

Newsletter

# ASDA PRE-DENTAL

University at Buffalo  
School of Dental Medicine  
November 2023



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# ASDA PRE-DENTAL

November 2023

UB School of Dental Medicine

## A MESSAGE FROM YOUR PRESIDENT:

The University at Buffalo School of Dental Medicine ASDA Pre-Dental Committee has had such an exciting year! Our committee hosted its second annual "Impressions Day" this past June and has been eagerly preparing for our Fall Pre-Dental Open House over the past few months. We've given multiple presentations to undergraduate students interested in dentistry and have loved getting to meet so many excited faces. We hosted two webinars during the fall semester, including "How to Ace the Interview" and "Day in The Life of a Dental Student." The ASDA Pre-Dental Committee has also formed a strong connection with the undergraduate Pre-Dental Association at UB, hosting both a dental student panel as well as an exclusive tour of the dental school for UB undergraduate students. Additionally, we're looking forward to our third annual "Impressions Day" in June of 2024! We love hearing your feedback on our events and are always open to hearing any ideas that you might have for future pre-dental opportunities.

Throughout my role as the ASDA Pre-Dental Liaison, I have loved meeting so many pre-dental students who are incredibly passionate about this profession. It brings me so much joy to follow and advise pre-dental students throughout their unique journeys and to see many students I have had the opportunity to meet get accepted into dental school. Witnessing you achieve your goals and begin this adventure to Doctor of Dental Surgery (DDS) never fails to re-ignite my own motivation to become a dentist.

Winter break is just around the corner and excitement is on the horizon. While it may be tempting to relax at home, winter break is the perfect time to get in some of those shadowing hours. Reach out to your dentist, any local dentist or specialist, or dental school clinic in your area. Shadowing is an invaluable experience, one that should fuel your drive to become a dentist and one that you need to have under your belt by the time you apply to dental school. It is very common for interviewers to ask the students that they are interviewing about their shadowing experiences and what they have learned about the field.

### PRO TIP:

bring a small notebook and pen to the dental office whenever you shadow and write down anything that fascinated you or anything that you would like to learn more about. Curiosity and the desire to LEARN is key; as dental students, we are constantly learning new information each and everyday. Dentists love to share their passion for their work and pass on their knowledge to the next generation of young dentists, so don't be afraid to reach out!

We have so many exciting events planned for the remainder of the 2023-2024 academic year and are looking forward to hosting you at our school. Be sure to keep an eye out for announcements about pre-dental events and webinars in the near future. I am looking forward to seeing you ALL achieve your biggest goals – your future is SO bright. I wish you the best of luck on your pre-dental adventure. Don't forget to let us know when you get into the dental school of your dreams so we can CELEBRATE YOU!

See you soon,

*Ava Walch*



Ava Walch, Class of 2025  
ASDA Pre-Dental President

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## A MESSAGE FROM YOUR PRESIDENT-ELECT:

Hello everyone! My name is Lauren Bazzi and I am a second year dental student. I am excited to be joining ASDA Pre Dental here at UB. I am from Dearborn, Michigan so I am super new to Buffalo as of last year. I am so excited to be able to help and work with all the pre dental students, especially because I was once a confused, curious pre-dental student myself.

We have lots of fun and informative events planned for this year, so make sure to keep up with our social media platforms and emails.

### PRO TIP:

No matter where you go or what you do, let your curiosity guide you. Ask a million questions. Wonder about everything and anything that interests you. Let your mind ponder until you run out of questions.



**Lauren Bazzi**, Class of 2026  
ADSA Pre-Dental President Elect

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## PRE-DENTAL

ASDA Pre-Dental had a great time organizing numerous events for pre-dental students this year! Events ranged from Instagram takeovers and virtual informational webinars to Open Houses with the dental school. Last November, in 2022, the committee hosted a virtual Open House that concluded with optional mock interviews for pre-dental students to prepare for the dental school interview. The online event reached over 100 pre-dental students from across the country. Our Dental Student Meet & Greet event in March of 2023 was a huge success, attracting over 40 UB undergraduate students interested in dentistry. The event marked one of the committee's first collaboration events with the UB undergraduate Pre-Dental Association. Students had the opportunity to learn about dental anatomy and were able to try waxing up a tooth on their own to improve upon their manual dexterity skills before applying to dental school. Our committee was thrilled to start incorporating more in-person events back into our programming since the end of the pandemic.

### NEW MENTORSHIP PROGRAM:

We recently launched a brand-new mentorship program for pre-dental students. The mentorship program here at UBSDM serves as a way for pre-dental students to have a direct connection with a current dental student! As dental students, we all remember how confusing and stressful it was to navigate through the dental school application process, and for many of us, we did not have someone to help answer our questions. We want all pre-dental students, whether they are in the middle of applying or just thinking about pursuing dental school, to know that they have a place where they can go and have their questions answered honestly. All dental students here at UBSDM who agree to be a mentor have a passion for helping pre-dental students and are eager to help and support you! If you would like to be added to the UB ASDA Pre-Dental email list to hear about our upcoming events or inquire about our mentorship program, please contact us at [ubasdapd@buffalo.edu](mailto:ubasdapd@buffalo.edu).



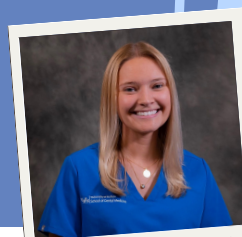
Pre-Dental Meet & Greet and Waxing event, 2023

(from left to right: Kaitlin Dickerson, Lindsay Lassetter, Jacinta Tracey, Tina Fadel, Brendan Keeney, Ava Walch, Gabby Morea)



Admitted Students Day, 2023

(from left to right: Ava Walch, Marta Telepko, Claire Martin)



Emily Gola, Class of 2026  
ASDA Wellness Chair

## WELLNESS TIP OF THE MONTH

"Find a support system! Whether that's friends, family, teachers, or a therapist - create a strong group of loved ones that can pick you up when you're down, celebrate your successes, and nurture your growth! Make sure to check out all the resources your school offers too, you never know who or what will change your life along the way!"

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## “What is ASDA Pre-Dental?”

The ASDA Pre-Dental Committee aspires to bridge the gap between pre-dental education and dental school. The committee is comprised of current UBSDM dental students with knowledge and experience in different areas such as mentorship, webinars, and event coordination. Through events held both in-person and virtually, the committee strives to assist students interested in potentially pursuing a career in dentistry on both a local and nationwide level. The committee offers educational and informational content for pre-dental students to assist any interested individuals with the dental school application process. Pre-dental students can gain invaluable exposure to the dental field through participating in the mentorship program, attending virtual webinars, and participating in hands-on activities at the dental school. In this way, the Pre-Dental committee strives to inform individuals about the field, inspire them to pursue the field of dentistry, and encourage them to be a part of the UBSDM family.

## ASDA PRE-DENTAL COMMITTEE



**AVA WALCH**  
President  
ASDA Pre-Dental Liaison



**LAUREN BAZZI**  
President-elect  
ASDA Pre-Dental Liaison elect



**HOLLY MCLEAN**  
Secretary



**KAITLIN DICKERSON**  
Mentorship Coordinator



**SAYA PATEL**  
Mentorship Coordinator- elect



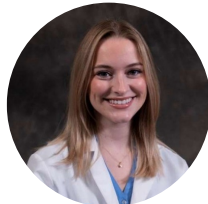
**CLAIRE MARTIN**  
Webinar Coordinator



**MICHELLE LI**  
Webinar Coordinator-elect



**BRENDAN KEENEY**  
Presentation Liaison



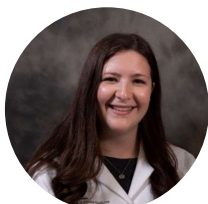
**DANIELLE SUDOL**  
Presentation Liaison-elect



**TINA FADEL**  
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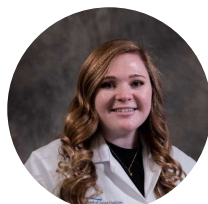
**AMR ELDESOUKY**  
Content creator  
Newsletter chair



**SARA ROSENTHAL**  
Event Coordinator



**KATHERINE GUTIERREZ**  
Event Coordinator-elect



**CHLOE SCHRIER**  
Event Coordinator-elect



**ZOFIA ROZMUS**  
D1 Representative



**JOHN BIALKAWOSKI**  
D1 Representative

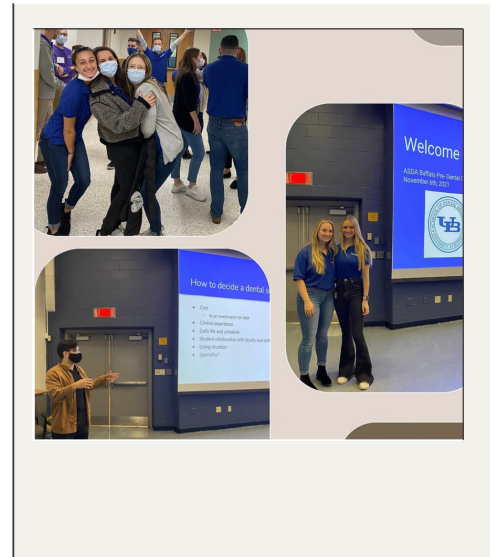
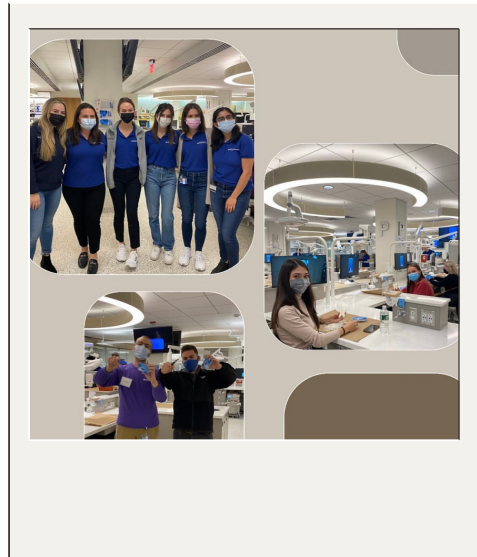
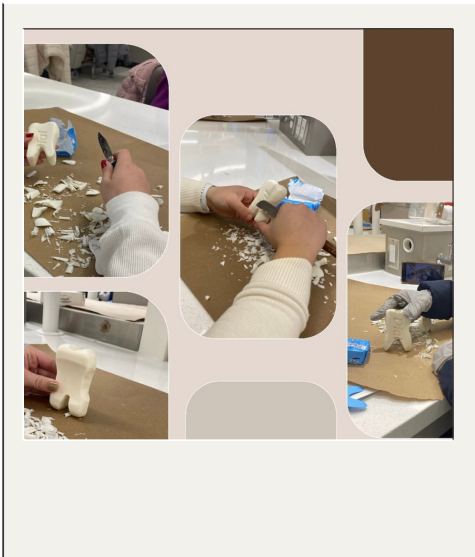
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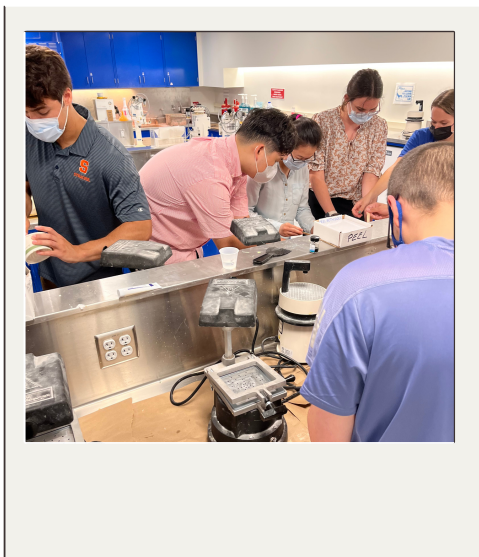
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## PHOTOS FROM PAST EVENTS!

### SOAP CARVING OPEN HOUSE, 2021



### IMPRESSIONS DAY, 2022



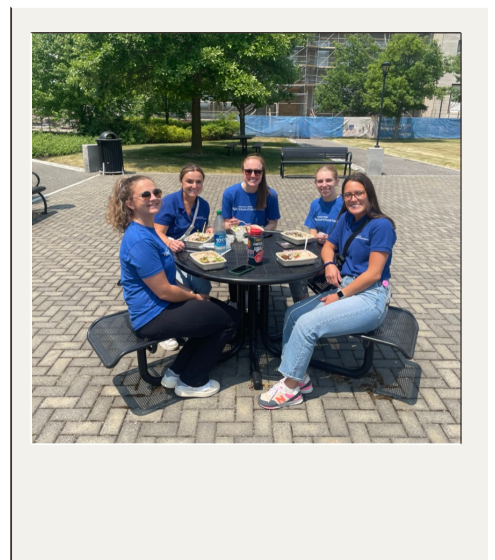
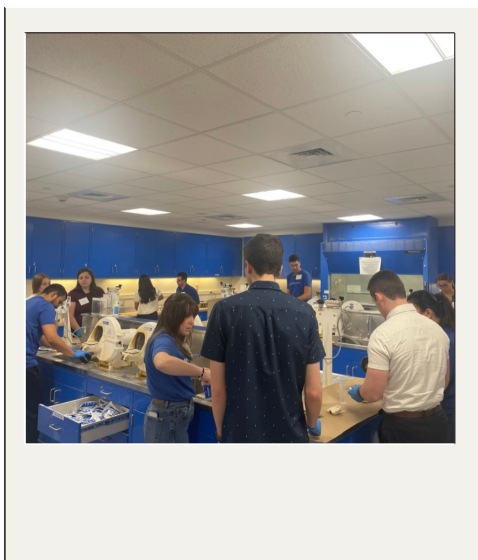
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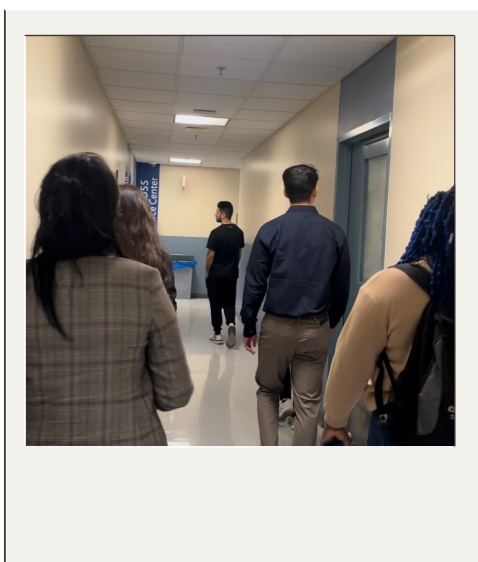
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## PHOTOS FROM PAST EVENTS!

### IMPRESSIONS DAY, 2023



### TOUR WITH UB PRE DENTAL STUDENTS, 2023





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## MESSAGE TO PRE-DENTAL SOCIETIES



Are you interested in learning about.....

1. The daily life of a dental student?
2. The dental school curriculum?
3. How to get into your top dental school?
4. Why we love UBSDM?

Then meet with us!

Please email [@ubasdapd@buffalo.edu](mailto:@ubasdapd@buffalo.edu)  
to schedule a presentation with our  
ASDA pre dental committee

**UB DENTAL**

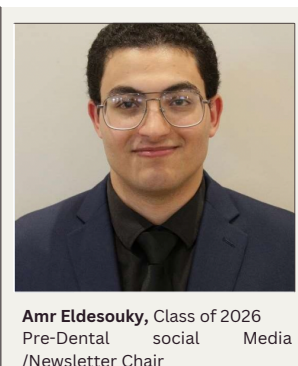
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## TOP 5 STEPS TO ACING THE DAT

- **1. Create a Study Schedule:** Develop a study schedule that allows you to cover all the necessary subjects without overwhelming yourself. Based on your study habits and strength, give each subject the time it requires. Consistency is key, so try to stick to your schedule as much as possible.
- **2. Understand the Exam Structure:** Familiarize yourself with the format, sections, and types of questions in the exam. This includes doing as many questions as you can daily and taking as many practice exams as you can. Knowing the structure helps in devising a study plan that covers all the essential areas.
- **3. Use Resources and Study Guides:** Utilize quality study materials and resources, such as textbooks, online courses, and study guides specifically designed for the dental admission exam. Paying for a good online course is the way to go for many people.
- **4. Consider Group Study and Discussion:** Join study groups or find a study partner to discuss and review study materials together. Teaching others or discussing topics can deepen your understanding and highlight areas where you might need further clarification.
- **5. Remember to take care of your well-being:** Ensure you get enough rest, eat healthily, and manage stress. A balanced lifestyle will positively impact your preparation and performance on the day of the exam.



Amr Eldesouky, Class of 2026  
Pre-Dental social Media  
/Newsletter Chair

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## INTERVIEW TIPS

- **Write a personal thank you card** to each of your interviewers within 24 hours of being interviewed
- Before your interview, make sure you **know your AADSAS application inside-out**. It is very likely that interviewers will ask about certain topics you wrote about!
- **Do your research** about the program you are interviewing for (ie. pre-clinical training, research experiences, outreach, etc.)
- Always **ask at least two questions** after your interview -- It can really show how engaged and interested you are
- **Try not to memorize a script** for your answers. Sound as genuine, honest, and human as possible since the interviewers have had years of experience with this process
- **Practice. Practice. Practice.** Record yourself while practicing. Have friends, family members, or even strangers ask you interview questions. This will help to ensure that the real interview goes as smooth as possible

## WHY JOIN ASDA?

- Quick alerts on recent ASDA pre-dental events associated with dental schools near you
- Discounted DAT prep material
- Opportunities to network with dental and pre-dental students as well as dentists at conferences
- New mentorship program open to all ASDA members with mentors from your dental school of choice

## A MESSAGE FROM YOUR EDITOR

"I hope you enjoyed our 2023 updated November newsletter from ASDA Pre-Dental! It has been great connecting with many pre-dental students through our in-person events, webinar and social media account.

We have many more pre-dental events coming up and I genuinely wish all of you the best of luck on your future endeavors.

Hope to see you in person!"



Tina Fadel, Class of 2025  
Pre-Dental Social Media/Newsletter  
Chair



Best of luck,  
Ava & Laureen