

Orthodontics Timeline and Tips

Timeline for UCSF Dental Students Interested in Orthodontics Residency

D1/D2 Years

- Explore each dental speciality by taking electives, shadowing different departments during ISO times, or by talking to the residents (try to look at the work environment, work flow, and the residents)
- Focus on the didactics and receiving honors may be helpful
- Take elective courses on research in order to potentially look for projects you might be interested in joining
- Join clubs/organizations that you are interested in (particularly a club that focuses on the speciality you are interested in)
- Cultivate relationships with professors who could write strong letters of recommendation.
- At the end of D2 year, potentially reach out to the schools that offer externships
- Take NBDE Part 1
- Start studying for GRE towards the end of your second year

D3 Year

Summer

- Beginning of Clinic!
- Focus on becoming comfortable working on patients and meeting clinic requirements.
- Continue research or shadow orthodontists in the area
- Build relationships with Orthodontics faculty, director, and the residents.

Fall

- Consider faculty whom you want to receive Letters of Recommendation from
- Research programs that interest you: look at their requirements (GRE? ADAT?)
- Start studying for exams that are required (ex. GRE)
- Helpful to show leadership by becoming a board member in the club you are interested in.

Winter/Spring

- Take GRE and/or ADAT (if required by the program)
- Externships and night clinic begin
- Start writing personal statement and get checked by OCPD, faculty, peers
- Externships to programs you are interested in applying to (contact their program directors and plan a visit!)
- Request letters of recommendation from faculty.
- D4 Year

May

- Pass Match Applications open early in May – begin filling out applications.
- ADEA Pass is open from May through February each year.

June

- Submit application to residencies using Match System.
- Ortho is an Early Match/Phase I program.
- Take ADAT/GRE if you have not done so already.

Sep – Nov

- Interviews!!!
- On October, Rank Order List System opens
- Submit Rank Order Lists by November
- Results for Phase I Match would be released by late November!
- Take NDBE Part II.

December

- Match is made between applicants and residencies – ACCEPT MATCH!
- Reach out to your new program, thanking them for this opportunity.

Dec – Jan

- If not already completed, schedule/study for Part II of NDBE.

Jan – April

- Complete whatever steps necessary for licensure in your state of residency.

May

- Make sure to complete all requirements for dental school graduation.

June

- Graduate from dental school!

June – July

- Residency begins!

Tips for UCSF Dental Students Interested in Orthodontic Residency

What Ortho Programs Seek in Applicants:

- Someone who is resilient, curious, and eager to learn
- Well-rounded individual
- Team-player
- Demonstrated interest in Orthodontics through shadowing, volunteering, or researching

Specific Activities D1s & D2s could become involved in to learn about the specialty:

- Ortho Journal Club
- Aligner course
- Shadowing elective
- Ortho Club

Which exams to take before applying?

- Varies by school
- UCSF, specifically: NBDE Part 1 & GRE
- Some schools may require ADAT

Information about stipend, tuition, length of the program, number of applicants accepted for each program?

- [aaoinfo.org/system/files/media/documents/Graduate%20Orthodontic%20Programs%20Feb%2017,%202014\(2\).pdf](http://aaoinfo.org/system/files/media/documents/Graduate%20Orthodontic%20Programs%20Feb%2017,%202014(2).pdf)

Which program to apply to?

- If not interested in research, should not apply to research-focused schools
- Consider the length of the program, master degrees offered, and the residents at the site (ask yourself: Will you be able to get along with the group of people?)
- Cost & location?
- Don't apply to every program! Apply to those that you would actually be excited to attend!

When preparing for application:

- You can get your CV reviewed and have mock interviews at the Office of Career and Professional Development at UCSF

