



# BRACE YOURSELF

A PreDental Newsletter from UNC ASDA



## Studying for the

# DAT

### Dental Students Compare DAT Prep Material and Share Their Study Methods

#### Kaplan Live Online Course



Adam Hoxie

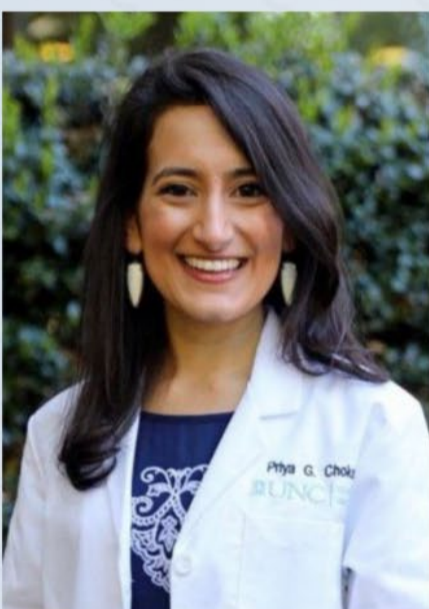
**Pros:** This program was excellent for me as it provided a comprehensive and personalized study plan along with all of the necessary resources for studying! I really enjoyed having a live class session each week as incentive to keep moving my studies forward and as a way to ask my questions to a trained instructor.

**Cons:** I didn't feel the need to supplement with other resources and I think if you fully utilize everything Kaplan has to offer, there is no need for extra material. Also, Kaplan is expensive, no doubt, but I knew I wanted to take this exam one time and be done with it.

**My method:** I took the Kaplan Live Online Course once a week throughout my spring semester and left a couple of weeks after finals so that I could make my final push through to test day. Practice exams were helpful, but I don't see any reason to do more than the 5 Kaplan provided—that is plenty of good practice!

#### Supplemental Resources:

#### DAT Destroyer & Crack the DAT: PAT



Priya Chokshi

##### DAT Destroyer

**Pros:** The questions were harder than the real DAT, so when I took the real test it felt easier in comparison.

**Cons:** These practice questions were very difficult, and sometimes that was discouraging.

**My Method:** This resource focuses on General and Organic Chemistry, as well as Biology.

##### Crack the DAT: PAT

**Pros:** The basic edition of this comes with 450 total questions with 3-D computer models—way enough to get the hang of this section!

**Cons:** It only covers the PAT section of the DAT, so you'll need to look into other materials in addition to this. I think it's important to know that this is a supplement resource and should *not* be used exclusively.

**My Method:** I picked out a few problems from each of the PAT sections to practice each day. This material was great because everything was in one spot.

#### DAT Bootcamp



Lindsey Lazarchick

**Pros:** If you're a visual learner, this resource is awesome! After being out of school for a couple of years before studying, I really liked that the program provided prerecorded videos to walk through the hard topics in Organic Chemistry. There were also sectioned practice tests and full-length tests to help students gain stamina for the test. The program also provides Cliff's Notes on certain topics to serve as a quick review!

**Cons:** The program will expire after 90 days. Since you have to wait for 30 days before retaking the exam, this program might not be advantageous for those who are planning on taking the exam more than 3 times.

**My Method:** I only used the DAT Bootcamp and the Kaplan DAT book (~\$18) to study. I followed Ari's study schedule provided with the program and averaged about 8 hours of studying per day.

## 3 TIPS

TO IMPROVE YOUR APPLICATION

BY PRIYA CHOKSHI



Sometimes it can feel like there isn't much free time outside of Orgo 1 and Physics 2 to do anything besides academic work. To be a successful dental applicant, though, it's important to consistently work on all aspects of your AADSAS. This means getting involved with extracurricular activities like shadowing, volunteering, research and clubs. Follow these tips to stand out amongst other pre-dental students when it comes time to apply for dental school.

**Tip 1: Shadowing and Building Relationships:** There is no better way to decide if dentistry is truly for you than by shadowing professionals in the community. Observing a general dentist will open your eyes to the day-to-day management of a dental clinic and the clinical aspects of dentistry.

This is also a great way to network with dental professionals—one might also write your letter of recommendation one day! Actions always speak louder than words, and by spending hours in a dental clinic you'll be able to demonstrate your passion for learning about dentistry and exemplify your enthusiasm for the field.

**Tip 2: Volunteering:** Dentists are often viewed as community leaders because of their willingness to compassionately care for others. The admissions committee wants to see that same desire in applicants, so it's important to demonstrate your commitment to service before dental school.

While volunteering in the dental world is important, remember that there are other ways to get involved that make the best use of your talents. As a dentist, these will be care-oriented opportunities, but for now you should consider service activities that allow you to showcase your commitment — things that you can discuss passionately in your interviews. Some non-dental volunteering ideas are to contact a local Boys and Girls Club, Ronald McDonald House, or Habitat for Humanity.

**Tip 3: Extracurricular Clubs:** While you should focus on activities that are related to dentistry, you should also explore outside interests. Universities have student organizations that are dedicated to almost everything: Greek life, sports, service, or even political causes. Also, consider running for leadership in a club to show your willingness to take charge—much like how a dentist leads a dental team. Just remember that when you find an extracurricular that you enjoy, stick with it to demonstrate your commitment.

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