

Tips and things to consider when applying from those who have been there!

Specialties:

- 1) See first-hand hospital vs. school based vs. community based. This will guide you through applying in pedo.
- 2) Extern in programs to see the extent of treatment available. Each program is limited based on faculty.
- 3) Get your application in early. There are thousands of applicants, show that you're organized and prepared
- 4) If you're applying to a specialty, keep track of how many cases you've done. You'll be asked in an interview.
 - Get your application in ASAP
 - Do EXTERNSHIPS!!!
 - Go out into private practices and shadow, show initiative into the field of interest
 - Write thank you cards where thank you's are due
 - Use the faculty at school, they want to help and it reflects well on them
 - Start early on LOR and choose wisely, knowing something about the background of the school you most likely want to attend should really help guide whom to use
 - Make connections, it goes further than just getting into school
 - Don't bite the hand that feeds you, AKA that faculty member that may bug you sometimes may be the one you need a recommendation from
 - Enjoy what you're doing, because that means school isn't over
 - Oh, and if I didn't say it before, apply early

1. Make a checklist of what each school you're applying to wants-- some programs want pictures, others want recommendations in a specific format, etc.
2. Save up money! Applying and interviewing is extremely costly so keep this in mind when budgeting for the semester.
3. Send your applications/materials certified mail. It ensures you know when it was delivered and gives you peace of mind.
4. Don't hesitate to contact programs with questions. Websites can be confusing or ambiguous, and you don't want to apply incorrectly.

#1. Visit the program, develop a relationship with the people who make the decisions there. Remember that each visit to a program is a INTERVIEW!! Be prepared. This will require you to miss some school, what ever flack they give you, it is worth it.

#2. Apply to as many programs as humanly possible. I applied to 30 programs! Call the programs get a feel for the ones you are most likely to get into. Find out if they take out of state residents, how many residents they take from their dental school. If you can't personally visit the programs try to get the program director on the phone and talk to him.

#3. Write letters, anything you send to the programs will be put in your application file.

#4. Call the programs again right before interviews, maybe a week or two before the actual interview date. Use StudentDoctor.com to find out the interview date. You would be amazed at how many people cancel interviews. YOU CAN GET THEIR SPOT!!! Call the programs up and let them know that you can be there at the drop of a hat or

Tips and things to consider when applying from those who have been there!

on short notice, and express interest in the program again. The program I am in had 4 or 5 people cancel their interview this year, those spots were not filled. If someone called they would of got those spots. I personally got 2 interviews this way.

#5. Social events before the interview are important. The residents have a say as to who gets in. Have a drink or two, don't overdo it but have fun, be personable.

#6. Prepare early, stay organized, get good letters of rec, good test scores ect, don't bomb the interview.

GPR advice:

Make sure you are okay with the hospital dentistry. If you have zero interest in going to an OR or seeing facial traumas, then maybe it isn't for you. I love it, but some of my co residents don't care for it and I wonder why they didn't pursue AEGD's.

Applying:

-Make a list: Make a personal list of what you would like for the program to accomplish for you. Choose a program that checks most of the boxes.

-Don't be afraid to contact residents: There were a couple of places I interviewed at that about an hour in to the interview day, I knew the program wasn't for me. I wish I would have shot a quick email to current residents and asked them questions before spending all that money to fly to interview.

-Location!: Yes, location is important because you will be living there while at the program. BUT what I didn't realize is there are serious networking opportunities available through the residency. Many local dentists call our program director for dental positions. Also, at local dental society meetings (which are paid for by the program and basically required) many dentists approach you asking what your plans are after residency. It would be a good idea to look into a residency close to where you want to practice-if it's a good one.

- Do extensive research about each program before you apply. I found that not all GPRs are not created equally. Some programs are considerably stronger than others.
- Highly recommend visiting programs before you apply. This results in two things: gives you an idea of the climate of the program; and puts you at a clear advantage to receiving an interview from that program.

AEGD and GPR Tips:

1. Consider looking into programs early. Visit them if you can to assess whether or not you think that program would be a fit for you. And get a chance to talk to the residents! When visiting a program, you'll be able to get a much better idea of whether or not a program is good or lacking in areas. I interviewed at a program I expected to be strong because it was affiliated with a reputable school on the west coast. Turns out, their AEGD seemed to be much slower and lacking clinically than I anticipated. If only I known before spending money turning into my application to their program and traveling across the country to interview..
2. Be able to self-evaluate where you stand in your skills, and determine what it is that you want out of a GPR/AEGD. I was looking for a program that would be able to advance my skills and give me exposure, if not resounding competency, to newer technologies and things we were unable to do at LECOM (CAD/CAM restorations, perio surgery, implant placement, laser, etc.). These programs exist, but you have to put in the work to find them.

Tips and things to consider when applying from those who have been there!

3. Know that this is a significant investment in yourself. You are opting out of landing a \$100K+ career after graduation and going into a residency that will either 1) pay you a menial, albeit hopefully livable, stipend, or 2) require you to pay tuition (this is the case with some specialty programs). If you can accept these terms, you are on the right track.
4. In turn, make sure you've allotted money for the whole process because the travel adds up fast (and come December when you're running low on your disbursement money, you feel awfully tight!). If you have friends in the areas you're interviewing at, see if you could stay at their place. Get something worthwhile out of your Facebook account! I got in touch with an old elementary school friend that I hadn't seen since early high school who happened to live in this random city I was interviewing at. She kindly obliged to my housing request in a heartbeat.
5. Find out whether programs you're applying to are participants in the Match or not, and come to a decision as to where you stand with those programs. You do not have to rank every Match-affiliated program you interview at. If you don't see yourself liking it there, you don't have to do it. I received an interview invitation from a program that was non-Match, after interviewing at a few that are Match. I ultimately declined the invitation because what it had to offer did not weigh enough to me to sway me out of the possibility of being at the other programs I applied to. It could go completely the other way, however. I know plenty of people who received offers and accepted positions at non-Match programs weeks to months before the Match even opened up. There are plenty of strong programs that are non-Match, and plenty that are. All comes down to what you want out of a program.
6. https://ignitedds.com/app/pages/view/-K-FtpV08_bILpKOH65s This blog post helped significantly in helping me figure out the questions to ask myself and the programs, helping me determine more and more of what I want out of a program (e.g., am I ok with being on call? are there full time assistants?).
7. CV tips: <http://www.asdanet.org/cv/>

More AEGD advice

-Applying to 10 programs is sufficient

-Looking back, it is incredibly difficult to tell what program directors are looking for in applicants, so don't read too far into it.

-When you THINK all your materials should be in for a program, contact them to make sure. PASS and program sites are not that accurate with what constitutes a complete application.

-If applying to a specialty, applying early does help. If applying to a (match) GPR or AEGD, applying early doesn't really do anything. Most people's experience found that programs waited until after or close to the deadline before contacting people for interviews, most of which will be Oct-Dec. On that note, ask for letters of rec early.

-Not sure what's happening with the ADAT now, but for us, even programs that were supposedly "requiring" it, interviewed plenty of people who didn't take it.

-The only way to really find out about a program is to talk to an existing resident. Do that in the spring before applying (aka now) since those people have been at the residency for a while. Keep in mind that a director will make or break a program - the quality of the program can change year to year depending on who is running it.

-Stick to your guns about programs you do/don't like. They aren't unanimously liked/disliked. A program is good if it has what you are looking for.

-Don't accept a non-match spot and still go on interviews. Directors within a region talk.

- 1- apply early – I applied the first day
- 2- Visit the programs that you really want – contact the director – their information usually can be found on the program's website and email them to ask if you can visit them personally.
- 3- Since we are a pass fail school your letters of recommendation are the only leg you have to stand on regarding your work ethic. Make sure your faculty knows you well and can attest to your success in dental school.

Tips and things to consider when applying from those who have been there!

- 4- Get a variety of letters of rec. I got one of my clinical preceptors, two sim lab faculty, and one from PBL. This shows you're a hard worker in all facets of dental school
- 5- DO NOT use your cell phone at all if you go and shadow programs. They will see that as unprofessional. A resident during lunch told me that I was the only student that didn't whip out their cell phone and that the director appreciated that.
- 6- Talk to the residents! They can tell you the good and the bad and give you honest unbiased advice about the program. The only way to talk to the residents is to go shadow the program. Get their contact info and keep in touch via email/facebook
- 7- Write a thank you email to the programs that you shadowed thanking them for their time and the opportunity to shadow and meet them.
- 8- Do not wait to take part 2 of nbde! Get it over with!
- 9- Do not bash the school! Every dental school has good and bad, no school is perfect. Many programs asked me LECOM's reason for sending us away for our fourth year, talk about their philosophy on limited access to care. Talk about the amount of clinical education we get in comparison and the ability for us to increase our speed. Employers that have hired the inaugural class have been impressed with us! Don't ruin it!
- 10- Talk about something unique that you did/experienced in dental school during your interview if the opportunity presents itself– even if it is not dental related. (e.g I went skydiving for the first time after boards) it makes you stand out and shows them that you have personality.

GPR advice:

I originally applied to so many programs because I didn't know if I would get any interviews with LECOM being a new school but I got interviews at all but one of the programs that I applied to, and I know most of my classmates did too!

I am actually glad that I applied to that many programs because I only ended up only ranking 4 of the 9 programs I interviewed at. All of the programs look great online (obvi that is the goal) but I feel like you really need to go there and see it and talk to the residents before you can decide if you will actually like it! Most of the residencies let you speak with the residents and tour the clinic ect on your interview day!

But if you are looking at any programs near you I would def recommend shadowing them ahead of time because then if you don't like them you can save your time and money.

I chose my program because all of the residents looked really happy there. They looked like they worked hard but they were still happy. Also the dynamic in the clinic was really good. People really helped each other out which I liked! I interviewed at one program where the residents were literally like "don't come here." I also visited a couple in the hardcore ghetto who were like "don't come here alone" so I didn't even rank those either.

Also there are some programs that participate in the match and some that are nonmatch. I would say you should either apply to all match or all non match programs and here is why.. the non match programs require you to give them a yes or no before the match occurs (I can explain this more if you like) so if you like some of the match programs you really don't have to option to go there... Does this make sense?

Also something I noticed was that some programs don't do rotary endo... so make sure to ask if they do rotary endo!

If you want to do implants and long span bridges and stuff I definitely recommend an AEGD or one of the VA programs (AEGD or GPR). The VA programs are really good because there are no financial restrictions which is great for implants and fixed work!

The issue with a lot of the hospital based programs (mine included) is that you see a lot of Medicaid patients so there are a lot more people who can't afford things. So you really have to just think about what you are really trying to get out of the program.

Also all of the GPR's you have to take call. So it is important to ask about the call if it is heavy or light ect. Also the less # of residents the more you are on call. It sucks but you learn so much about handling emergencies! I really feel like I can take on any emergency that I see now. And my friends from LECOM who went straight into private practice call me and ask me what to do in emergencies. But still getting woken up in the middle of the night is the worst!

So Ill explain my daily schedule to you... mine is a little weird because we have 2 shifts but I'll give you the general idea So we do 7 hours of patient care every day (appointments range from 30min-1 hour based on what procedure you are doing (aka you have to go a lot faster than in dental school). Then we have 1 hour of lecture. Either the attendings lecture or we do Case Presentations, treatment

Tips and things to consider when applying from those who have been there!

plan presentations, lit reviews ect. (From what I know from my other friends who are in residencies we all do these presentations... they are not hard and you actually learn a lot!)

I think the best part of my program is that now I literally know how to handle any emergency that walks into the office and I have gotten A LOT faster at work. What I wish there was more of is restoring implants and bigger fixed prosth cases. We do some, but not that much.

Tip Sheet for applying to GPRs:

On applying:

- **Research programs you're considering applying to thoroughly.** Many programs can be disappointing and taking time off from clinic to interview adds up quickly.
- **Visit programs you're interested in if possible.** This can be a good way to set your application apart from other applicants.
- **Budget well.** When you're deciding how much money you'll need for the summer/fall semester, keep in mind that PASS can cost over \$1,000, and visiting places to interview gets expensive.

On Interviews:

- **Be prepared.** Almost all interviews ask similar versions of the same questions. It is very helpful to prepare ideas for responses to common questions. For example, having a solid response to the question "Tell me about yourself" can cover you for a wide variety of questions they may ask pertaining to dentistry, your interests, and your goals.
- **Ask the residents questions.** The current residents are your best source for finding out about the program. They will usually give you an honest answer regarding their experience and whether or not they are happy at the program.
- **Take notes on each program after your interview.** It can be several months between some interviews and the MATCH, so it is helpful to write down things you liked and didn't like about the program to refer to when you're ranking programs.

General

- **Budget:** This semester required the most expenses for me personally paying for the ADAT, NBDE 2, and the PASS application. Outside of just applying to programs, I underestimated how much money would be spent traveling to visit each hospital. If you're only applying locally, the travel isn't too bad, but when flights and hotels are involved, the grand total starts to add up very quickly.
- **Applying:** Because both LECOM and the boards are P/F, I was a little worried about how I would stand out as an applicant. I took the ADAT exam (pilot year) and thankfully did well, which may have made me a little more competitive than I would have been previously. My most important word of advice is you need to physically go to each individual program and see it in person. Websites can be VERY misleading and often embellish some of their highlights. Ex: One program stated "Residents are placing implants" —> ORAL SURGEONS are placing the implants, IF you have an ideal case, and IF you have demonstrated competency, THEN MAYBE the resident has the chance to place implants. Case in point.
- **PASS application:** There is a section on the PASS application labeled "Additional Information". Originally, I left this section blank but before I submitted I figured I would at least write something. I mentioned specifically what I was looking for in a program and a few of my interests and hobbies. Programs seemed to really appreciate this because almost all of them brought up one of the specific details in the interview. Yes, you do submit a personal statement but I think having a few memorable things on the PASS application makes a difference.

Tips and things to consider when applying from those who have been there!

- **Final thoughts:** I would say the most important thing is to have a clear set of goals before you start any interviews and know your “must haves” and “deal breakers”. It’s a good idea to write some notes after each interview with the pros/cons because when you have interviews close together, the small details may get hazy. Know also that like any school, there will be things that you may not like. Just make sure the positive things they do offer outweigh the cons.

Contact names and emails of people who responded with tips:

GPR:	Jennifer Katz (2016)	Jennifer.katz@dmd.lecom.edu
GPR:	Lauren Maass (2016)	lauren.maass@dmd.lecom.edu
GPR @ VA:	Earl Santos (2017)	earl.santos@dmd.lecom.edu
Perio:	Tom Jackson (2017)	thomas.jackson@dmd.lecom.edu
Perio:	Joelle Stanger (2017)	Joelle.stanger@dmd.lecom.edu
LMC AEGD:	Emily Plaza (2016)	Emily.plaza@dmd.lecom.edu
AEGD:	Michelle Ho (2017)	michelle.ho@dmd.lecom.edu
AEGD:	Kaylee Pollitt (2017)	Kaylee.pollitt@dmd.lecom.edu
AEGD:	Stephanie Nguyen (2016)	Stephanie.nguyen@dmd.lecom.edu
Ortho:	Connor Despot (2016)	connor.despot@dmd.lecom.edu
Pedo:	Krystal Kazemba(2017)	krystal.kazemba@dmd.lecom.edu
Pedo:	Bill Buis (2017)	William.buis@dmd.lecom.edu