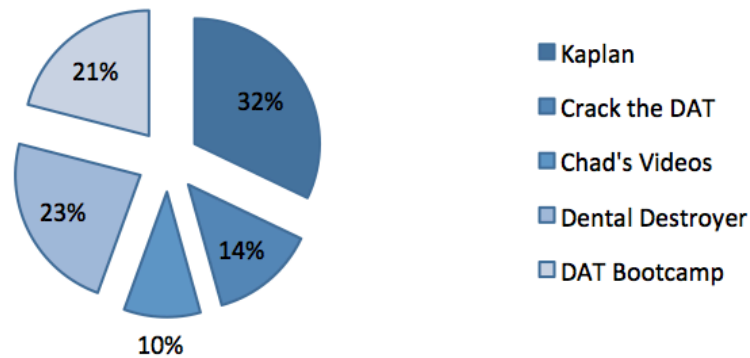


Preparing for the DAT – How to Study

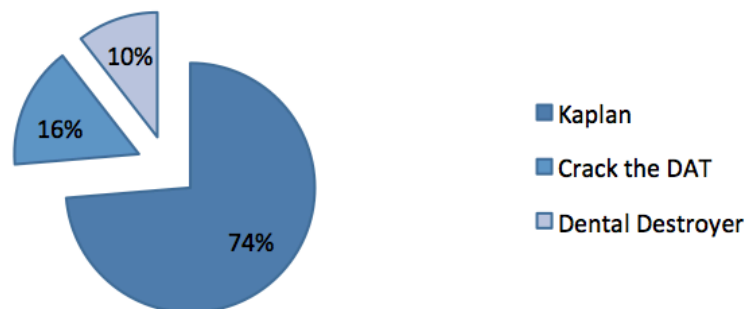
Study Resources Poll

We released a poll to the classes of 2019, 2020, and 2021 at UNC School of Dentistry to find out what students found helpful and not so helpful when preparing for the DAT exam. For tips on what materials best prepare you for the exam, look below:

Which study materials did you find useful for the DAT?



What study materials did you not find useful for the DAT?



Study Materials by Category

- Biology
 - Ferrali's notes (free PDF available online)
 - Barron's AP Biology
 - Cliff's AP Biology
- Organic Chemistry
 - Chad's videos
- PAT
 - Crack the PAT DAT
 - YouTube videos (surprisingly useful – especially for hole punching)
- Reading Comprehension
 - Check out local celeb, “Zzto's” (Class of 2019) video on his strategy for reading comprehension. It has over 13,000 views on YouTube!
 - <https://www.youtube.com/watch?v=W2P9giE098w>

Some words of wisdom from our classmates

“Don't feel obligated to take it on the day you scheduled it. Push it back if you know you need to.”

“You will never feel 100% prepared. When you feel like you would rather just get it over with then you are probably prepared.”

“Make a study schedule and stick to it; don't just freely think you're going to set aside studying (because you won't). Make a calendar and stick to it.”

“Take practice tests!! Then take some more practice tests! After each practice test, I went through the questions/answers and compiled a list by concept/topic of things I missed and why I missed them. I reviewed only those sections then took another full-length practice test. Rinse and repeat.”

“You never feel completely ready, but that doesn't mean you're not prepared/ready. “

“I thought exposing myself to as many practice questions as possible was the most helpful. Also taking practice exams on the computer so you get used to a computer-administered test.”

“Drill questions and practice tests as much as possible; I feel like I learned so much from doing this rather than sitting down each day and memorizing facts. Practice makes perfect!”

“Don’t procrastinate and try to not stress out too much! If you put in the hard work and study right, you will do well!”

“Don’t sweat it, it’s just a test. If you have to re-take it, it’s not the end of the world.”

“You know more than you think! Try to relax, answer what you know and don’t waste time on what you don’t know.”

Final thoughts

Basically, everyone is different, and everyone has a different way of studying that works for them. However, we hope this guide will provide you with a starting point so that you can discover what’s best for you!