

**BA Biology Pre-Health Dental advising sheets.**

**FRESHMAN YEAR**

<b>First year Fall semester</b>	<b>hrs.</b>	<b>First year Spring semester</b>	<b>hrs.</b>
<b>ID 208 Intro to health professions</b>	<b>1</b>		
<b>Biol 105 and 105L Gen Biol I + lab</b>	<b>4</b>	<b>Biol 106 and 106L Gen Biol II + lab</b>	<b>4</b>
<b>Chem 103 and 103L Gen Chem I + lab</b>	<b>4</b>	<b>Chem 104 and 104L Gen Chem II + lab</b>	<b>4</b>
<b>Chem 001 Chem tutorial</b>		Liberal arts core	6-9
*LA 101 Liberal arts	2		
**Liberal arts core	3		
<b>Total hrs</b>	<b>14</b>	<b>Total hrs:</b>	<b>14-17</b>

\*Transfer students with more than 25 hrs take LA102. Honors students see honors advising sheets.

\*\*Suggest testing for foreign language proficiency placement

**Extracurricular activities Freshman year:**

Shadow, volunteer and/or work in healthcare preferably in dentistry or related field. Keep a journal of meaningful experiences to use in your personal statement and applications. Write about how these experiences made you feel. It is important to start early. Experience is the best way to be certain you love dentistry and to show that you have a real desire to be in health care. If you delay any experience or shadowing opportunity until your junior or senior year, it seems as though you are only checking the boxes for experience hours. Document the work/shadow experience in a way that can be verified if needed or requested by dental programs.

Read current events on healthcare topics—for example addressing disparity in health care in urban and rural parts of the country, court cases or laws that could affect healthcare workers, vaccine, or mask mandates ect.

Begin to get involved in community service, leadership and/or research opportunities.

Join organizations/clubs in your field like the Pre-Dental club and Pre Health Mentor Programs. This is a great opportunity to meet other like-minded students, network, become involved in community service and form study groups for your science courses. Meeting upper-class students gives you the opportunity to learn about the dental school application process.

Learn more about careers in the dental profession. Speak with your own dentist and learn more about the advantages and challenges of the profession. Based on what you learn, why does a career in dentistry appeal to you?

Read about personal finance. Consider taking a few business courses that cover financial planning and or private business. Many Dentists will go on to own their own business. Books by the white coat investor are a great start.

Consider taking up a hobby that will help you with hand eye coordination and perceptual ability. Examples of recommended hands-on hobbies include activities like pottery, sculpting, painting, or playing musical instruments.

Consider applying to summer internship programs like SHPEP, and others. We keep a board of available programs, along with QR codes for quick refrence, listed across from the main office. We also send out emails in the spring reminding students of programs available and their application dates.

Work or volunteer in a health care environment. Ideally, work in a dental office or clinic. Your goal is to gain exposure to the health care environment in general, work with patients and to learn more about the dental profession. Talk to practicing dentists, learn about the delivery of dental care, and find out about the issues impacting the profession. Remote area medical or RAM clinics are a great way to volunteer and get experience. Stick with volunteer work for the long haul to show true commitment.

Begin review for DAT. It is never too early to start review of basic science and chemistry. Many of the questions on the DAT (and other science-based entrance exams) will be related to material in Gen biol, Gen chem and organic chem. Students can struggle with these sections partly because they forget the core material by the time they are preparing to take the DAT. Doing continual practice questions on those topics you have covered in freshman and sophomore years can help.

Get to know faculty at Carson Newman

### SOPHMORE YEAR

<b>Second year Fall semester</b>	<b>hrs.</b>	<b>Second year Spring semester</b>	<b>hrs.</b>
<b>Chem 301 and 301L Organic Chem I + lab</b>	<b>4</b>	<b>Chem 302 and 302L Organic Chem II +lab</b>	<b>4</b>
<b>Biol 301 and 301L Botany +lab</b>	<b>4</b>	<b>Biol 314 and 314L Genetics +lab</b>	<b>4</b>
<b>Biol 315 and 315L Ecology + lab</b>	<b>4</b>		
Liberal arts core classes	3-6	Liberal arts core	6-9
<b>Total hrs:</b>	<b>15-18</b>	<b>Total hrs:</b>	<b>14-17</b>

### **Extracurricular activities for sophomore year**

Continue the suggestions for freshman year. Become actively involved in our Pre-Dental club or other service clubs at CN. Sign up for committee work, help organize events and participate in activities. Continue shadowing and volunteer work/ work with direct patient/personal contact.

Choose the individual schools to which you intend to apply. Consider visiting those campuses if you have not done so already. Know something about the programs to which you plan to apply. Their mission statements, the towns/cities, etc. Think about why you would be a good fit for that program.

Begin studying in earnest for the DAT. It is never too early to start DAT review. The DAT is weighted more heavily than your GPA and can be the main factor for candidate selection in some dental programs. You should plan to spend all free time in the summer after sophomore year studying for the DAT. Study as if your entrance to dental programs depends on your score. A low DAT score may not prevent you from being accepted, but a higher score will help. Most students will use a prep course for the DAT. Many of our students have used DAT Bootcamp with great success. Others use Princeton review, Kahn Academy, or Kaplan. We have discounts available for Kaplan through the ACA.

Review dates for DAT registration. Plan registration.

You can take the DAT after you have finished organic chemistry and gen biol and you feel confident in your scores on practice exams. Most students will take the DAT in the spring semester of their junior year. Keep in mind finals week or other events that would conflict with preparing for the DAT when you are scheduling your DAT. Regardless of when you plan to take the DAT, continuous review of your core sciences (Gen biol, Gen Chem and organic chem) will help you retain the material that is most heavily tested on the DAT.

### **JUNIOR YEAR (APPLICATION YEAR)**

<b>Third year fall semester</b>	<b>hrs.</b>	<b>Third year Spring semester</b>	<b>hrs.</b>
<b>Phys 103 and 103L Gen Physics + lab</b>	<b>4</b>	<b>Phys 104 and 104L Gen Physics II + lab</b>	<b>4</b>
<b>*Chem 311 and Chem 311L Biochemistry I +lab</b>	<b>4</b>	<b>***Biol 317 and 317L Natural history +Lab</b>	<b>4</b>
Liberal arts core	6-9	Liberal arts core	6-9
Total hrs:	14-17	Total hrs:	14-17

\*You need at least one semester of Biochemistry (this can be Chem 311 and 311L Biochemistry I with lab or Chem 310 survey of biochemistry (3hrs)) Check with your programs to verify which they would prefer. You could swap out the courses in junior year for the courses you would take as a senior (except for biochemistry and the senior exit courses 410-411). \*\*you could alternately take BIOL 319 and 319L Animal behavior in the Fall semester instead of Biol 317 and 317L in Spring to fulfill graduation requirements.

### **Extracurricular activities Junior (application) year:**

Continue volunteering/ working with patients as suggested for freshman and sophomore years.

Fall or Spring: plan on scheduling a mock interview with health professions advising committee. Check your email for dates and times each Fall and Spring. Most students will schedule a mock interview for spring of their junior year. If you are going to graduate in the Fall of your application year, plan your interview for that Fall. To participate in the mock interview, candidates must meet the following criteria: 1. Have taken and passed ID 208, 2. Have taken and passed 2 lab science courses with 2 different professors, 3. Have at least 40 hours of experience in a related field. After you have completed your mock interview, plan on requesting a committee letter of recommendation in early spring. See the information packet given to you during interview signups for more detailed information on letters of recommendation. You will use my email address in your request for letters of recommendation from Carson Newman. Some schools may prefer individual letters to a committee letter- Just let me and other faculty know.

Start putting together a financial plan for applying to dental school. Take into consideration fees for the DAT, the ADEA Associated American Dental Schools Application Service (ADEA AADSAS<sup>®</sup>) application, supplemental application fees to the dental schools, plus the cost of participating in on-site interviews. There is a fee assistance program through the ADEA AADSAS. Students should plan on applying for fee assistance in early May of application year. Fee assistance is offered on a first come first served basis and is dependent on income. If fee assistance is awarded, the student has only 14 days to submit their application after the assistance is awarded.

Complete all chemistry and biology courses needed for the DAT. Plan on taking the DAT by late Spring of your Junior year (application year) or early summer after junior year. Keep in mind dates for final exam week when picking dates to take the DAT. Continue hard core preparation and practice for the DAT. Register for the DAT with the American Dental Association. After submitting your application, you will receive instructions for contacting a Prometric Testing Center to schedule your test date. The DAT is a computerized examination and can be taken at a date and time of your choosing. Your registration is valid for six months. The ADEA suggested time to take the DAT is at the end of the spring semester, junior year or immediately after you have completed your organic chemistry courses. If your test scores are not what you would like, you must wait 90 days to retake the test. The DAT can only be taken up to three times without special permission, so plan to score well the first time you take the test. Full length practice tests can give you some indication of readiness but keep in mind that most people will score higher on practice tests.

Some dental programs require situational judgment tests like CASPER from Altus testing. Casper asks what you would do in a tough situation, and more importantly, why. This helps determine behavioral tendencies of applicants pursuing people-centered professions. You can use the Altus site to learn more about this type of test and find materials to help you prepare. Third party study materials are not suggested for this test as they do not result in a marked improvement in scores. You may also be asked to take the SnapShot portion of the Altus suite. SnapShot is a short, one-way video interview. It is made up of three interview-style questions, with two minutes to respond to each. It offers programs an additional piece of information about yourself to support informed decisions, while giving you an opportunity to bring your personal statement to life. You can find more information on SnapShot on the Altus testing site.

Most dental programs participate in ADEA AADSAS, the centralized dental school application service offered through ADEA. Look over the application and begin formulating your application information. Plan on submitting your application the summer of junior year (the summer before you graduate). The ADEA AADSAS application cycle generally opens around the first week in June. Consult the American Dental Education Association (ADEA) Go Dental web pages for general information regarding qualifying and applying for dental school. AADSAS makes downloadable application packets available in early spring and may be submitted beginning early summer. An early application significantly enhances your chances of having your application reviewed early. Don't procrastinate and let application deadlines sneak up on you! You can submit applications before DAT scores are published. DAT scores will automatically be sent to the schools which you indicated once the scores are published.

When you are filling out the primary application on AADSAS do not forget to request official transcripts from every college which you have earned credit. Even if you have transferred that credit to CNU, you still must request **official** transcripts through the registrar's office or website of the college where you earned the credits. This includes dual enrollment from highschool. You must request the official transcripts for your work from the college (not the highschool). Transcripts are the number 1 cause of delay for applications to health professions programs.

If you are applying to dental schools located in Texas, you will need to apply through the Texas Medical and Dental school centralized application system.

Check for any supplemental application that should be filled out and turned in with your primary application. You can check program admissions pages for any required supplementary applications. Some schools will require secondary applications that are typically mailed to you. Try to submit any secondary application within 2 weeks of receiving it.

## SENIOR YEAR

<u>Fourth year fall semester</u>	<u>hrs.</u>	<u>Fourth year spring semester</u>	<u>hrs.</u>
<b>Biol 320 Molecular Cell Biol + lab</b>	<b>4 OR</b>		
<b>Biol 408 and 408L Immunology +lab</b>	<b>4</b>	<b>**Biol 316 Microbiology and lab</b>	<b>4</b>
<b>*Biol 404 and 404L Mammalian Physiology +lab</b>	<b>5</b>	<b>Biol 402SL and 402L Gross anatomy +lab</b>	<b>5</b>
<b>Biol 410 Directed Readings (required)</b>	<b>1</b>	<b>Biol 411 Senior Seminar (required)</b>	<b>1</b>
Liberal arts core classes	3-6	<b>*** electives/Liberal arts core classes</b>	2-6
Total hrs.	13-16		12-16

\* Biol 404/404L and Biol 402SL and 402L are highly recommended for Pre-Dental students but Biol 207/207L Human Anatomy and Physiology and lab I and Biol 208/208L Human Anatomy and Physiology and lab II can be substituted to meet the requirements of most dental programs (check with the individual programs if you wish to choose this option). If you take the lower level anatomy and physiology courses, you will need to add either Biol 404/404L Mammalian Phys and lab or Biol 302 and 302L Zoology and lab to meet graduation requirements for the biology major. \*\*You could take Biol 316 spring or fall of junior year or spring of sophomore year instead of senior year. \*\*\*a few dental programs may require Zoology and lab. Check with your programs of interest and plan your schedule accordingly.

### **Extracurricular activities senior year:**

Fall and Spring: continue involvement in healthcare experiences and other extra-curricular activities. Submit secondary applications where required by programs. Finish course requirements for your dental programs of choice, and your degree.

Prepare for interviews by reviewing controversial topics, reviewing your application, and practicing with advisors or peers. If you have not participated in the mock interview with HPAC, schedule a mock interview for early Fall. Some programs will begin interviewing as early as July application year and some may interview as late as April the following year (senior year). Programs generally start acceptances by December of senior year (the December after application submission). Keep in mind that some programs may interview until April of senior year (the April following application submission) and give acceptances into summer.

Prepare to begin a dental program. Look into the financial aid application process as early as possible for the dental school you plan to attend. Work with the dental school's financial aid office.

**Liberal arts core electives:**

F/S offered fall and spring                      F/S/S offered fall, spring and summer

REL 101 Intro to Old Testament                      3 F/S

REL 102 Intro to New Testament                      3 F/S

ENG 101 Writing and Literary Studies I                      3 F/S

ENG 201 Writing and Literary Studies II                      3 F/S/S

ENG 301 Writing and Literary Studies III                      3 F/S/S

COMM 135 Speech Fundamentals                      3 F/S

OR

COMM 230 Interpersonal Communication                      3 F/S/S

MATH 201 Probability and Stats \*  
(Pre-req ACT 21 or SAT 530 or Math 120)

**\*(Check with your dental program some prefer other math)**                      3 F/S/S

PSY 102 Understand Human Behavior                      3 F/S/S

\*SOC 101 Intro to Sociology                      3 F/S/S

\*Sociology does not fill a graduation requirement if you have also taken PSY but some programs prefer students take both. Check with your programs of interest and carefully plan the use your extra elective hours to take the courses that you need.

One of the following: PHIL 101 or 310sl, PSC 101  
or 102, CS 135, HIST 201 or 202, ECON 204 or  
210, Honors PSC 302 (honor students only).                      3

HIST 133, 134 or 135                      3 F/S/S

One of the following:                      3 F/S/S

ART 104, Art 210, Art 316, Art 317, FA 301, FILM 310, Music ensembles, MUS 133, or TH 110. **TN promise AA or AS** need to take one of the 100-200 level courses.

**Check with your dental program for other required prerequisites. Some programs recommend or require specific upper-level biology courses like zoology/medical terminology.**

Language series. Take language placement test 6 hrs of a sequence (in one language) is required for BA.

<https://www.cn.edu/admissions-and-aid/accepted-students/>

**Other requirements for graduation- Most of these are a concern for transfer students:**

**At least 36 hrs of upper level (300-400 or above) classes- transfer from a 2-year college will not count toward upper-level courses.** For example BIOL 230 from a junior college may transfer as BIOL 316 but you will not be given the credit for upper level hours.

**At least 12 hrs of course work for your major must be completed at Carson Newman.**

**At least 60 credit hours must come from a 4-year institution.**

**Other pre-requisites for Dental programs.**

Some programs may have a min total GPA or science GPA typically **2.75** for both. Keep in mind that schools will average all your grades. If you made a "F" then retook the class and made an "A," both grades would be included into your GPA. Carson Newman replaces the "F" with the "A", but health profession schools will include all earned grades in GPA calculations.

Experience hours required varies by program, but most will have a minimum of **20-40 hrs** but will recommend more. We require students to have at least 40 hrs of experience to participate in mock interviews and request letters of recommendation. Some programs may have specific requirements for experience hours like requiring experience hours to be direct patient contact hours or shadowing under a dentist as opposed to other dental related field. Check with the programs to which you plan on applying to verify the type and number of experience hours they desire. Do not wait until your junior or senior year to start shadowing/gaining experience hours in health care/hands on patient care. Do not wait until your junior or senior year to start serving the community. Look for these opportunities early and stick with them.

**Some dental programs may specifically require other upper level Biol courses like Zoology ect as prerequisites.**

**Some dental programs do not require statistics but will require other math like college algebra or calculus as prerequisites. Check with the dental programs to which you plan to apply.**

Many programs suggest students take a hands-on art class as an elective to improve perceptual ability. You can also do this by taking up hobbies like painting, sculpting, or playing an instrument.

**Always check with the specific admission requirements and recommendations of the programs to which you plan to apply.**

**HONORS curriculum:** See Honors advising sheets.