, it doesn't have to be! There are numerous study resources available, including books published by test prep companies such as Kaplan and Princeton Review, and online study programs such as DAT Bootcamp and DAT Destroyer. These resources may provide study schedules that are helpful in establishing your own plan, but make sure you stick to a timeline that you know will work with your lifestyle!*

*One of the most important and sometimes challenging sections to study for is the PAT. There are great online resources available, including DAT Bootcamp, which have some free modules that will help you practice.*

*Make sure to also practice with full-length practice DAT tests, which many books provide for practice. Additionally, old tests are released both for free and for a price, which are great resources for practice. Practice with these tests in a test-like environment with the proper time constraints. Good luck studying!*



# What Do I Do During a Gap Year?

Learn more about ways to make the most of your gap year before dental school.

If you are considering taking a gap year, whether that be completely by choice, due to finances, or because you are facing a reapplication cycle, it is important to have a clear vision of what you want to accomplish during that time. This is a time you should use to work on yourself and do something that you are truly interested in. Figure out what has motivated you to apply to dental school and take time to identify weaknesses within your application. While there is no one perfect answer for what to do during your gap year, here are some ideas that may improve your application:

- Work or volunteer at a dental office or in a non-dental related field that you are passionate about.
- Complete a postbaccalaureate program to improve your GPA.
- Take the DAT.
- Travel or move somewhere new.
- Start a hobby that involves hand skills.

Be sure that during this time you have figured out all the details for receiving letters of recommendation and maintain contact with those individuals. Be prepared to discuss your reasoning for taking a gap year and what you learned during it at your interviews. Talk about how your new experiences make you a stronger applicant. Most importantly – highlight your strengths and be honest!

## Spring Opportunities

**\*UNC SNDA Oral Cancer 5K:** Sign-up [HERE](#) to walk/run in the Oral Cancer 5K, where proceeds go to support UNC's Lineberger Cancer Center on May 30th at 8 AM. If you are interested in volunteering at the 5K, click [HERE](#).

**\*Speech study at UNC Dental:** Seeking undergrads with normal occlusion (bite) to participate in a speech study through UNC Orthodontics. Study participation only takes 15-20 minutes. If interested, contact Tim Glesener at [glesener@live.unc.edu](mailto:glesener@live.unc.edu).

**\*NC CAARE Clinic:** Be on the lookout for dates to volunteer as a pre-dental assistant the CAARE clinic in Durham, NC. Click [HERE](#) to participate.

## STAY CONNECTED WITH US

- **Facebook:** Click [HERE](#)
- **Instagram:** Click [HERE](#)
- **Pre-dental Blog:** [andtoothbetold.com](http://andtoothbetold.com)
- **Pre-dental Help Page:** [@thesmilingdentalstudent](#)

## Looking to Shadow?

Shadowing is extremely important in completing your application to dental school. But what if you don't know where to begin?

We've put together a list of dentists who are more than happy to invite pre-dental students into their office. Please contact Chris Ioan ([cioan87@live.unc.edu](mailto:cioan87@live.unc.edu)) to learn more about who is available to shadow in your area.

## UNC ASDA Pre-Dental Day

ASDA is sponsoring a Pre-Dental Day at UNC Adams School of Dentistry on Saturday, April 4th, from 9:00-2:00. This is a great opportunity to explore dentistry as a profession and learn more about the school. Activities include a simulation lab activity, a school tour, faculty and student panels, a DAT study materials giveaway, and *more!* The cost for the day is **\$25** and we will be accepting the first 80 people who apply. Lunch will be provided, and we will also take professional headshots for you at this event, so dress to impress! This event is geared towards pre-dentals applying for the classes of 2024 or 2025 only (this application cycle or the next). The registration form can be found [here](#) and will go live **Monday, February 24th at 8:00pm**. Make sure you bookmark the link to this form so you can take advantage of this awesome opportunity!