

# Periodontics Timeline, Checklist, & Tips

## *Timeline for UCSF Dental Students Interested in Periodontology Residency*

### **D1/D2 Years**

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- 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 maintain a strong record, perform research, and take relevant elective courses.
- Cultivate relationships with professors who could write strong letters of recommendation.
- Join Perio Club, attend various perio related lectures and outreach to show interest and commitment to specialty.
- Meet with the UCSF residency director for guidance and establish relationship.
- Shadow a wide variety of periodontists (i.e. private practice to academic). Be sure to shadow UCSF residents in perio clinic.
- Take NDBE Part I.

### **D3 Year**

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#### *Summer*

- First quarter in clinic!
- Focus on becoming comfortable working on patients and meeting clinic requirements.
- Continue exposure to perio related courses, lectures, treatment planning, and cases.
- Build relationships with periodontic faculty, ask questions, continue shadowing, and start going on externships..

#### *Fall*

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

#### *Winter/Spring*

- Prepare to take the ADAT and GRE (if considering programs that require it).
- Take INBDE.
- Externships and night clinic begin, plan for this expenditure of time and added work.
- Write personal statement and have it reviewed
- Reach out to programs that you are interested in and make plans to visit early.
- Request letters of recommendation from faculty.

### **D4 Year**

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#### *May*

- PASS Match Applications open early in May – begin filling out applications. Some programs do not participate in PASS! Be sure to submit separate applications if interested for these schools on time.

#### *June*

- Submit application to residencies using Match System or non-Match programs.
- Perio is an Early Match/ Phase I program.
- Take ADAT/GRE if you haven't done so already..

#### *Sep – Nov*

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

#### *Nov*

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

#### *Dec – Jan*

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

#### *Jan – April*

- Finish 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!

## Checklist

Prior to my application to residency, I have:

What Perio Programs Seek in Applicants	Desired Qualities
<b>Strong Academic Record</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Developed talent, creativity, aesthetics, problem solving and hand skills.</li> <li><input type="checkbox"/> Visited a variety of perio programs I plan on applying to and determined if they are a good fit for me both professionally and personally.</li> <li><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.</li> <li><input type="checkbox"/> Developed ability to understand sophisticated material in the sciences, research and dental technology.</li> <li><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.</li> </ul>
<b>Firm &amp; Clear Motivation</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Knowledge of the perio 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.</li> <li><input type="checkbox"/> An understanding of the role of a periodontist in the dental community.</li> <li><input type="checkbox"/> A well thought out answer to, "Why do you want to be a periodontist?"</li> <li><input type="checkbox"/> A trajectory for your professional career after residence i.e. private practice, academia, hospital based or military...</li> </ul>
<b>Outstanding Personal Qualities</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Personal traits such as maturity, stability, integrity, dependability, responsibility, trustworthiness, leadership, enthusiasm, etc.</li> <li><input type="checkbox"/> Accomplished something worthwhile and have skills and abilities that will allow me to contribute to the success of my residency program.</li> <li><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.</li> <li><input type="checkbox"/> Desirable bedside manner, can communicate clearly and deal effectively with those of other cultural backgrounds.</li> </ul>
<b>ADEA PASS Match Application</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> CV limited to 3 pages, only with relevant dental and dental school experience.</li> <li><input type="checkbox"/> 2-4 Letters of recommendation from faculty members (programs vary).</li> <li><input type="checkbox"/> Deans letter: template- takes about 1 month. Good CV makes deans letter application easy.</li> <li><input type="checkbox"/> \$190 for 1 school and \$75 for each additional school.</li> <li><input type="checkbox"/> GRE, NBDE, ADAT exam scores (programs vary in requirements).</li> </ul> <p><b>* ADEA PASS Match application requirements are subject to change over years.</b></p>



## ***Tips for UCSF Dental Students Interested in Periodontology Residency***

### **Which Programs Should You Apply To?**

Perio is competitive! In 2018, 280 applicants participated in the Match process and 147 were offered positions (52.5% match rate!).

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 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 (MS, DMSc, DScD)?
- 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!

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 them, too!

**Full list of NMS Perio Programs:** [natmatch.com/dentres/directory/perio.html](http://natmatch.com/dentres/directory/perio.html)