

Pediatrics Timeline, Checklist, & Tips

Timeline for UCSF Dental Students Interested in Pediatric Residency

D1/D2 Years

- 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!
- Focus on academics to earn honors/letters of commendation, perform research and take relevant elective courses (i.e. PD 188)
- Cultivate relationships with professors who could write strong letters of recommendation
- Attend various pediatric related events like Give Kids a Smile Day, volunteer to do outreach or join clubs like DDPD (Developmental Disabilities in Pediatric Dentistry), CHH (Children's Health Hut), or SSPD (Student Society of Pediatric Dentistry), and shadow/assist at UCSF's Pediatric Clinics or at UCSF Benioff Children's Hospital alongside current residents and faculty.
- Take opportunities to educate yourself on relevant topics in pediatric dentistry, such as behavior management, preventative dentistry, trauma, sedation, and silver diamine fluoride.

D3 Year

Summer

- First quarter in clinic!
- Focus on becoming comfortable working on patients and meeting clinic requirements.
- Continue exposure to pediatric related courses, lectures, treatment planning and cases.
- Build relationships with pediatric faculty, ask questions and shadow.

Fall

- Continue to do well in classes and engage in extracurricular activities that interest you.
- Consider prospective letter writers and cultivate relationships with the professors that you will eventually request letters of recommendation from.

Winter/Spring

- Prepare to take the ADAT and GRE (if considering programs that require it).
- Externships and night clinic begin, plan for this expenditure of time and added work.
- 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.
- Update your CV/Resume to be prepared when MATCH applications are open
- **Reach out to programs that you are interested in and make plans to visit early.** This will help you determine if the program is the right fit and make yourself stand out!
- Request letters of recommendation from faculty.
- Take the INBDE.

D4 Year

May

- Pass Match Applications open early in May – begin filling out applications.

June – Aug

- Submit application to residencies using Match System.
- Peds is a Late Match/ Phase II program.
- Take ADAT if you haven't done so already.

Sep – Dec

- Interview offers are made.
- Go on as many interviews as possible!
- Send thank you cards to programs/interviewers.
- Rank residency programs in Match System.

January

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

Jan – April

- Complete whatever steps necessary for licensure in your state of residency.
- Complete all requirements for dental school graduation.

June

- Graduate from dental school!

June – July

- Residency begins!

Checklist

What Peds Programs Seek in Applicants

Desired Qualities

Strong Academic Record	<ul style="list-style-type: none"> <input type="checkbox"/> Developed talent, creativity, aesthetics, problem solving and hand skills. <input type="checkbox"/> Visited a variety of peds programs I plan on applying to and determined if they are a good fit for me both professionally and personally. <input type="checkbox"/> 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. <input type="checkbox"/> Developed ability to understand sophisticated material in the sciences, research and dental technology. <input type="checkbox"/> 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	<ul style="list-style-type: none"> <input type="checkbox"/> Knowledge of the peds 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. <input type="checkbox"/> An understanding of the role of a pediatric dentist in the dental community. <input type="checkbox"/> A well thought out answer to, "Why do you want to be a pediatric dentist?" <input type="checkbox"/> A trajectory for your professional career after residence i.e. private practice, academia, hospital based or military...
Outstanding Personal Qualities	<ul style="list-style-type: none"> <input type="checkbox"/> Personal traits such as maturity, stability, integrity, dependability, responsibility, trustworthiness, leadership, enthusiasm, etc. <input type="checkbox"/> Accomplished something worthwhile and have skills and abilities that will allow me to contribute to the success of my residency program. <input type="checkbox"/> The ability to carry out sophisticated conversation, make effort to know people's names, present myself professionally and interview well with faculty. <input type="checkbox"/> Desirable bedside manner, can communicate clearly and deal effectively with those of other cultural backgrounds.
ADEA PASS Match Application	<ul style="list-style-type: none"> <input type="checkbox"/> CV limited to 3 pages, only with relevant dental and dental school experience. <input type="checkbox"/> 4 Letters of recommendation from faculty members. <input type="checkbox"/> 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. <input type="checkbox"/> \$199 for 1 school and \$92 for each additional school. <input type="checkbox"/> DAT, GRE, NBDE, ADAT exam scores (programs vary in requirements). <p>* ADEA PASS Match application requirements are subject to change over years.</p>



Tips for UCSF Dental Students Interested in Pediatric Residency

Which Programs Should You Apply To?

Pediatrics is a competitive specialty alongside other popular specialties like OMFS and Ortho. 52.7% of survey respondents matched to pediatrics in 2017.

Number of applications:

80+ programs = crazy! 2 programs = too few unless a good reason. **Apply 8-12 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!

Full list of NMS Peds Programs: natmatch.com/dentres/directory/ped.html