



PREDENTAL INFORMATION SUMMARY

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ACADEMICS + ACTIVITIES = PREDENTAL PREPARATION

These classes and activities help you answer “Why Dentistry?” and develop the skills you will need in dental school and your career.

Academic Preparation

Academic preparation for medical school requires a Bachelor’s degree and completion of a set of prerequisite classes, usually science, which vary from school to school. Common classes are listed on the last page of this summary. For your degree, any major is appropriate. There is no preference in this regard, so study something you love! Competitive applicants have very high grades so pace yourself in order to succeed, and remember that all grades will count when you apply even if you repeat classes.

Shadowing Dentists & Dental Experience

Dental experience is very important. It should be one of your first experiences. Observing a dentist in action will help you gather the information you need to fully commit to the profession and learn about a variety of dental specialties.

Competitive applicants complete 100-200 hours of shadowing and dental experience combined. Most students gain this experience by shadowing a general dentist for more than a semester. Consider taking **KINES 3080 & 3081**, Dental School Science and Lab Preparation, and **4080**, Dental Observation to structure your experience and earn course credit.

Why Dentistry?

Research Experience

More and more dental schools recommend students to have research experiences because dentists depend on research literature in dentistry to remain current in the field throughout their entire careers. Your research experience does not have to be medically related or in a lab. It can be in any discipline as long as it is with a professor or other researcher and is ***hypothesis-based research using the scientific method.***

- Undergraduate Research Opportunities Program (UROP) (<http://our.utah.edu/>)

Service to the Community

Because you are preparing for a humanitarian profession, it is important to have volunteer experiences which demonstrate a commitment to service to others. This be ongoing throughout your college years, not done for a time then discontinued.

- Lowell Bennion Community Service Center (<http://www.bennioncenter.org>)

Leadership Experience

As a dentist, you will be a leader and team member in many ways – with your patients, your staff, your colleagues, and in your community. Examples includes offices held in organizations, committee work; leadership in church activities; coordinating a project; managing, training, supervising at work or in other activities; teaching experience, TA, tutoring, coaching, peer counseling or mentoring. etc.

Things to Remember

- What you do outside of class is important so don’t neglect activities. However, remember that activities *complement* your coursework, but *they will not compensate for low grades*
- Keep contact information for supervisors and dentists you shadow or work with in case you need recommendation letters. Even if you discontinue an activity, try to maintain a relationship with your supervisor.
- Record all hours of service and experiences. Writing reflections on what you learned in a journal will help when you write your personal statement for your application. You can download the **PreHealth Planner Spread Sheet** from [our website](#); you will find it under Available Downloads.

❖ APPLICATION TIMELINE

TIMELINE	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	
DAT	Register & Study				Take exam													
Rec. Letters	Request letters (Have all letters sent electronically to AADSAS)																	
Application	Prep - Write draft of Personal Statement (Essay) - Research Schools					- AADSAS Available online in early June - Fill-out the form & submit when ready				Application deadline: Oct.-Feb (Earlier is better)								
											Interviews							
											Acceptance Notifications							
Financial Aid											Priority filing for federal financial aid							

❖ THE DAT

Take the DAT (Dental Admissions Test) when you have finished the necessary coursework. The DAT is administered throughout the year at local testing centers. For DAT registration, visit <https://adea.org/>.

The DAT is scored on a 1-30 scale and is divided into four areas: Natural Sciences, Reading Comprehension, Quantitative Ability, and Perceptual Ability. It should be taken 18 months prior to the dental school class you plan to enter. It is to your advantage to take it early, by April-June in the year you are submitting your application.

❖ APPLICATION PROCESS

Your application process begins in spring or summer at the end of your junior year or once you have completed the necessary requirements. Dental schools admit students once a year for fall only. You'll submit your application one year in advance of the year for which you wish to begin dental school.

▪ AADSAS

There are 66 accredited dental schools in the United States, and all of them receive applications via the American Association of Dental Schools Application Service (AADSAS) <http://www.adea.org/>. AADSAS is a standard application that is forwarded to the schools you choose.

Your application includes demographic information, a list of all college course you have taken, a list of all your activities, and a personal statement explaining why you want to be a dentist.

After submission of the AADSAS application, supplemental material, such as letters of recommendation, will usually be required.

Most dental schools also require a personal interview. Please consult the preprofessional advisors regularly as you prepare your application.

▪ LETTERS OF RECOMMENDATION

You will submit your letters to AADSAS who will then distribute them to the dental schools. You can submit up to 4 letters. The following are what is usually required, but may vary by school. Research schools early to find out what they require.

1. Science Professor
2. Science / non-Science Professor
3. Dentist
4. Dentist / Supervisor

What you need to do

- 1) Contact professors and dentists to see if they are interested in writing a recommendation letter for you.
- 2) If they agree, get their e-mail address which they use most frequently.
- 3) List their e-mail addresses on the application form online under “Evaluators” section.
- 4) As soon as you post letter writers’ names and e-mail addresses, AADSAS will send an e-mail to them. It is important to let your letter writers know they will be receiving e-mail from AADSAS. Ask them to check their junk mail box regularly.

What your letter writers need to do

- 1) They will receive an email from AADSAS that will direct them to the AADSAS Evaluators portal.
- 2) They will be asked to provide their contact information. They only need to do this once, even if they evaluate multiple students.
- 3) They will post their recommendation letters through the portal. Step by step instruction are available to assist them.

❖ PREDENTAL GENERAL POLICIES REGARDING COURSEWORK

CLEP Credit & Correspondence Study	Not acceptable as part of the predental curriculum.
AP Credits	Dental schools take AP credits, but it is recommended to take coursework beyond introductory classes waived by AP.
“Online” Classes	Online <i>sections</i> of semester based university classes or online/in-person hybrid sections of semester based classes will usually be accepted. <i>Online classes which are not university semester based (independent study) will generally not be accepted.</i>
2 year colleges credits	Many schools limit credits taken at 2 year colleges to 60 credit hours
Repeats	All repeats are counted in your AADSAS GPA
Withdrawals	W’s should normally be used only for emergencies, although they will not affect your GPA
GPA	Generally the minimum GPA is around 3.0, but varies by schools and may be higher or lower. The average GPA for accepted applicants across all schools is 3.6 Total GPA and 3.5 for Science GPA UUSD—No minimum GPA. Average GPA for accepted students: 3.74 Total, 3.66 Science Roseman University—Minimum Science GPA: 3.0 in last 30 science credits, Average Total GPA for Accepted Applications: 3.40

▪ USEFUL WEBSITES

- Go Dental : General resources for Predental students --- <http://www.adea.org/godental/>
- University of Utah School of Dentistry (UUSD) (<http://dentistry.utah.edu/>)
- Roseman University of Health Sciences College of Dental Medicine (<http://www.roseman.edu/>)

PreDental Science Course Guide

This guide is designed for students preparing for a *range* of dental schools. It is not a comprehensive list. Requirements may vary by school. Shading indicates most commonly required by dental schools.

(Classes with * *may* be taken at a community college. However, not all dental schools accept prerequisites from 2 year schools)

BIOLOGY	CHEMISTRY	MATH	PHYSICS	NON-SCIENCE
<p>* 1610 (4) Fundamentals of Biology I (Prereq: Math 1010) [May be waived by AP Biology]</p> <p>Formerly BIOL 1210</p>	<p>OPTIONAL preparatory courses for CHEM, MATH, and PHYS:</p> <ul style="list-style-type: none"> • MATH 10 Math Boot Camp for Intermediate Algebra • MATH 15 Math Boot Camp for Pre-Calculus • CHEM 10 Chemistry Boot Camp for General Chemistry • CHEM 1200 (3) Prep for College Chemistry • CHEM 1208 (1) Intro to Periodic Table • CHEM 2308 (1) Intro to O-Chem <p><i>NOTE: In order to take math classes, you must have the required ACT, SAT or math placement test scores, or successfully pass the prerequisite math class</i></p>			<p>2 Writing Classes</p> <p>WRTG 2010 (Prereq: Wrtg 1010) & Any CW course offered through ENGL or WRTG (Prereq: WRTG 2010)</p> <p>Required by UUSD</p>
<p>2325 (4) Human Anatomy (Recom Prereq BIOL 1610) Required by many dental Schools. Fulfills 1 BIOL lab requirement for <u>most</u> dental schools. Required by UUSD</p>		<p>*1050 (4) & *1060 (3) College Algebra & Trig (Prereq: MATH 1010) Can be substituted with 1080 (5) or 1210 (4)</p>	<p>Physics has 2 options. Consult both your major advisor and a PPA advisor to choose the correct lab and lecture sequence.</p> <p>Physics is not on the DAT, but a year with labs is required for admission to most dental schools.</p> <p>Required by UUSD</p>	<p>Optional Classes for exploration</p> <hr/> <p>UGS 1030 (1) Intro to Predental Exploratory course for those considering dental school. Runs the first half of Fall Semester</p>
<p>*2420 (4) Human Physiology (Prereq: BIOL 1610 & CHEM 1210) DAT prep Required by UUSD</p>	<p>*1210 (4) Gen Chem 1 *1215 (1) Lab (Prereq: MATH 1050) Required by UUSD</p>			<p>KINES 3080 (3) Dental School Science and Lab Preparation KINES 3081 (1) Lab (Rec. Prereq. BIOL 1610) 3080 is online, 3081 lab is on campus An overview of dental school and the profession. Dental Terminology, tooth morphology, materials, instrument handling.</p>
<p>*1620 (3) Fundamentals of Biology II OR 2020 (3) Cell Biology (Prereq: BIOL 1610 & CHEM 1210)</p> <p>Either fulfills 2nd Biology Requirement</p>	<p>*1220 (4) Gen Chem 2 *1225 (1) Lab (Prereq: CHEM 1210) Required by UUSD</p>		<p style="text-align: center;">OR</p> <p>2010 (4) Gen. Physics 1 2015 (1) Lab (Prereq: MATH 1060)</p> <p>2210 (4) for Scientists & Engineers 1 2215 (1) Lab (Prereq: MATH 1210)</p>	<p>KINES 4080 (3) Dental Observation (prereq KINS 3080) Weekly chair-side observation with a dentist in the community, research paper, and lab projects required. Not repeatable for credit.</p>
<p>3210 (3) Microbiology 3205 (1) Lab (Prereq: BIOL 2020 CHEM 1210)</p> <p>OR</p> <p>PATH 3100 (3) Medical Microbiology</p>	<p>2310 (4) Organic Chem 1 2315 (2) Lab (Prereq: CHEM 1220) Required by UUSD</p>			
<p>Either course is required by UUSD & some other dental programs. Lab may not be required.</p>	<p>2320 (4) Organic Chem 2 2325 (2) Lab (Prereq: CHEM 2310) DAT Prep Required by UUSD</p>		<p>2020 (4) Gen. Physics 2 2025 (1) Lab (Prereq PHYS 2010)</p> <p>2220 (4) for Scientists & Engineers 2 2225 (1) Lab (Prereq MATH 1220 & PHYS 2210)</p>	
<p>BIOL/CHEM 3510 (3) Biochem I (Prereq: CHEM 2310) (Recom Prereq: BIOL 2020 & CHEM 2320) Required by many dental schools including Roseman & UUSD.</p>				
<p>2 Biology Labs: <i>Either</i> the Anatomy OR Physiology lab can count for 1 lab at most schools. The 2nd lab can be fulfilled by other biology labs such as BIOL 1615, 1625, 3115, 3205, 3235, 3515, 3525 or others. <i>Please note that some of these labs require the corresponding course.</i> Labs at SLCC may also be acceptable.</p>				