

Newsletter

# ASDA PRE-DENTAL

University at Buffalo  
School of Dental Medicine

June 2023



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# ASDA PRE-DENTAL

June 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 first ever "Impressions Day" in July of 2022 and has been eagerly preparing for the second annual "Impressions Day" over the past few months. Admitted Students Day was a huge success, and it was truly so rewarding getting to be one of the first faces to welcome the class of 2027 to our dental school community. 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.

This summer is just around the corner and excitement is on the horizon. While it may be tempting to lay on the beach and soak up the sun, summer 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 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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## PRE-DENTAL

ASDA Pre-Dental had a great time organizing numerous events for the pre-dental students this year! Events ranged from Instagram takeovers and virtual webinars to open houses with the dental school. The committee hosted a virtual open house in the fall that ended with optional mock interviews for pre-dental students to prepare for the dental school interview. Our Meet & Greet event in March was a huge success that attracted over 40 UB undergraduate students interested in dentistry. Students learned about dental anatomy and were given the opportunity to try waxing up a tooth on their own to better their hand skills prior to applying to dental school. Last year, UB ASDA Pre-Dental hosted its first in-person open house since the start of the COVID-19 pandemic. The open house included presentations from admissions and current students, a tour of the dental school, and a hands-on soap carving activity. The committee hopes to host a similar in-person open house in the fall of 2023, so stay tuned!

We are currently in the process of setting up a mentorship program between current UB dental students and pre-dental students. This will be a great opportunity for students to learn about what life is like for dental students, while also being able to ask dental-related questions to those who have recently gone through the process of applying. We have so many activities planned for the 2023-2024 year, and can't wait to continue seeing your excitement and passion at our events. 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).



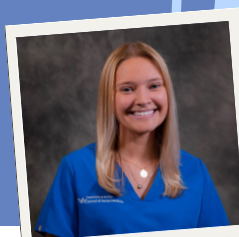
Pre-Dental Meet & Greet and Waxing event, 2023

(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-Elect

### 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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## AADMD FASHION SHOW



### SCHEDULE OF THE NIGHT

D1 Line -Y2K

D2 Line - Pajama Party

D3 Line - 80's

Performance: Ramses Tamayo - Guerra (solo)

Performance: Ramses Tamayo-Guerra, Claire Prunier  
& Collin Miller

Faculty Line

Cultural Line

Performance: Moiz Khan (solo)

Performance: Moiz Khan & Shreya Gakhar

D3 IDP Cultural Line

Under the White Coat Line

Performance: Yoonsoo Jung

Met Gala Line

ASDA Sustainability

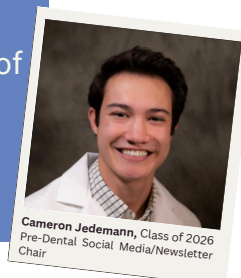
Performance: Mike Ottavio, Sam Kaplansky, Johan  
Kjorven

DSD Sports/ Bills Fan Line

BOCA Winter Line

"The UBSDM Fashion Show, hosted by the American Academy of Developmental Medicine & Dentistry, focused on the talent and diversity of the students at UB! The show included models, performers, and artists. Most importantly, students showed off their cultural backgrounds, musical talents, sports interests, dance moves, and even their artistry. This year, all ticket sales went toward the **Miles for Smiles** of Oishei's Children's Hospital and the **Special Smiles** programs of the Special Olympics of Western New York! The turnout from the faculty and students was astounding and this event continues to grow every single year!

I found the excitement of all the students and faculty to be the most impressive! With over 200 members in attendance, the crowd roared in cheers as the models, performers, and artists showed off their special talents. It was also extremely impressive to see the many cultural differences among the classes of the UB school of dental medicine. Diversity is certainly an aspect that UB takes lots of pride in, and this was beautifully shown off at the fashion show!"



Cameron Jedemann, Class of 2026  
Pre-Dental Social Media/Newsletter  
Chair

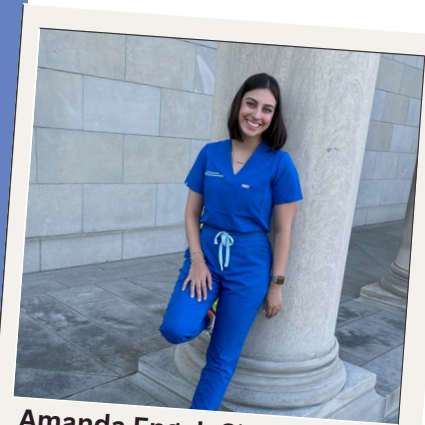
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## BOCA BUFFALO OUTREACH AND COMMUNITY ASSISTANCE

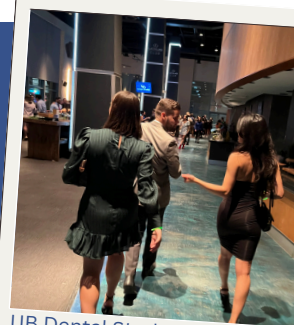
Hi everyone! I'm Amanda, a D2 from New York City, and the current BOCA President-Elect. I chose to be involved with BOCA because I wanted to connect with and give back to my new Buffalo community. BOCA has allowed me to do this and more – giving me the chance to meet dental students from other classes while making a difference with many different organizations, locally. Each month, students have the opportunity to sign up for outreach events ranging from volunteering in soup kitchens, craft days with residents of assisted living facilities, helping at a bowling club that accommodates those with special needs, and more! BOCA also puts on a gala complete with both live and silent auctions each year with the proceeds going to help upperclassmen attend Remote Area Medical trips to provide dental care to underserved areas. I am most looking forward to getting new students involved with BOCA and making sure all students have the opportunity to make meaningful connections within both their dental school and greater Buffalo communities!"



**Amanda Engel**, Class of 2026  
BOCA President-Elect

## INTERPROFESSIONAL MIXER

For the first time ever, UB Dental's interprofessional team hosted a social event with the UB **medical, dental, pharmacy, and law** students! This was held at the Lexus Club in the KeyBank Center and provided the opportunity for students to meet with other professional students.



**UB Dental Students**  
(from left to right: Amanda Engel, Jordan Chatelle, Helayna Ortiz)



(from left to right: Shivam Jauhar, Cameron Jedemann, Emma Chubb, Alex Dengel)

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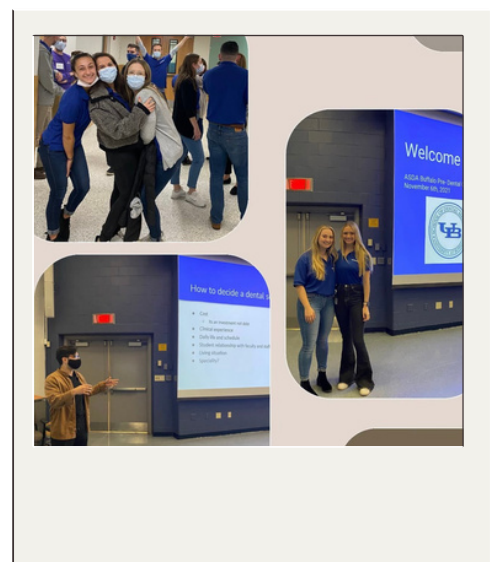
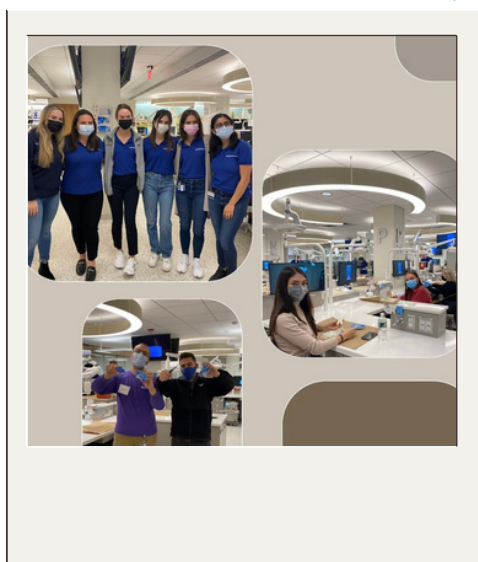
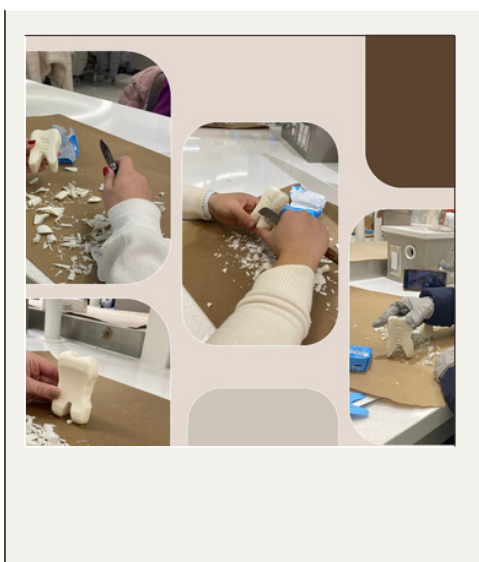
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## PHOTOS FROM PAST EVENTS!

### IMPRESSIONS DAY, 2022



### SOAP CARVING OPEN HOUSE, 2021



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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

## A MESSAGE FROM YOUR EDITOR

"I hope you enjoyed your 2023 newsletter from ASDA Pre-Dental! It's been a pleasure being part of this club and I wish all of the pre-dental students the best of luck in their future endeavors. I remember being in each of your positions and knowing how stressful it can be, but I promise, everything will work out in the end! Please remember to take some time for yourself and relax as much as possible. I hope to see all of you in the future at UB.

Enjoy your summer break!"



Cameron Jedemann, Class of 2026  
Pre-Dental Social Media/Newsletter  
Chair



Claire Martin, Class of 2026  
Pre-Dental Webinar Coordinator-  
Elect

## WHY JOIN ASDA?

- Education about current hot topics in dentistry
- Discounted DAT prep material
- Discounted tickets to ASDA Buffalo Pre-Dental events
- Opportunities to network with dental and pre-dental students as well as dentists at conferences
- Ability to apply for the ASDA Buffalo Pre-Dental Scholarship to attend the National Leadership Conference in 2024

## DAT CHAT

"Prioritize practice questions and exams. Once you get used to the time frame of each section, the day of the actual exam will be a breeze. Don't forget to also take study breaks and take care of your mental health with a hobby that you enjoy!"