

## Timetable for UCSF Dental Students Interested in GPR/AEGD Residency

<b>D1/D2 YEARS</b>		<ul style="list-style-type: none"> <li>▪ Explore each dental specialty and learn about the varying procedures, skills, patient pools, work environments and lifestyles that accompany each one. You want to make the right residency decision!</li> <li>▪ Focus on academics to maintain a strong GPA, perform research and take relevant elective courses.</li> <li>▪ Cultivate relationships with professors who could write strong letters of recommendation.</li> <li>▪ Attend various lectures, CE courses, applications workshops, externships and outreach to discover the most current techniques and materials.</li> <li>▪ Practice on becoming well rounded in all fields of dental knowledge!</li> <li>▪ Take NDBE Part I.</li> </ul>
<b>D3 YEAR</b>	Summer	<ul style="list-style-type: none"> <li>▪ First quarter in clinic!</li> <li>▪ Focus on becoming comfortable working on patients and meeting clinic requirements.</li> <li>▪ Continue exposure to areas of curiosity through lectures, treatment planning and cases.</li> <li>▪ Build relationships with AEGD/GPR faculty, ask questions and shadow if possible.</li> </ul>
	Fall	<ul style="list-style-type: none"> <li>▪ Consider prospective letter writers and cultivate relationships with the professors that you will eventually request letters of recommendation from.</li> <li>▪ Research programs that interest you and make a list of residencies to apply to.</li> <li>▪ Continue to do well in classes and engage in extracurricular activities that interest you.</li> </ul>
	Winter/Spring	<ul style="list-style-type: none"> <li>▪ Prepare to take the ADAT and GRE (if considering programs that require it).</li> <li>▪ Externships and night clinic begin, plan for this expenditure of time and added work.</li> <li>▪ Write personal statement and have it reviewed by your letter of recommendation writers and other friends, family members or peers who know your story and possess excellent writing skills.</li> <li>▪ <b>Reach out to programs that you are interested in and make plans to visit early.</b> This will help you determine if the program is the right fit and make yourself stand out!</li> <li>▪ Request letters of recommendation from faculty.</li> </ul>
<b>D4 YEAR</b>	May	<ul style="list-style-type: none"> <li>▪ Pass Match Applications open early in May – begin filling out applications.</li> </ul>
	June	<ul style="list-style-type: none"> <li>▪ Submit application to residencies using Match System.</li> <li>▪ GPR/AEGD is an Early Match/ Phase 2 program.</li> <li>▪ Take ADAT if you haven't done so already.</li> </ul>
	Sept - Dec	<ul style="list-style-type: none"> <li>▪ Interview offers are made.</li> <li>▪ Go on as many interviews as possible!</li> <li>▪ Send thank you cards to programs/interviewers.</li> <li>▪ Rank residency programs in Match System.</li> <li>▪ Take NDBE Part II.</li> </ul>
	January	<ul style="list-style-type: none"> <li>▪ Match is made between applicants and residencies for AEGD/Jan – ACCEPT MATCH!</li> <li>▪ Reach out to your new program, thanking them for this opportunity.</li> </ul>
	Jan- April	<ul style="list-style-type: none"> <li>▪ Complete whatever steps necessary for licensure in your state of residency.</li> </ul>
	May	<ul style="list-style-type: none"> <li>▪ Make sure to complete all requirements for dental school graduation.</li> </ul>
	June	<ul style="list-style-type: none"> <li>▪ Graduate from dental school!</li> </ul>
	June - July	<ul style="list-style-type: none"> <li>▪ Residency begins!</li> </ul>

## AEGD/GPR RESIDENCY CHECK LIST

**Prior to my application to residency, I have:**

**What AEGD/GPR Programs Seek in Applicants**

- Developed talent, creativity, aesthetics, problem solving and hand skills.
- Visited a variety of GPR/AEGD programs I plan on applying to and determined if they are a good fit for me both professionally and personally.
- Demonstrated broad and active exposure to the field of dentistry, excellent communication skills, fluency in dental language, highly developed critical thinking and ethical decision-making skills.

**Strong Academic Record**

- Developed ability to understand sophisticated material in the sciences, research and dental technology.
- Established a relationship with at least three faculty members who know me well enough to write me a comprehensive letter of evaluation.

**Firm & Clear Motivation**

- Knowledge of the AEGD/GPR residency programs I am applying to, how the various clinics operate, patients they serve and how I will fit into the current pool of attendings, residents and employees.
- An understanding of the difference between AEGD/GPR.
- A well thought out answer to, "What do you want to get out of this program?"
- A trajectory for your professional career after residence ie. private practice, academia, hospital based or military...

**Outstanding Personal Qualities**

- Personal traits such as maturity, stability, integrity, dependability, responsibility, trustworthiness, leadership, enthusiasm, etc.
- Accomplished something worthwhile, and have skills and abilities that will allow me to contribute to the success of my residency program.
- The ability to carry out sophisticated conversation, make effort to know people's names, present myself professionally and interview well with faculty.
- Desirable bedside manner, can communicate clearly and deal effectively with those of other cultural backgrounds.

**ADEA PASS Match Application**

- CV limited to 3 pages, only with relevant dental and dental school experience.
- 4 Letters of recommendation from faculty members.
- Deans letter: template- takes about 1 month. Can ask to specify if in the top 5% or 10%. Good CV makes deans letter application easy.
- \$190 for 1 school and \$75 for each additional school.
- DAT, GRE, NBDE, ADAT exam scores (programs vary in requirements).

\* ADEA PASS Match application requirements are subject to change over years.



## Tips for UCSF Dental Students Interested in AEGD/GPR Residency

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### Which Programs Should You Apply to? And whats the difference between an AEGD versus GPR Residency

A GPR or AEGD program is a great way to increase your speed and confidence after you graduate from dental school and allos you to further improve patient management and treatment planning skills before being thrown out into practice.

GPR programs are hospital based and a wide spectrum of patients can be seen. An AEGD based program has less of a hospital and medical curriculum and more clinical dentistry.

Both residencies allow for greater practice in extractions, operative, and restorative.

Number of applications:

60 programs = crazy! 2 programs = too few unless a good reason. **Apply 5-10 programs.**

Programs can't see where or how many residencies you apply to. Interviewers are not supposed to ask at but residents might... be honest! They are probably trying to determine if you would be happy at that program and a good fit to region if you are traveling long distance to interview.

\* Be mindful of additional expenses associated with interviews such as travel and lodging.

Quality of programs/comprehensiveness:

- Gives you questions to ask at interviews.
- Allows you to rank your school.
- Location: Middle of nowhere or in a city?
- Cost: Loans? Tuition? Stipend?
- Number of years required for completion?
- Additional training required (MPH, MS)?
- Mandatory research project

Where do you want to work after residency private practice, hospital or academia? It helps to do residency near where you plan to establish yourself after you complete your program!

### Stipend vs Tuition-based?

Some programs are completely hospital based and treat residents like employees. Other programs are through educational institutions where residents are more like graduated students. Institutions receive grants, therefore UCSF, UCLA etc. can use research based grants toward paying residents/covering their tuition and fees. No student holidays at hospital based programs, but most have paid time off, sick days, and insurance benefits. Visit both kinds of programs to expose yourself to varying work environments.

Different interview styles vary across programs from one on one to multi-person group interviews. Residency programs usually have socials before or after interviews where you can mingle with current residents, faculty and other applicants. You should go, even if it is not

mandatory! Residents get one comprehensive vote together but make time to meet the first years since they typically have more say. Each faculty usually gets a vote as well, so be sure to impress on them too!