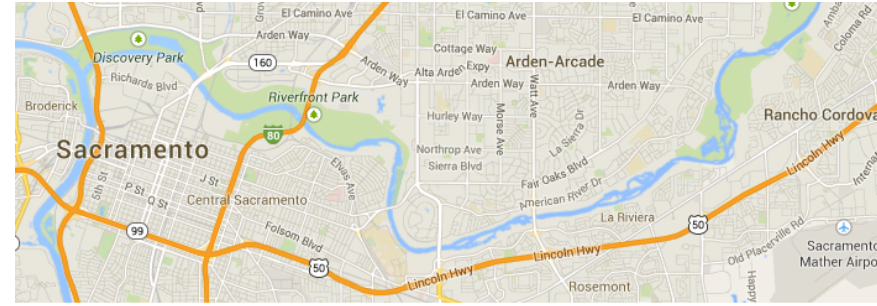


My Journey to Dentistry

By Michael Stout DDS

About me



- Grew up in Rancho Cordova, CA
- Went to Cordova High School
- Dropped out of college to work
- Worked in several industries
- 10 year career in computers
- Returned to school to pursue medicine
- Explored many healthcare Careers
- Discovered Dentistry



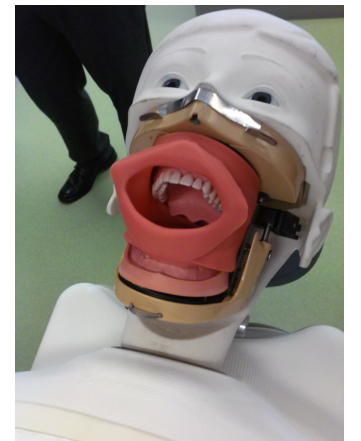
At American River College

- **Returned to School Summer 2009** to pursue medicine
 - Computer Major → Business Major → Biomedical Engineering Major...
- Joined **Phi Theta Kappa** and helped organize events
- Joined **MESA** → Became a tutor → became a Program Assistant
- A founding member of the **MESA Leadership Council**
- Became a **Beacon Tutor** for Chem 400
- Helped form the **ARC Engineering Club** as first Vice President
- Joined **AMSA ARC** → Became President
- Helped host events with the **ISA, VSA, and Associate Student Body**
- Gave computer literacy training for **California Connects**
- Became a board member of the **AMSA ARC/UCD Pre-Health Conference**



University Academics

- UC Davis Class of 2014
- Major: Biochemistry and Molecular Biology
- Project Lead Researcher
- Chief Analyst: UC Davis Pre-Health Conference
- UCD Pre-Med AMSA: Student Mentor
- University of the Pacific - Arthur A. Dugoni School of Dentistry, Class of 2017



Summary of my steps to get into Dental School

- Pre-Med beginning summer 2009
- Decided on dentistry in 2013
 - Learned about school requirements
 - Obtained dental experiences
- Took the DAT in the summer
- Primary Application completed in September
- Lead the Dental group at the UCD Pre-Health conference
- Received invites/rejections from several other schools
- Accepted an offer from University of the Pacific (UoP)



Total Cost Paid to Apply



- DAT + Study Material (\$1,135)
- Primary Application fee for 15 Schools (\$1,500)
- Secondary Application fee for 15 Schools (\$1,500)
- Travel expenses for interviews (\$1,400)
- Acceptance offers deposits (\$4,500)
- Other (New clothes, Dry Cleaning, Passport Photos, Postage) (\$200)

Total Cost to Apply



- DAT + Study Material (\$1,135)
- Primary Application fee for 15 Schools (\$1,500)
- Secondary Application fee for 15 Schools (\$1,500)
- Travel expenses for interviews (\$1,400)
- Acceptance offers deposits (\$4,500)
- Other (New clothes, Dry Cleaning, Passport Photos, Postage) (\$200)
- Total (~\$10,235)

The Steps YOU Should Take To Get Into Dental School

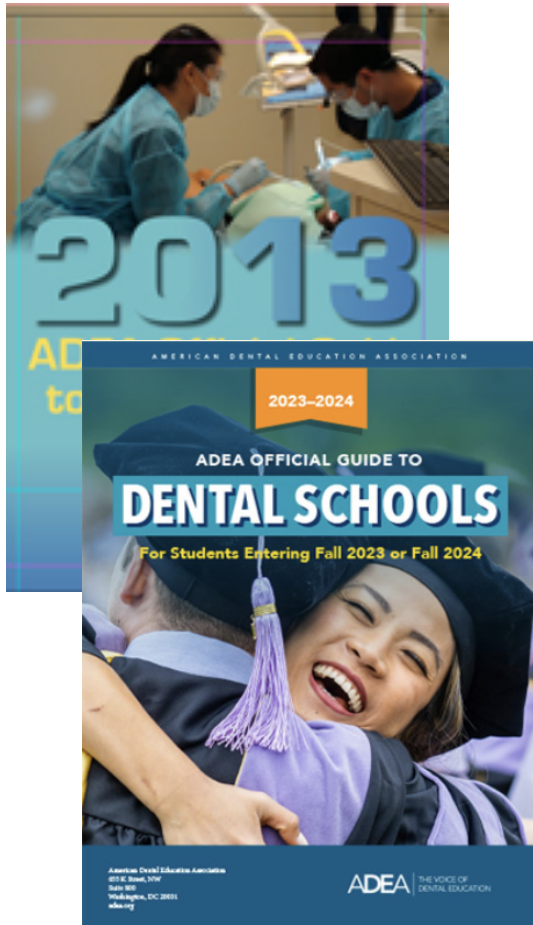


ADEA – Official Guide to Dental Schools

*American Dental Education Association

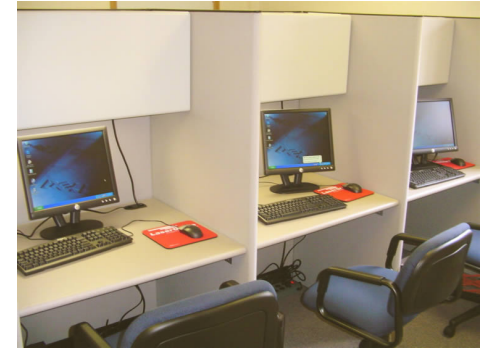
Holds information about all US and Canadian dental schools:

- Average GPA and DAT
- Tuition cost
- Cost of living
- Acceptance numbers:
 - In state and out of state
 - Race and Gender
- Required courses
- Supplemental Application
- Shadowing requirements
- Dual degrees programs
- Community college credit



DAT – Dental Admission Test

- Big decision factor for schools
- Best if taken a month before the AADSAS open
- May be scheduled anytime during the long
- Scores are given at the end of the exam
- Scores are received by schools
- In 2023 the cost is \$525, timing ~4.5 hours
- **IMPORTANT!!!**
 - Select all schools when registering for the DAT
 - Take/Pass the DAT a month or more before the AADSAS opens



DENTAL ADMISSION TESTING PROGRAM		American Dental Association Department of Testing Services 211 East Chicago Avenue, Suite 600 Chicago, Illinois 60611-2637	
EXAMINEE'S REPORT OF SCORES			
	Standard Score	Percentile	
Perceptual Ability	25	99.1	
Quantitative Reasoning	24	99.4	
Reading Comprehension	25	99.5	
Biology	23	98.9	
General Chemistry	29	99.9	
Organic Chemistry	25	98.4	
Total Science	25	99.9	
Academic Average	25	100.0	



How many times can you take the DAT? What is the retest policy?

The DAT retest policy is not subject to appeal and states that:

- Candidates must wait 60 days between testing attempts on the DAT, with a maximum of four (4) such administrations permitted during any 12-month period of time.
- Candidates with three (3) or more attempts on the DAT must apply for permission to test again, providing proof of recent application to dental school with each subsequent application to test.
- Subsequent to the candidate's fifth DAT attempt, the candidate may retest only once per 12-month period.

Image taken on 6/1/2023 from:

[https://www.ada.org/education/testing/exams/dental-admission-test-dat#:~:text=The%20DAT%20consists%20of%20multiple,Reading%20Comprehension%20\(50%20items\)](https://www.ada.org/education/testing/exams/dental-admission-test-dat#:~:text=The%20DAT%20consists%20of%20multiple,Reading%20Comprehension%20(50%20items))

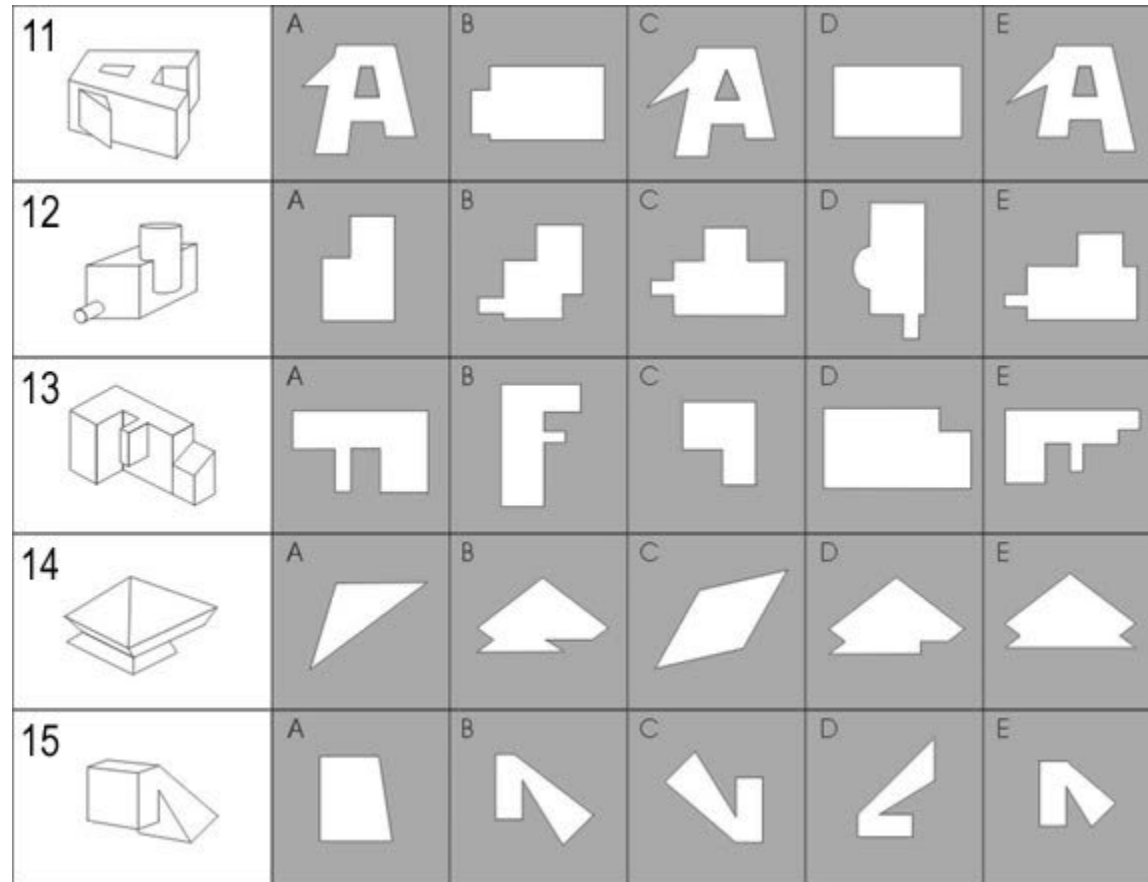
DAT – 4 Major Sections

- Optional Tutorial (15 Minutes)
- 1. *Survey of Natural Sciences – 100 questions*** (90 minutes)
 - Biology – 40 questions
 - General Chemistry – 30 questions
 - Organic Chemistry – 30 questions
- 2. *Perceptual Ability Test – 90 questions*** (60 minutes)
 - Optional Break (30 minutes)
- 3. *Reading Comprehension – 50 questions*** (60 minutes)
- 4. *Quantitative Reasoning – 40 questions*** (45 minutes)
 - Optional Post-Test Survey (15 minutes)

DAT – 4 Major Sections


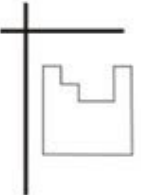
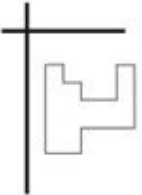
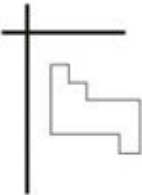
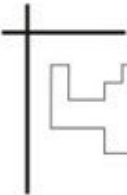

- Optional Tutorial (15 Minutes)
 - 1. *Survey of Natural Sciences – 100 questions*** (90 minutes)
 - Biology – 40 questions
 - General Chemistry – 30 questions
 - Organic Chemistry – 30 questions
 - 2. *Perceptual Ability Test – 90 questions*** (60 minutes)
 - Optional Break (30 minutes)
 - 3. *Reading Comprehension – 50 questions*** (60 minutes)
 - 4. *Quantitative Reasoning – 40 questions*** (45 minutes)
 - Optional Post-Test Survey (15 minutes)
-
- Total time ~4.5 Hours

PAT – Key Hole (Section 1)


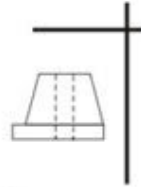

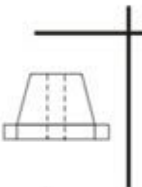
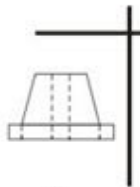
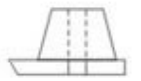


PAT – Top/Front/End Visualization (Section 2)




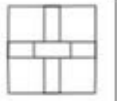
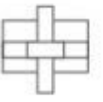

1

		A	B	C	D
TOP VIEW					
	?				
FRONT VIEW	END VIEW				

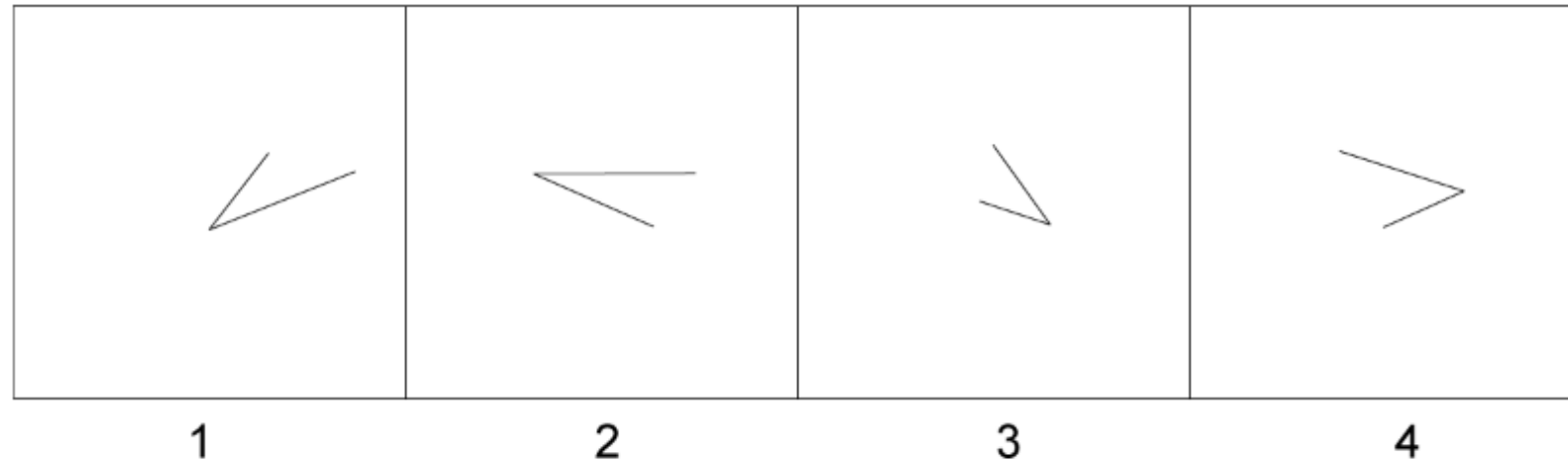
2

		A	B	C	D
TOP VIEW					
?		A	B	C	D
FRONT VIEW	END VIEW				

3

?					
TOP VIEW					
					
FRONT VIEW	END VIEW				

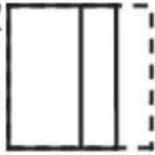



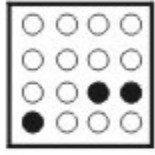

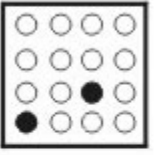
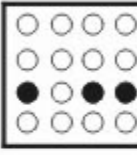
PAT – Angle Ranking (Section 3)



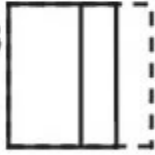
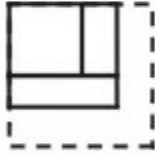
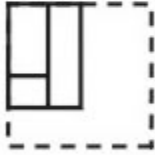
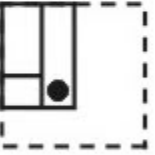

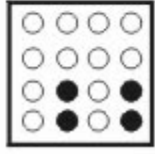

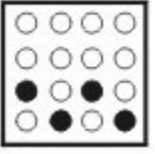
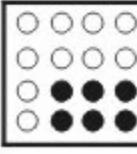
- 2-3-1-4
- 2-1-3-4
- 1-2-4-3
- 1-3-4-2

PAT - Hole Punches (Section 4)

12

				
				
A	B	C	D	E

13

				
				
A	B	C	D	E

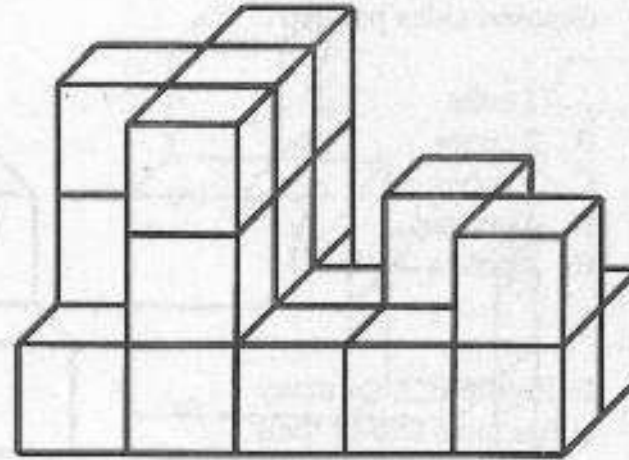
PAT – Cube Counting (Section 5)

61. In Figure A, how many cubes have none of their exposed sides painted?

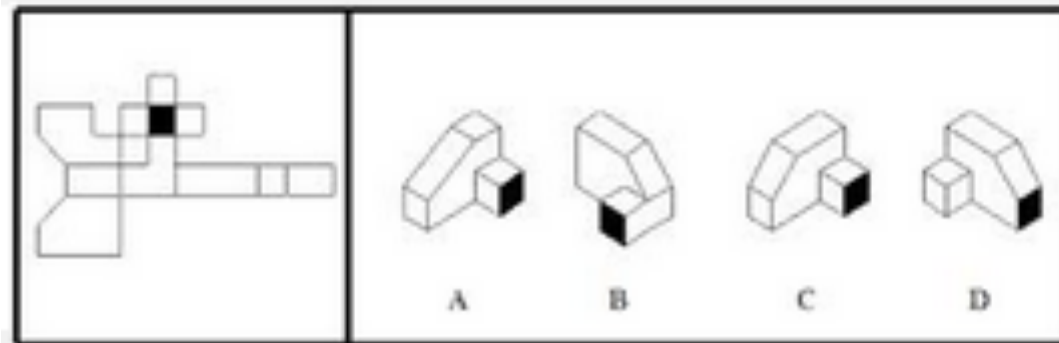
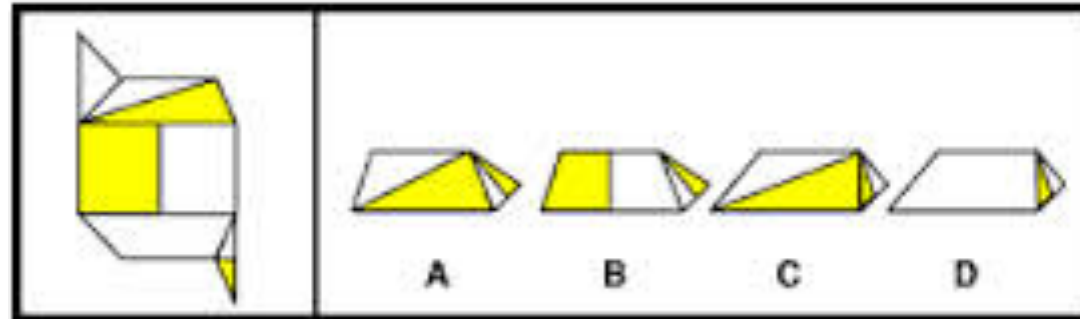
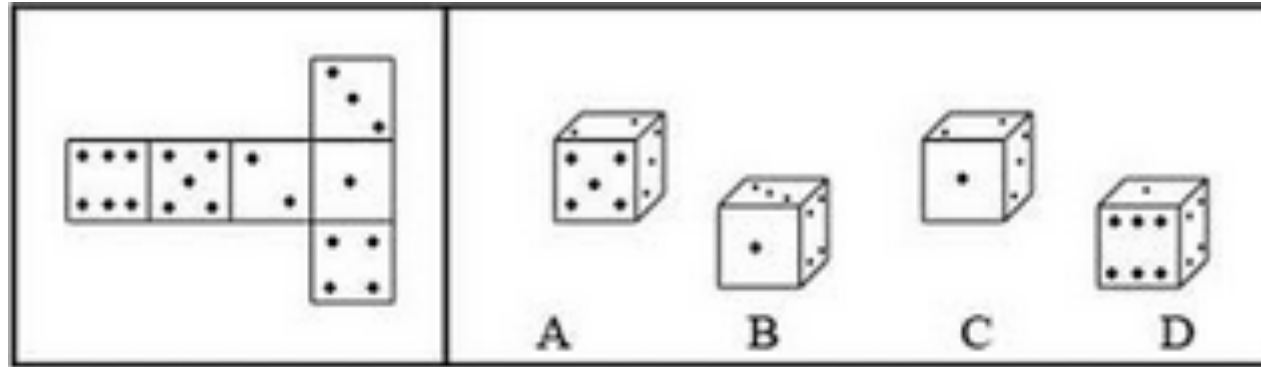
- A. 1 cube
- B. 2 cubes
- C. 3 cubes
- D. 4 cubes
- E. 5 cubes

62. In Figure A, how many cubes have one of their exposed sides painted?

- A. 1 cube
- B. 2 cubes
- C. 3 cubes
- D. 4 cubes
- E. 5 cubes



PAT – Pattern Folding (Section 6)



DAT – Scoring

**DENTAL ADMISSION TESTING
PROGRAM**

EXAMINEE'S REPORT OF SCORES

American Dental Association
Department of Testing Services
211 East Chicago Avenue, Suite 600
Chicago, Illinois 60611-2637

	<u>Standard Score</u>	<u>Percentile</u>
Perceptual Ability	25	99.1
Quantitative Reasoning	24	99.4
Reading Comprehension	25	99.5
Biology	23	98.9
General Chemistry	29	99.9
Organic Chemistry	25	98.4
Total Science	25	99.9
Academic Average	25	100.0

Score Scale:

- 1-30
- 20+ in each section is ideal
- 19 is considered the average

Total Science:

- Biology
- General Chemistry
- Organic Chemistry

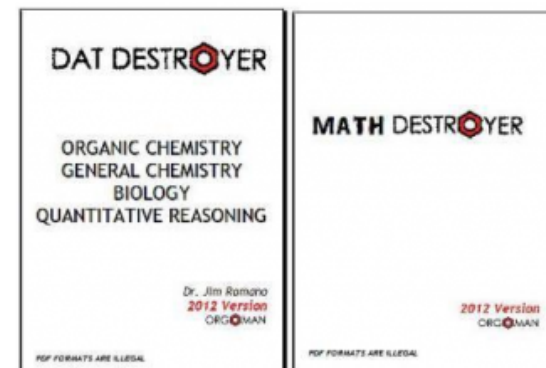
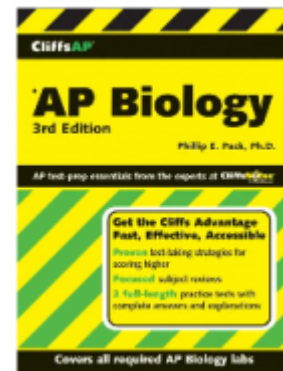
Academic Average:

- **Quant**
- **Reading**
- Biology
- General Chemistry
- Organic Chemistry

PAT is not included in either

DAT – What I studied in 2013

- Cliff's AP Bio 3rd edition (Book)
 - Survey of **Biology** Concepts needed
- DAT Destroyer & Math Destroyer (Books)
 - Practice questions for **Biology, Gen Chem, O-Chem, Quant & MORE Quant**
- Crack the DAT PAT & Crack the DAT Reading (Computer)
 - Simulation testing software for **PAT & Reading Comp**
- Top Score & DAT Achiever (Computer)
 - **Full length DAT** simulation tests
- Chad's Videos (Online)
 - Instructor based videos: Known for **Gen Chem, O-Chem, Quant**
- !!!Better material may be available in 2023!!!



AADSAS – The Primary Application System



Michael Stout [ADEA AADSAS ID] | LOGOUT

My Application

APPLICATION CHECKLIST
☐ - Incomplete ☑ - Complete ■ - Required

Applicant Information

- ☑ Biographic Information > ■
- ☑ Parent and Family Information > ■
- ☑ Background Information > ■
- ☑ Disadvantaged Status > ■

Education

- ☑ Secondary (High) School Information > ■
- ☑ Colleges Attended (Transcript Matching Form) > ■
- ☑ Coursework > ■
- ☑ DAT Scores > ■

MY APPLICATION STATUS

- GPA Calculations
- Transcripts
- Evaluations
- Dental School Designations
- Payments
- School Decisions
- Official Scores

NEW! You can now follow the status of your ADEA AADSAS application on your smartphone:
ADEA AADSAS Mobile portal

Purpose:

- Apply to many schools, 1 application
- Allows transcript updates
- Provides application status

Exceptions?:

- TMDSAS for Texas* See ADEA website
- Some Canadian Schools
 - Also may need to take Canadian DAT

AADSAS - Sections

1. Applicant Information

- Biographic Information
- Parent and Family Information
- Background Information
- Disadvantaged Status

2. Education

- Secondary (High) School Information
- Colleges Attended (Transcript Matching Form)
- Coursework
- DAT Scores

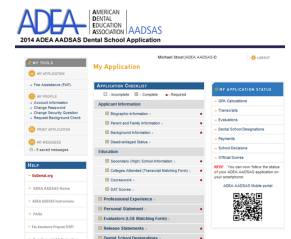
3. Professional Experience

4. Personal Statement










5. Evaluators (LOE Matching Form)









6. Release Statements

7. Dental School Designations



Education – Colleges Attended

Colleges Attended		
TRANSCRIPT MATCHING FORM	INSTITUTION	View
	AMERICAN RIVER COLLEGE, California	  ADD DEGREE
	SACRAMENTO CITY COLLEGE, California	  ADD DEGREE
	UNIVERSITY OF CALIFORNIA - DAVIS, California	  ADD DEGREE

College Degrees				
COLLEGE ATTENDED	DEGREE	STATUS	Dental Certificate Eamed	VIEW
AMERICAN RIVER COLLEGE, December-2011	Other	Degree Awarded	None	 
AMERICAN RIVER COLLEGE, December-2011	A.A.	Degree Awarded	None	 
SACRAMENTO CITY COLLEGE	None	No Degree Planned	None	 
UNIVERSITY OF CALIFORNIA - DAVIS, July-2014	B.S.	Degree Expected	None	 

Enter your educational history and have the colleges you attended to send in your Official transcripts ASAP

It may take 4-6 weeks or more for transcripts to be entered into your AADSAS, after they are received by ADEA

ROLLING ADMISSIONS

Professional Experience

- Awards, Honors, Scholarships
- Dentistry / Shadowing Experience
- Extracurricular / Volunteering / Community Service
- Research Experience
- Work Experience (including Military Service)



Awards, Honors, Scholarships (5)

- Robert Jensen Family Scholarship
 - ARC Foundation Scholarship
- A word of Recognition
 - ARC ISA award for helping at the Multicultural Carnival
- Certificate of Appreciation
 - ARC VSA thank you for participating in the Vietnamese Tet Festival 2011
- Letter of Recognition
 - Given by the ARC Student Body for helping run the 2010 Haunted Festival
- Ochers Scholars Scholarship
 - ARC Foundation Scholarships



Dentistry / Shadowing Experience (5)

- CommuniCare Health Centers, Salud Dental Clinic
 - 120 Hours
- CDA Cares
 - 18 Hours
- UCSF 6th Annual impressions Conference
 - 9 Hours
- Other General Dentist Shadowing
 - 10 Hours



Extracurricular / Volunteering / Community Service



- AMSA ARC

- ARC Engineering Club

- California Connects

- CommuniCares Health Centers

- Habitat for Humanity

- International Student Association

- MESA Leadership Council

- Phi Theta Kappa Honor Society

- Sutter Health Systems

- UC Davis Medical Center

- UC Davis Pre-Health Student Alliance

- UC Davis Pre-Med AMSA

- Vietnamese Student Association

- Volunteers of America



Sutter Health
With You. For Life.



Volunteers of America



Extracurricular / Volunteering / Community Service (10)



• AMSA ARC

• ARC Engineering Club

• California Connects

• CommuniCares Health Centers

• Habitat for Humanity

• International Student Association

• MESA Leadership Council

• Phi Theta Kappa Honor Society

• Sutter Health Systems

• UC Davis Medical Center

• UC Davis Pre-Health Student Alliance

• UC Davis Pre-Med AMSA

• Vietnamese Student Association

• Volunteers of America

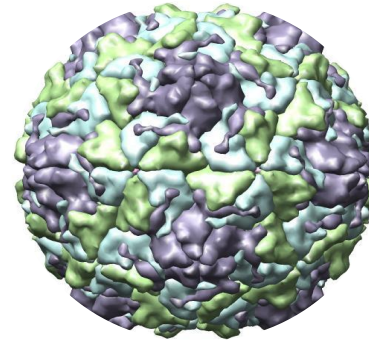


Sutter Health
With You. For Life.

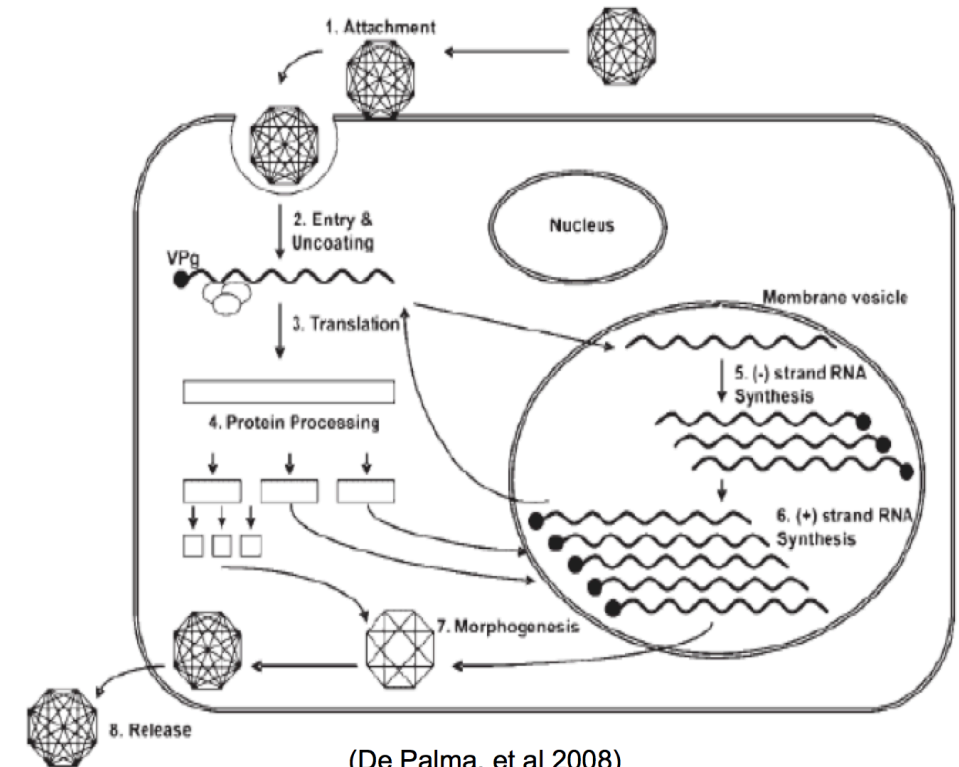
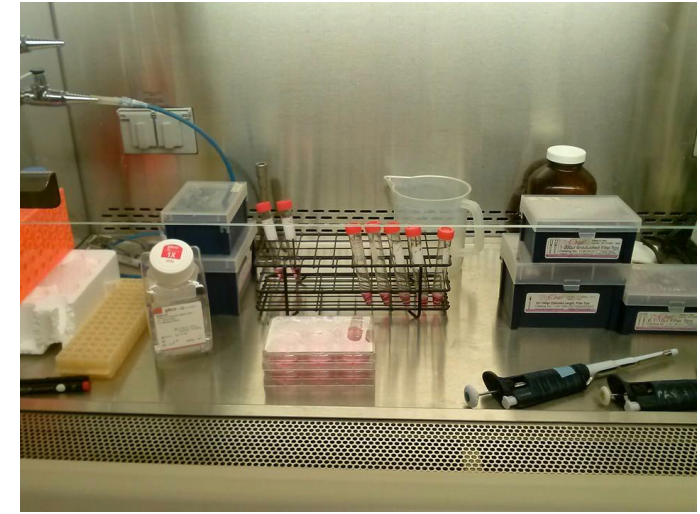


Research (5)

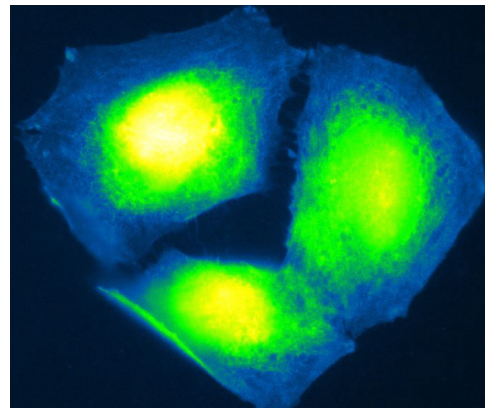
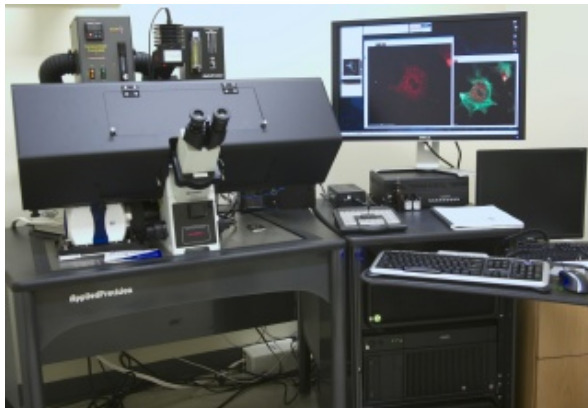
- UCD Undergraduate Research
 - 1.5 years in Holland Cheng's Lab.
 - Investigating the replication cycle of Echovirus 1 in SAOS- α 2 β 1.
 - Bioconjugation with fluorescent markers to determine pathway of virus replication.



(Filman et al, 1998)



(De Palma, et al 2008)



Work Experience



- American River College
- CompUSA
- Elk Grove Ready Mix Concrete
- Exwire
- GlobalStreams Inc.
- Homewood Mountain Resort
- Lennar
- Moving Solutions, Inc.



- Otro Steel Co. Inc.
- Play Inc.
- Round Table Pizza
- Squaw Valley Ski Corp.
- Taco Bell
- U.S. Machinery
- United Parcel Service
- US Home



Work Experience (5)



- American River College (2)
- CompUSA
- Elk Grove Ready Mix Concrete
- Exwire
- GlobalStreams Inc.
- Homewood Mountain Resort
- Lennar
- Moving Solutions, Inc.

- Otro Steel Co. Inc.
- Play Inc.
- Round Table Pizza
- Squaw Valley Ski Corp.
- Taco Bell
- U.S. Machinery
- United Parcel Service
- US Home (acquired by Lennar)



LENNAR®

Consider

Quality
Over
Quantity

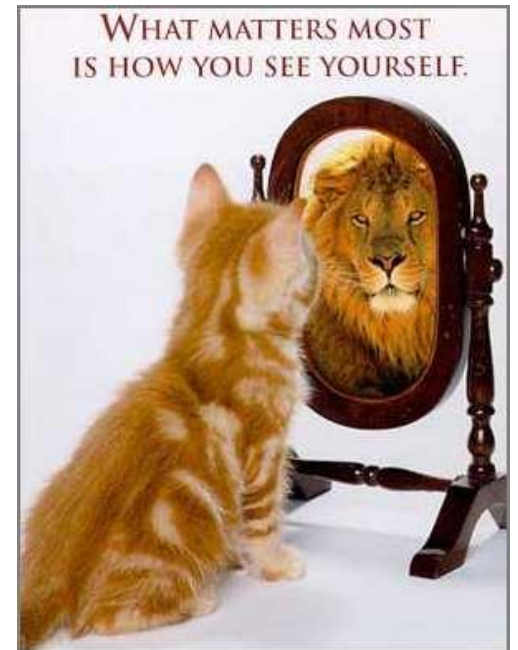
Personal Statement – Advice from ADEA

- Explain why you desire to pursue dental education in approx one page
 - Limit to 5,200 characters, including spaces
 - You may not go back and edit what you submit so it I recommended to prepare outside of the application in a word processing program prior to uploading and submitting
- Admissions Committee members are looking for individuals who are:
 - Motivated
 - Academically prepared
 - Articulate
 - Socially conscious
 - Knowledgeable about the profession



Personal Statement – My Advice

- Answer the question being asked
- Use correct grammar and use a spell checker
- Use concrete supporting examples, which tell how you grew and learned
- Do not list what is in other areas of the application
- Make it meaningful to you and your audience
- Keep your writing simple, and organize it logically
- Have a couple of good proof readers at the most
- Be yourself but do not be too casual
- REVISE! REVISE! REVISE!

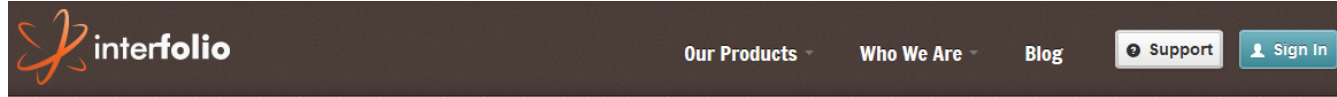


Letters of Evaluation (LOE)




- Determine where you'll need your letters from ahead of time:
 - Some school's req: 1 Dentist, 2 Science Faculty, 1 Researcher, 1 spiritual advisor...
- Develop relationships with potential writers
- Ask for a GOOD recommendation letter
- No when to ask someone else



Letters of Evaluation – Interfolio



Interfolio improves productivity throughout the **scholarly lifecycle**.

Dossier & Portfolio	ByCommittee	Letter Writer
		
Create, manage, and deliver materials to admissions, hiring, and tenure & promotion committees...anywhere in the world!	Empower committees to make better decisions with our collaborative review and rating solution.	Safe, secure, and always confidential. Submit letters of recommendation for your students and colleagues.
Learn More	Learn More	Submit a Letter FREE for letter writers
Prices & plans starting at \$10/year »	Contact us for an institutional solution »	Learn more »

- A letter Service where Letters of Evaluation may be uploaded as an alternative to going through the AADSAS
- Advantage: You many have your letters ready to submit before the AADSAS opens.

What Happens After you Apply?

- Supplemental Applications
- Interview
- Thank you Letters
- Accepting Offers
- Withdrawal Letters



Supplemental (Secondary) Applications



- Requirements are specific to the school
- Usually involves request for additional information and essays
- Supplemental Essays: should follow rules for the Personal Statement
- Important!! Do NOT copy and paste from your primary to your supplemental. Rewrite everything, even if the same question is asked

Interviewing – Attire recommendations



- Dress business professional
 - Have your clothes dry cleaned
 - Nothing too different
 - No perfume or cologne
 - Bring floss to use before your interview
 - Important!/: Now is not the time to stand out from the crowd!!! You did this in your application, which is why you are at the interview.
- Traditional to consider
 - Black or Navy Suit, Jacket, and tie
 - Skirts to the knees
 - Pants not sagging low
 - Shirts not short
 - Shoes should match the belt
 - Hair and nails groomed
 - Close toed shoes, no big heels

Interviewing – Preparation

- Review your application
- Read up on the Schools
- Make a list of questions
- Practice answering interview questions
- Prepare for a writing sample



- You are almost there! Don't quit now!

Interviewing – Nail It!

- Shake hands
- Make eye contact
- Do not to cut off the interviewer
- Ask for clarification
- Answer the question, concisely
- Smile!



- Enjoy the experience...You are at a Dental School Interview!!!

Thank You Letters

- Best sent soon after your interview, but there is no set time
- Completely optional



Accepting Offers

- First offers are given
- You must accept and pay a deposit sometimes within 15 to 30 days
- Deposits are usually NON-Refundable
- Schools have 1, 2, or even 3 deposits



Withdrawal Letters

- The application cycle closes
- If you hold more a position in multiple schools, you must decide
- You will be given a withdrawal deadline
- Before this date, you must notify any school with an open offer and let them know if you will or will not accept their offer.
- If you have more than one acceptance, you must decline your acceptance with all but one of these schools

- Important!! Some schools will just drop you if they see you have other offers at this point and you lose your spot

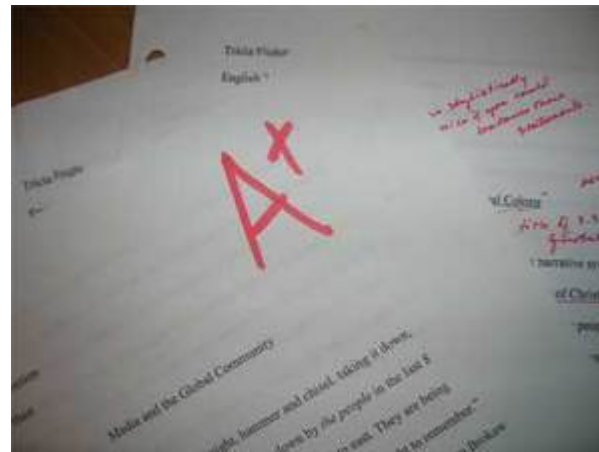
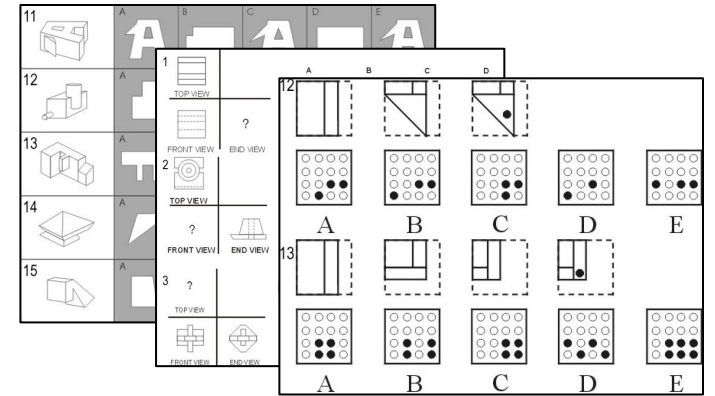
Timeline – Far In Advance (NOW!!)

- Get ADEA Guide and Develop a Matrix of School Requirements
- Gain dental experience
- Gain leadership experience
- Do community service
- Explore other career options
- Look for Letter Writers
- Stack your experiences
- Keep a work log
- SAVE MONEY!!



Timeline – Just Prior to Applying

- Take the DAT
- Collect Letters of Evaluation in Interfolio
- Keep your grades up
- Keep working on yourself



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep

Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep



Timeline – Once the Application Opens

- Request Transcripts
- Complete the AADSAS
- Double check your entries
- Submit
- Pay fees
- Catch up on sleep



Timeline – After Submitting Your Application

- Complete Supplemental Applications
- Interview
- Receive decision letters
- Accept/reject offers
- Attend dental school; DDS or DMD (3 or 4 years)
- Optional – Do a residency (1 to 6 years)



Don't give up on your dream due to challenges



Life is challenging

The most important thing is...

The most important thing is...

It is All about the patient

Thank you!

- Any questions?