

BRACE YOURSELF

The Official UNC ASDA Pre-Dental Newsletter



Interviewing 101

Tips to Nail Your Dental School Interview

- **Bring questions and be prepared** - Research the school and their mission. It is important to emphasize how you align with their mission and how you can make a significant contribution to it once you are accepted.
- **It isn't always about your answer, but how you answer** - Sometimes interviewers will ask an unusual question that feels like it is coming from left field. They aren't looking for a specific answer but instead are observing how you are able to think on your feet and adapt when "caught off guard."
- **Share something new** - Usually interviewers have had an opportunity to look at your application closely (and they will specify if they have not). The interview is a chance to spotlight aspects of yourself that aren't already in your application that can help boost your profile and make you more memorable of a candidate.
- **Events you can expect on an interview day** - Get plenty of sleep, it's going to be a busy day! Expect a welcome from the Dean or admission committee members, tour of the dental school, interactions with faculty and current students, a student panel, and a break down about financial aid. Some schools have a pre-interview day social which is a chance to socialize with current students and other interviewees.

WELCOME!

Hello Pre-Dentals and welcome to **Brace Yourself: A Pre-Dental Newsletter!** UNC-ASDA is excited to bring you informative newsletters twice per semester.

The Pre-Dental Outreach committee at the UNC Adams School of Dentistry is dedicated to helping you succeed. Here are a few things you can expect from us during the 2019-2020 school year: **interview tips, faculty and student interviews, volunteer opportunities, advice about various aspects of the dental school application, shadowing opportunities, and more!** We hope you find these newsletters helpful, and if there are any topics you'd like to see us cover, please contact us. Best of luck, future colleagues!

Getting into Dental School: Extracurriculars

What to do Outside of the Classroom

When applying to dental school, it's a good idea to show interviewers that you have been involved in a variety of extracurricular activities that interest you, can relate to the field, and display leadership or teamwork. Some examples of these are:

- Dental Related:

- Shadowing
 - Dental Offices: Explore general dentistry in addition to dental specialties.
 - Dental research
- Working
 - Dental Labs: Including Removable or Fixed Prosthodontic labs, in addition to Orthodontic labs.
 - Dental Office: Working as a scheduler, an assistant, in sterilization, or in radiology.

- Non-Dental Related:

- University clubs and organizations
- Tutoring
- Sports
- Hobbies that show hand-eye coordination
- Greek Life

The *most important* part of choosing extracurricular activities is that you are passionate about it and that you are comfortable talking about how it helped you become who you are and what you learned from the experience.

Fall Volunteer Sign-ups

***Bridging the Gap:** BTG sign-ups go out October 1 at 8:00 pm. Apply [HERE](#) to become a member.

***UNC DEAH Day:** Interact with current UNC dental students and faculty at a variety of local volunteer opportunities, in honor of Deah and Yusor. Sign-up [HERE](#) to volunteer.

***UNC Cleft Palate Gallop:** Sign-up to run or volunteer at the Cleft Palate Gallop 5k in Chapel Hill on November 9, 2019. Sign up [HERE](#) to volunteer for the race.

***NC CAARE Clinic:** Sign-up to volunteer as a pre-dental assistant. Click [HERE](#) to participate.

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- **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.

