



CAREER & INTERNSHIP CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

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Pre-Dental Exploration & Preparation Guide

Exploration

- ☑ Enroll in GEN ST 297 *Pre-Health 101* Seminar in the Fall
- ☑ Visit UW's Pre-Health portal: <https://prehealth.uw.edu>
- ☑ Review UW Health Sciences "A Pathway for Every Passion" brochure and explorehealthcareers.org
- ☑ Schedule an appointment with your general advisor (UAA/Departmental/OMA&D) to discuss course planning
- ☑ Attend Pre-Health Course and Major Planning Workshop/Participate in workshops and Small Group Coaching Sessions
- ☑ Schedule an appointment with a Pre-Health Career Coach

Preparation

Clinical Experience

In addition to courses, students should actively gain clinical exposure. Students are encouraged to get both **professional-facing (shadowing)** and **patient-facing time**. Both are instrumental in demonstrating that students are a good fit for the profession with capabilities to be a good dentist as well as being able to work and empathize with patients. Most importantly, we encourage students to start journaling their clinical experiences so they can reflect on them later in the application process.

Manual Dexterity

Students are encouraged to get involved in activities where they can practice using their hands to demonstrate manual dexterity in preparation for dentistry school and a career in dentistry.

Leadership

Leadership can be demonstrated in many ways. Students are encouraged to reflect on what leadership looks like in dentistry and how their involvement in clubs, volunteering, employment, research, sports, and Greek Life may help them demonstrate that they have the leadership skills they will need.

Research

While research experience is not a requirement for dentistry school, many students use research experience to explore the intersection of science and dentistry. Staff in the Undergraduate Research Program (171 Mary Gates Hall) provide workshops and seminars on how to on how to get started, identify, and explore different research opportunities at the UW.

Establishing Relationships

Letter of Recommendations are a vital part of a student's dentistry school application. Professional schools vary in terms of how many letters they require and from whom. Establishing relationships with faculty, professors, TAs, mentors, principal investigators, and supervisors early on can help with creating strong letter of recommendations.

Required & Recommended Coursework

Every dentistry school has different expectations in terms of coursework that is required or recommended. We encourage students to start researching dentistry school requirements to better inform themselves of what specific classes they need to take. Students may need to exceed the requirements of some schools to meet the requirements of other schools. The following courses listed below are courses that are required by most dentistry schools (as listed by the American Dental Education Association (ADEA)).

CHEM 142 (General Chemistry) CHEM 152 (General Chemistry) CHEM 162 (General Chemistry)
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BIOL 180 (Biology) BIOL 200 (Biology) BIOL 220 (Biology)
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CHEM 237 (Organic Chemistry) CHEM 238 (Organic Chemistry) CHEM 239 (Organic Chemistry) CHEM 241 & 242 (Lab)
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PHYS 114 (Physics) PHYS 115 (Physics) PHYS 116 (Physics)
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Additional Courses that may be required:
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| <ul style="list-style-type: none"> • Microbiology • Biochemistry (take before DAT) • English Composition • Statistics • Arts/Humanities • Social Sciences |
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How to use this Pre-Dental Planning Worksheet:

- ☑ The template below includes four years of coursework and preparation, and may require “gap years”.
- ☑ Many students take multiple years after graduation to travel/work/mature before they are ready to apply.
- ☑ Most pre-requisite courses are available at community colleges, and can be taken during summers or post-graduation.
- ☑ Research target schools to learn more about what courses they require or recommend (e.g. Microbiology, Statistics, English)
- ☑ Use summers to spread course requirements over the entire year, or get more research/clinical/leadership experience.

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Dental School Pre-requisites:	CHEM 142	CHEM 152	CHEM 162	
Co-Curricular Activities:	GEN ST 297: Pre-Health 101	RSO exploration	Establish relationships with faculty	Preliminary search of dental school requirements

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Dental School Pre-requisites:	BIOL 180	BIOL 200	BIOL 220	
Co-Curricular Activities:	Continue RSO involvement	Clinical exposure	Clinical exposure	Begin researching dental schools

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:	CHEM 237	CHEM 238, 241	CHEM 239, 242	
Dental School Pre-requisites:				
Co-Curricular Activities:	GEN ST 297: Pre-Health App	Continue RSO activity & clinical experience	Leadership development activity	Continue Clinical exposure

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Dental School Pre-requisites:	PHYS 114	PHYS 115	PHYS 116	
Co-Curricular Activities:	Request letters of recommendations	Start studying and take the DAT by mid-April	Apply to Dental Schools starting June 1	

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Dental School Pre-requisites:				
Co-Curricular Activities:	Continue clinical experience	Apply for financial aid	Receive acceptances/ decision-making!	