

Pre-Dental Timeline

Things to always do throughout your undergraduate studies:

- ❖ Develop and maintain a relationship with your advisor.
- ❖ Learn about current dental research and clinical issues. Read published literature.
- ❖ Review the ADEA Official Guide to Dental Schools book located on <http://www.adea.org/> website under ADEA Publications. You may purchase your own copy or view a copy in the Office of Pre-Professional Advising and Fellowships (OPPAF) Levermore Hall 304.
- ❖ Plan out pre-dental coursework in preparation for the application process.
- ❖ Familiarize yourself and Prepare for DAT – Read, Read, Read!
- ❖ Research dental schools and attend dental school visits.
- ❖ Explore the field of dentistry – conduct informational interviews, volunteer/intern in dental settings.

Freshman Year

Fall/Spring Semesters

- Register and open a file as a pre-health professions student with the Office of Pre-Professional Advising and Fellowships (OPPAF), Levermore Hall 304.
- Attend Freshman/Sophomore Pre-Health Professions Information Session.
- Build rapport with your professors and supervisors for future evaluation letters.

Sophomore Year

Fall Semester

- Attend Freshman/Sophomore Pre-Health Professions Information Session.
- Plan when you will take the MCAT and start to prepare.
<http://www.ada.org/prof/ed/testing/dat/index.asp>
- Continue to build rapport with professors and supervisor for future recommendation letters.

Spring Semester

- Develop study habits for DAT. Research prep courses for DAT.

Junior Year

Fall Semester

- Start studying for the DAT.
- Participate in volunteer/community service.
- Request applications from schools not participating in ADDSAS
<http://www.adea.org/AADSAS/default.htm>
- Make sure you have asked at least five people to write you letters of evaluation (three of which must be science and/or math faculty).

Spring Semester

- Take the DAT.
- Start filling out the ADDSAS application online.
- Research and visit dental schools and develop your target list.

- Have your personal statement critiqued and completed.
- Submit ADDSAS application starting June 1st.

IMPORTANT!!! Have you pre-health professions file completed by no later than April 1st in OPPAF with the following:

- at least 5 evaluation letters (5 or more, 3 must be from science/math faculty)
- copy of any outside transcripts from other institutions
- DAT scores
- copy of ADDSAS application including a list of all schools you will apply to
- ADDSAS Recommendation Matching Form
- copy of personal statement
- resume/autobiography
- copy of any outside evaluation letters

Make sure your file is complete so that Adelphi's Premedical Council will be able to evaluate your application and write a composite letter on your behalf in a timely fashion. If you do not meet the deadline the committee may decline writing your composite letter.

Summer before Senior Year

- Take DAT if you haven't done so yet.
<http://www.ada.org/prof/ed/testing/dat/index.asp>
- Start preparing for interviews.
- Research financial aid options in the ADEA book.

Senior Year

Fall Semester

- Prepare for your interviews.
- Research dental schools that you are applying to.

Spring Semester

- Update your advisor and OPPAF staff on the outcome of your applications; where you are granted interviews, invitations/rejections.