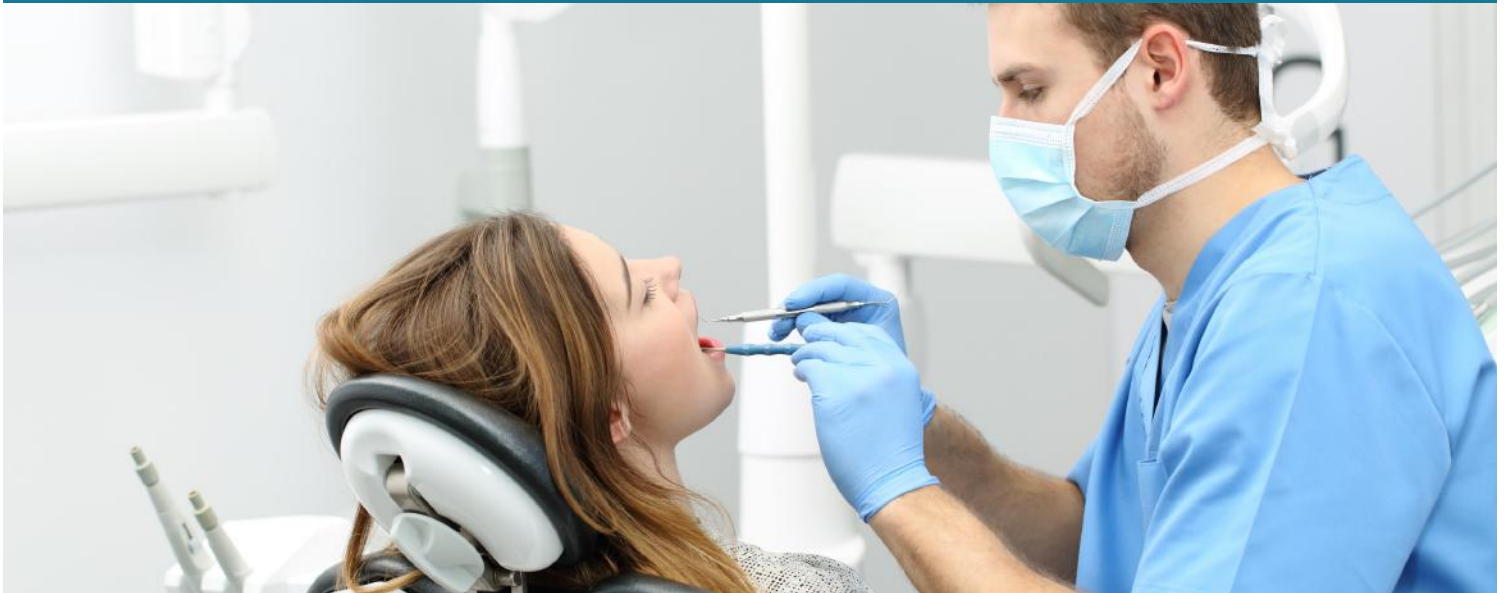


BRACE YOURSELF

The Official UNC ASDA Pre-Dental Newsletter



Day in the Life: D1 Year

Learn more about the day-to-day routine of a 1st year dental student at UNC ASOD

Your first semester consists of a mixture of didactic and clinical classes which means a lot of your time will be spent in a lecture hall with a few days per week in lab. Your two most time-consuming classes are Gross Anatomy and Dental Anatomy – this means a lot of cadaver lab time and waxing teeth! You may even have a course where you begin to use a dental handpiece and start to learn about dental fillings.

Here's what a typical day may look like:

- **6:30am:** Get up & make that coffee...you're gonna need it.
- **8:00am:** Lecture begins. A lot of those early AM classes are the longer ones (Gross and Dental Anatomy).
- **11:00am:** Yep, more class. By this point you have typically switched gears to another class...maybe dental materials or ethics.
- **1:00pm:** Lunch, yay! Everyone regardless of their class year has the same lunch. You may spend this time in a Lunch & Learn, hanging out in the atrium, or going to the hospital cafeteria for some cheap fried chicken!
- **2:00pm:** Time to head to sim lab! Waxing, waxing, and more waxing with all of your best mentors within arm's reach.
- **5:00pm:** Clean up and go home!
- **5:30pm until Bedtime:** Some days you may go straight home, cook dinner, and relax. Other days might involve going straight to the library and getting Chipotle delivered. But don't worry, there are plenty of days that involve hanging out and eating dinner with your classmates to celebrate one of your many "firsts" in dentistry!

SPOTLIGHT: UNC

UGANDA PROJECT 2019

We asked UNC 3rd year dental student, Kasey Hornock, about her recent service trip to Uganda, providing dental care with a group of UNC dental students.

Q1: What was most rewarding thing about your trip to Uganda?

A: The whole trip was extremely rewarding, but providing toothbrushes, toothpaste and oral hygiene instruction and care to the areas that do not normally have access to dental care was my favorite.

Q2: Why did you decide to pick Uganda?

A: This trip was my first travel abroad experience. The attending dentist who traveled with us has been a part of the trip since the beginning in 2011; knowing he had been there before made me feel more comfortable.

Q3: What was your favorite part of the trip?

A: The Ugandan people- everyone is so full of life and happy! Getting to know them and learning about their language and culture was amazing!

Getting into Dental School: Letters of Rec

How do you ask for a LOR?

Letters of recommendation are an important aspect of the dental school application; as you're completing your undergrad, start thinking about who you could ask to write you a good recommendation and make an effort to form relationships.

- **Tip #1:** With applications opening in June, ask early in the new year to be courteous of other commitments they may have. Give them *plenty* of time to complete your recommendation!
- **Tip #2:** Give your professors a deadline that is a little before when you actually need the letter to have a buffer period.
- **Tip #3:** Different dental schools may require specific letters, such as one from a science professor, one from a professor within the student's major, and/or one from a dentist you have a personal relationship with or a dentist you shadowed who can speak on your behalf. Some schools also have a "committee" process for compiling letters of recommendation, so check with your pre-professional advisor (if applicable) as to what kind of process your undergrad school uses!
- **Tip #4:** You also can submit supplementary letters that can strengthen your application (from a mentor, coach, supervisor, etc.), but make sure to not have an excessive amount that will weigh down your application - choose wisely!

Winter Opportunities

***ASDA District 4 Annual Meeting:** Come to Greenville, South Carolina for this year's ASDA conference in January 2020. Pre-dental students are invited! To participate, ASDA members are \$120, non-ASDA members are \$150. Click [HERE](#) to register by December 1.

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

STAY CONNECTED WITH US

- **Facebook:** Click [HERE](#)
- **Instagram:** Click [HERE](#)
- **Pre-dental Blog:** 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 to learn more about who is available to shadow in your area.

