

# 12<sup>TH</sup> &

# NEIL

## magazine

Summer 2016

**Music Lovers:**  
See where the music scene has carried our dental students

**#BeWellASDA**

See how some of our students maintain a healthy lifestyle

**Incoming Student?**

How to survive your first year of Dental School

**The Palatal Expander**

Honey Chicken Salad- a great meal to pack for lunch

**Outside the Classroom**

Learn how to get involved with Student Research Group

**Legislation**

What is happenig in the career of dentistry?





# CONTENTS

Advocacy Brief **5**

Ohio State Research Group **7**

D1 Survival Tips **9**

Dental Students Take on the Music Scene **11**

Pre-Dental Spotlight **13**

#BeWellASDA **15**

Palatal Expander **17**

a publication of  
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American Student  
Dental Association

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The Ohio State University College of Dentistry



LETTER FROM THE EDITOR

*"You can have anything you want, if you want it badly enough"*

*-Abraham Lincoln*

I remember the first day of dental school like it was yesterday! It's been a year since I walked into that first class, but it was a moment I will never forget. At this stage in our lives we have had many first days of school whether it be kindergarten, high school, or college. These were all major milestones, but none of them compare to the first day of your career. Once you start dental school you have to change your mindset from student to professional. This can be challenging for a lot of people because we have been students the majority of our lives, but with the help from faculty and fellow students the transition is made a lot easier.

As a first-year dental student, sometimes it's hard to take advantage of all the resources made available to you. We may fear staff and other students will think we can't handle school, are incompetent, or simply not cut out to be here. However, none of these are true. The resources are there to help each of us in whatever way we need, and you will never be judged when taking advantage of those resources. Student Affairs is one of the best places to start if you feel you need advice, to talk, or anything you can possibly imagine. The staff there are the "moms" of the school, and if they can't help then they can point you in the right direction to someone who can. Financial aid will continue to be something that is a pain and can get stressful, but our financial aid counselor will do everything in her power to make this process easier for you! As time progresses for each of us, life happens. Thus, it can be helpful to utilize the school counselor as someone to talk to during these times. The school hired her to be an accessible resource, and she is available by appointment at your convenience- even after hours. It is completely confidential and a great resource to take advantage of. Sometimes we are too ashamed to admit problems or struggles, but this is something as adults and professionals

we have to learn to overcome.

As for myself, my first year didn't end the way I had envisioned. The death of my grandfather, my dad being hospitalized and the stresses of finals all at one time really impacted my life. You never imagine that things can happen so suddenly. Therefore, when these issues arise they can impact your schooling in a negative way. The biggest piece of advice I can give any student, whether incoming or current, is to expect the unexpected. This does not mean to expect bad things to happen! For example, you can think you failed a practical, but don't assume that! You never really know until you get that grade back.

Ultimately, don't try to predict how things will go. Take it day by day and strive to do your best in and outside of the classroom. Take advantage of those in the school who are there to help you. Rely on your classmates for support! They, more than anyone, know what you are going through. Don't forget about your family and friends outside of school. They may not realize exactly what's going on in your life, but they will still be there for you. Lastly, do not forget about yourself. School will get stressful, but take some time out for yourself. Whether it's through working out, going shopping, cooking, or whatever it is you find joy in, keep doing it! That little bit of time will help you keep your sanity through all the exams, practicals and hours you spend committed to school!

*Samantha*

- Samantha Lindsey  
Editor-in-Chief





# Calendar & Events

## Annual Golf Outing

Our students got together with alumni for a day filled with golf, food, and lots of fun. Catherine Horwood, our events chair, did an excellent job of planning this event. The winners of the tournament were BK Farley, Duke Trinh and a couple of our alumni from the Toledo area.



## Special Smiles

ASDA members had the opportunity to attend the Special Olympics and provide 383 oral health screenings to athletes. Following the screenings, members were able to put athletes in touch with the Nisonger Center for their dental care needs.



**Special Olympics**

Healthy Athletes  
**Special Smiles**

MAY

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JUN

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6

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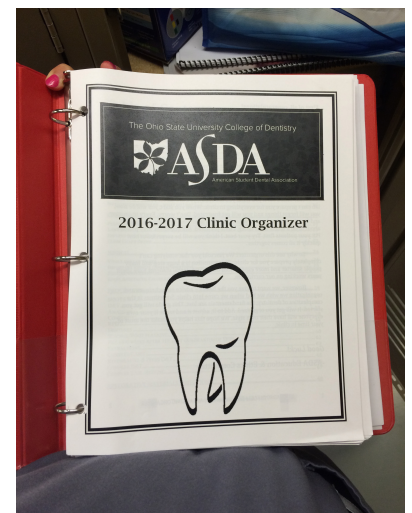
## Pre-Dent Application Help Day

OSU ASDA members met with five Pre-Dental Students at the Psi Omega house to help the Pre-Dents with the application process for dental school. This gave the pre-dental students the opportunity to get one-on-one help with the complicated process that is the application cycle.



## D3 Clinic Binders Distribution

One of the many perks of joining ASDA is the ever-helpful ASDA Clinic Binder with pages of helpful hints to survive clinic. D3's find this especially helpful when they first enter clinic in June!



**ADEA**

AMERICAN  
DENTAL  
EDUCATION  
ASSOCIATION

The Voice of  
Dental Education



## General Body Meeting

Associate Legislative Liaison, Mitch Poole, led this month's General Body Meeting. He spent the meeting educating students on proposed legislation to license dental therapists in Ohio. He also urged students to send letters to Ohio legislators to persuade them to not support this bill.



## ASDA District 6 Leadership Summit

Several of our OSU ASDA members attended the District 6 Leadership Summit in Ann Arbor, MI. They met with approximately 30 students from the district and completed a courageous leader workshop along with team building exercises. They also were able to get together and share ideas with each other for ways to better each chapter.

JULY

6

15

16

17

## Upcoming Events

**August 19th**  
**Welcome Back ASDA Social**

**August 23rd**  
**DI Involvement Fair**

**August 28th**  
**Annual ASDA Volleyball Tournament**

**August 30th**  
**ASDA Vendor Fair**

**September**  
**National Wellness Month**

**September 8th**  
**General Body Meeting**

**September 30th- October 2nd**  
**ASDA District 6/7 Meeting**

## Miracle League

The Miracle League hosted its 11th annual baseball season for special needs athletes this year. Volunteers from the College of Dentistry covered 3 different shifts for an all-day event. They handed out trophies and awards, and ran a concessions stand for the players and their families. Over 300 players participated in the Miracle League this year, some traveling 2 hours each way every Saturday during the regular season. ASDA volunteers had a great time serving and will definitely make this a tradition every year for the College of Dentistry.







## **Dental Therapists: A controversial attempt to improve access to care**

*by: Mitch Poole, Associate Legislative Liason '19*

**Let's hypothetically say that you had an appointment with a practicing physician's assistant (PA) or nurse practitioner (NP). If you were to go into the office of either the PA or NP and happened to refer to either of them as a "mid-level provider," you might receive a quick retort and correction. Though your intentions may have been innocent, you may not have known that the term "mid-level provider" carries with it a misleading and negative connotation. According to the American Academy of Nurse Practitioners (AANP), use of this term suggests an "inaccurate hierarchy within clinical practice." According to the AANP, it "originated decades ago in bureaucracies and/or organized medicine," and is not to be used directed towards other licensed medical professionals.**

**Interestingly enough, in the world of dentistry, "mid-level providers" have been rebranded to compose a profession under current debate in state legislatures around the country. With the backing of several organizations, mid-level providers present as a "solution" to the lack of access to dental care seen in low-income, underserved populations. Though mid-level providers have recently been renamed "dental therapists," the proposed profession still holds much of the same purpose and capacity as devised before.**

**Dental Therapists are meant to be an addition to the dental team to provide a range of services including: preventive care, disease diagnosis including oral cancer screenings, treatment planning, surgical procedures such as cavity preparations, administration of anesthesia, preformed crown preparation and placement, and routine dental services such as cleanings and fillings. These therapists would work under the supervision of a dentist in an off-site, remote location.**

**According to the Ohio Dental Hygienists Association (ODHA), only three states so far permit the use of dental therapist models – Minnesota, Maine, and tribal Alaska. The W.K. Kellogg Foundation has recently been targeting other states to implement this program, one of them being Ohio. Several years ago, the Ohio senate attempted to enact dental therapist legislature in Ohio, but to no avail. Nevertheless, in May of this year, Ohio Senator Peggy Lehner (D) introduced Senate Bill 330, bringing the dental therapists back into the spotlight. Lehner, in her request for co-sponsors, pushed the idea that access to care problems in Ohio will continue unless we "increase the number of providers."**

**There are a few organizations that are supporting the implementation of the Dental Therapist idea in Ohio, mainly the W.K. Kellogg Foundation, Universal Health Care Action Network (UHCAN), and the ODHA. The**



Kellogg Foundation suggests that dental therapists could allow clinics the opportunity to expand their service reach, especially to underserved children and adults. They have proposed this addition to the dental team in order to reach the 45 million people living in dental health professional shortage areas. UHCAN also backs the dental therapist legislation, with emphasis on a “community-based approach” to dental care. They note that locations where dental therapists are already in place have seen more public program enrolled, uninsured, and underserved patients, have decreased travel and wait times, and have improved access to care. The ODHA has also become a strong supporter of this bill. This does not come as a surprise, though, due to the fact that the bill would also provide the opportunity for licensed dental hygienists to take on additional training to achieve a “dental hygienist therapist” title, allowing expanded privileges as seen with dental therapists.

Nevertheless, opposition to this legislature is strong with organizations such as the American Student Dental Association (ASDA), the American Dental Association (ADA), the Ohio Dental Association (ODA), the American Academy of Pediatric Dentistry (AAPD), and others. ASDA upholds that licensed dentists should be the only part of the dental team diagnosing, treatment planning, creating work authorizations, and performing irreversible dental procedures. The ODA advocates that the large scope of practice, including irreversible surgical procedures and extractions, available to these dental therapists amidst their inadequate training can only be detrimental to the oral health of Ohioans. Additionally, the implementation of these undertrained individuals is merely distraction” from already being an “unnecessary major strides made in tackling in Ohio. Such recent passing which doubled the Repayment Program dentists to operate in areas. Finally, the AAPD that evidence does not exist dental therapists effectively improve access to dental care. The AAPD promotes that more work needs to be done to find effective, economical, and safe solutions to issues with access to dental care.



Access to dental care is, without a doubt, a significant concern. Though dental therapist legislation is more pervasive right now, many are looking into alternate methods to address access to care problems. Such movements include concentrating on Medicaid reimbursement rates and dental student loan debt – two major deterrents keeping dentists from practicing in underserved areas. The dental therapist debate, aside from the specifics of the dental therapy program, boils down to one question: Is it ethical for underserved, low-income individuals to receive significant dental care and services from lesser trained, less rigorously tested dental therapists? In the eyes of some, it may seem like a plausible solution for low-income families to receive some form of dental care rather than none. However, many others suggest that creating a double standard of dental care for the underserved is inappropriate and unprincipled. It is important to note that those in underserved areas may not receive routine dental care and may lack any oral health education. Thus, these individuals may present with some of the most severe, intensive, and challenging cases. The question then becomes, can someone with three years of training post-high school safely and effectively treat those that may need significant dental care?



## SRG

How can I further my education  
beyond the classroom???

By: Caroline Sawicki '18

Can black raspberries change the type of bacteria that live in your mouth? Is psychological stress capable of inducing systemic inflammation throughout the body? These are the types of research questions being asked and answered by researchers within the College of Dentistry. With almost \$5.6 million of funding from top research institutions like the National Institutes of Health and the National Science Foundation, the college is continuously being recognized for its devotion to research. None of this would be possible without the perseverance and commitment of faculty and students involved in research, which is exemplified by the remarkable number of national awards being granted to these individuals each year.

As research within the field of dentistry is becoming an increasingly important, the College of Dentistry at Ohio State offers many opportunities for its students to become a part of the groundbreaking research being conducted each day.

The Student Research Group (SRG) at Ohio State is a local chapter of the National Student Research Group (NSRG) whose goal is to encourage dental students to participate in research and advance the field of scientific

dentistry. Membership to Ohio State's SRG is open to undergraduate pre-dental students, current dental students, dental hygiene and assisting students, graduate residents, faculty, and staff who are interested in dental science and research. Members of our organization are part of a network of dental professionals that support the activities and advancement of the American Association of Dental Research (AADR). Ohio State is committed to upholding the goals of SRG and is an integral sponsor of the annual College of Dentistry Research Day held each

spring, where students are recognized for their advancements in research. Additionally, the College of Dentistry provides monetary support for qualified students to attend local and national scientific meetings to present their research. For example, over 30 students were provided funding this past year to attend the AADR Annual Meeting and Exhibition in



Los Angeles, California to present their research findings.

The Ohio State SRG within the College of Dentistry is committed to monthly meetings during the academic year where both students and faculty have the opportunity to present their research findings. Not only do these meetings allow for the recognition of all the diverse areas of research happening within the College of Dentistry, but they also provide



opportunities for interested students to become involved with a project. In addition to research presentations, the Student Research Group recognizes the importance of educating dental students on opportunities to pursue advanced training in different residency programs after graduation. Therefore, several of our meetings also feature graduate residents from various specialty programs who discuss their advanced training in more detail and answer prospective student's questions. This past year, we had the privilege of having our Associate Dean for Research, Dr. Bartlett, give a presentation on the steps he took in his training and academic career in order to reach his current position. His presentation provided an excellent opportunity to learn about such future career options in academic dentistry and was well received by all who attended.

Incoming students accepted to the College of Dentistry have the unique opportunity to apply for the Student Research Program (SRP) organized by the Student Research Group. If accepted to the SRP, students have the opportunity to work on an independent research project with a faculty member at the College of Dentistry during the summer prior to their first year of dental school. Students accepted into the SRP are eligible for a variety of fellowships that provide a stipend and money to travel to scientific meetings. The members of Ohio State's SRG regularly present at pre-dental events and interview days at the College of Dentistry to encourage student participation in research before beginning their dental education.

In an effort to gain more recognition and awareness throughout the College of Dentistry, the Student Research Group will be instituting its own website this year to highlight upcoming SRG events, research achievements by students and faculty, and any opportunities available to present at scientific meetings. Our organization is also planning to start publishing a bi-annual newsletter to encourage participation in SRG

and promote research within the College of Dentistry. In order to stay connected with other local chapters of NSRG, our group plans to invite faculty from other dental institutions to present their research at our meetings.

This summer, the College of Dentistry had the opportunity to sponsor three qualified undergraduate students to participate in an undergraduate research program through a Dr. Rudy Melfi Fellowship. This summer fellowship program offers an opportunity to work on a current research project under the direction of a faculty member at the College of Dentistry. Carolyn Wang, a rising senior at Ohio State, is one of the Melfi fellows working in Dr. Foster's lab this summer. Her project focuses on elucidating the roles of two specific discoidin domain receptor tyrosine kinases, DDR1 and DDR2, in tooth formation and periodontal extracellular matrix remodeling. DDRs are known to play important physiological roles as collagen receptors and affect the processes of tissue homeostasis, regeneration, and immune responses. This summer, Carolyn will be using transgenic knockout mice that lack DDR1 in an attempt to determine how DDR1 depletion will affect the development and function of dentoalveolar tissues.

Additionally, she will compare how DDR1 and DDR2 are spatiotemporally expressed during tooth development. When asked why she thinks research is important in dentistry, Carolyn responded, "Dentistry relies on newer technologies and information that we can only get from research. It allows us to find new dental techniques or enhance our current knowledge of teeth so that better dental care can be provided for everyone."

**For more information, contact Caroline Sawicki at [Sawicki.18@osu.edu](mailto:Sawicki.18@osu.edu) and save the date for a lunch and learn on September 15th during the lunch hour.**



# Tips for Surviving Your D1 Year



Shaun Murphy  
*Class of 2019*

- 1.** GO TO CLASS. Many people like to skip classes that are recorded but these lectures pile up fast! I personally feel that by going to class you are more connected to the course and at least have a general understanding of the topics covered (even if you don't pay the closest attention the entire time).
- 2.** Get enough rest, especially before practical exams! You will perform much better if you are well rested and show up early and prepared than if you stay up late practicing the whole night.
- 3.** Anatomy. Keep up with it and use all the resources you have. The TA's are extremely helpful and have great ways of remembering and identifying anatomical structures, so use them as a resource during class time and definitely go to the office hours when you can. It's especially important to get comfortable identifying structures on the cadavers so you aren't frazzled during the practical exams.
- 4.** Get involved in something! And definitely join ASDA!!! Being involved in the school outside of class will not only help bring you closer to your classmates and upperclassmen but also help you realize that dental school is actually pretty fun and you'll get more free lunches.
- 5.** Lastly, don't always listen to what upperclassmen say! Everyone has their own strengths and weaknesses, so find what works best for you and stick to it.

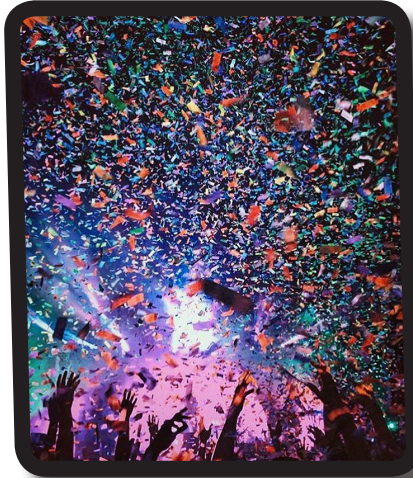




## Rodney Norris *Class of 2019*

- 1.** Make sure to manage your time wisely. I cannot stress this enough. When you get each syllabus, make a date in your phone's calendar for all the quizzes, exams, and practicals so you can plan your studying and lab practice times accordingly.
- 2.** Understand how you study best and work hard to memorize and learn as much as you can. If you study best by yourself, then continue that. If you study best in a group, then continue that. Just don't force yourself to work inefficiently, because time is valuable.
- 3.** Most of us come into dental school having previously been at or near the top of our classes. So now you're in a group of 110 students who are all top students. Do yourself a favor and try not to compare yourself to others in your class. This is especially true in the dental lab. There will be students who acquire their lab skills quickly and others that must work a little longer and harder to acquire the same skills. It doesn't matter which student you are. In four years, you will be a dentist and that's really what matters. So save yourself the added stress of comparing and just be the best student you can be.
- 4.** As for classes, make sure to keep up on the Anatomy material. It's 15 credit hours spread across two semesters and the workload required to do well is definitely on par. You don't want to be the student who started studying Monday for the Anatomy exam on Friday. That's a bad choice.
- 5.** Join clubs (like ASDA!!!) and volunteer in school events (like Give Kids a Smile!!!). These programs are fun, rewarding, and they will help you learn while connecting you to other students and faculty in the school.
- 6.** Additionally, there are dental fraternities that you can join and become better connected. I personally am in Psi Omega and I have found it both fun and beneficial to my schooling. As a 30 year old married man, I can certainly say that I don't make it out to all of the events that are put on by the house and I absolutely appreciate the lack of pressure placed on me by the house and my friends to do so. So if you are on the fence about whether or not to join one of the dental frats, I'd suggest attending some of the early events. You will likely enjoy it.
- 7.** The best advice that I can give is to simply make friends with everyone.
  - Congratulations, you have 109 new brothers and sisters for at least 4 years. You will all endure the joys and struggles of dental school together. Make it as enjoyable as possible.
- 8.** And lastly, if at any time you're feeling overwhelmed, just remember that there is a reason that you're here. You've worked hard to get here.

## Bonnaroo



"Bonnaroo is a place where people shed their worries and their doubts and immerse themselves in a radiantly positive environment of people, music, and culture. There's truly not a happier place."  
~Mark Pagano '18

## Red Hot Chili Peppers

"This summer my friends and I saw the Red Hot Chili Peppers when they came to Columbus. They put on an incredible show and we had an awesome time! I grew up a big fan so I was so excited to be able to see them live for the first time finally."  
~Shawn Rajendram '17



## Buckeye Country Fest

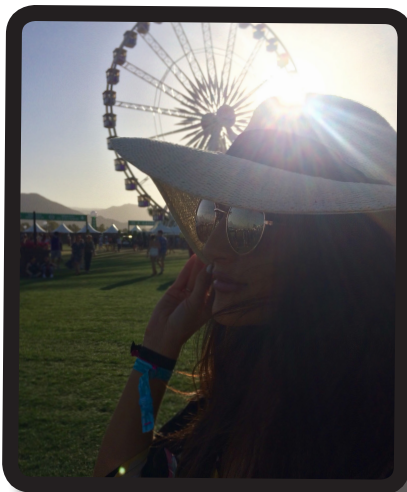
"Buckeye Country Fest was such a blast with some of my best friends in dental school! During this two-day fest we got to see Thomas Rhett, Lady Antebellum, Jason Aldean, Florida Georgia Line, and Luke Bryan all at our very own Ohio Stadium!"  
~Justine Bednarski, '18



# Summer

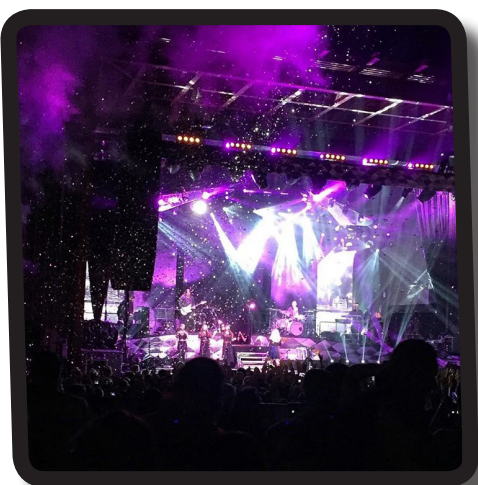
# JAMS





## Coachella

"Music has always been a huge part of my life, so going to Coachella with my sister was a dream come true and I can't wait to go back again!"  
 ~ Alyssa Snyder '19



## Ellie Goulding

"Ellie was phenomenal! I loved seeing her perform especially in the amazing atmosphere at the outdoor Express LIVE venue."  
 ~ Nicole Goettemoeller '17

## CMA Fest

"Nashville is one of my favorite cities to visit.. Add free concerts all day long and tons of fun people at CMA Fest, it doesn't get much better!"  
 ~ Hannah Corcoran '19



## Hang Out Fest

" We decided to road trip through the night to Hangout Festival in Gulf Shores, Alabama. Listening to Ellie Goulding and The weekend while on the beach with my best friends was the perfect way to forget about our Oral Histology test that Monday!"  
 ~ Katie Kimberly '19

# Across the Oval:

## A look at the future of Dental School

### What is the DAT and how does it affect my future acceptance into Dental School?

#### What is the DAT?

The Dental Admissions Test, commonly referred to as the DAT, is necessary for admission to any dental school and is administered by the American Dental Association. It is important for pre-dental students to start thinking about and preparing for the DAT early in their undergraduate years because the test covers subjects such as biology, general chemistry, and organic chemistry, all of which are prerequisites for acceptance into most dental schools, including Ohio State's own College of Dentistry. While the DAT is a huge factor in your application, it is only one of many elements that admission committees consider while evaluating an application.

#### How much does it cost and where do I take the DAT?

Once you feel you are prepared for the test, you must first fill out an application to apply to take it. The application is found on the American Dental Association's website. You then will have to create a DENTPIN, which is your Dental Personal Identifier Number that will be used throughout the application process to dental school, as well as any other testing through the ADA. Then, you have to wait to receive a letter of eligibility from the ADA. Once that is received, you are able

By: Sydney Stroia and Megha Gandhi, Pre-dent ASDA members to schedule an appointment to take the DAT. Make sure to plan in advance because you have to schedule the appointment 60-90 days before the day you want to take the test. The testing service, Prometric testing, is used and you can easily find a testing center close to you through ADA's website. The test is available to take on most days of the year. This feature is nice because you are in control of when you feel the most comfortable to take it. Moreover, the DAT is an online, timed exam and is 5 hours long. The cost of the DAT exam is \$360. One benefit to the test being online is, upon completion, you immediately see your score.

#### What material is on the DAT?

The exam is divided into four sections: Survey of Natural Sciences, Perceptual Ability Test, Reading Comprehension, and Quantitative Reasoning. The Survey of Natural Science section contains 100 questions and allows 90 minutes for completion. A further breakdown of this section is 40 biology, 30 chemistry, and 30 organic chemistry questions. 100 questions in 90 minutes can be difficult, but it is beneficial to leave no question unanswered because there is no penalty to guessing. The next section, the Perceptual Ability Test (PAT), tests your spatial ability



and reasoning. This section is 60 minutes long and the questions are set up like mind games, making practice vital. There are six subtests broken down into: apertures, view recognition, angle discrimination, paper folding, cube counting, and 3D form development. This section may indicate your clinical abilities, and repetition is a must in order to do well on the PAT. The Reading Comprehension section is a great section to boost your academic average. The way the DAT is graded is, you have 2 scores, one for academic average and another for spatial ability. This is because you receive three scores for science, and these are averaged along with reading comprehension and quantitative reasoning to come up with your academic average. This section covers three sections of different scientific topics. There are 50 questions with 60 minutes to complete them. The questions are factual and can be found within the passages. This tests your ability to read, comprehend and understand scientific information. The final section is the Quantitative



Reasoning. This covers mathematical topics and you can only use a basic four-function calculator that is provided. This section was recently changed in 2015 in an effort to enhance the test. It now has questions about numerical calculations and conversions. The geometry and trigonometry sections are being replaced with questions about your understanding of data analysis, probability and statistics, and quantitative comparison. You will have 40 minutes to answer 40 questions, so working quickly is essential. Avoid lingering if you are stuck on a question, try to move forward and come back to it if time allows.

### **When should I take the DAT?**

When to take the Dental Admissions Test (DAT) is a common question pre-dental students ask. It is recommended that pre-dental students take the DAT after they have completed subjects that are included in the DAT, which includes Biology, General Chemistry, and Organic Chemistry. It is recommended that the students wait until these courses are completed and take the DAT while the material is still fresh. Depending on when these courses are completed, a student should be able to take the DAT either after the Sophomore year during the summer or after the Junior year during the summer. Ultimately, pre-dental students should take the DAT when they feel comfortable and confident with the material.

The DAT scores are only valid for two years from the opening date of the Associated American Dental Schools Application Service, so students should plan accordingly. Ensuring that the DAT scores are valid for the AADSAS is essential to the admissions process.

Pre-dental students are given two attempts to take the DAT and must wait 90 days between the testing attempts. If a student chooses to take the DAT more than two times, he or she must apply for permission.

### **How do I study for the DAT?**

Studying techniques depend on personal preferences. It is suggested that pre-dental students make a study plan to detail a week-by-week schedule of which subjects to tackle when preparing for the DAT. Through the bookstore and online retail websites, DAT flashcards and workbooks are available for purchase to promote active studying. Also, test preparation classes are offered through education companies, such as Kaplan and The Princeton Review. Because the test covers many subjects, it may be beneficial to start preparing many months before the test date with many different types of studying materials. Ultimately, how the student studies is up to the individual.

### **How is the DAT scored?**

The DAT is scored on a scale ranging from 1 to 30. Each

section of the test has a raw score, which reflects the number of questions the test-taker correctly answered. Each multiple-choice question for all of the sections is worth one raw point, and there is no penalty for incorrectly answering questions. Therefore, it is advised to fill in an answer for every question on the DAT. If time is running out on a section, it is beneficial to fill in an answer for every question than to leave a question unanswered. Upon completion of the DAT, the raw scores are not shown, though these scores are converted to scaled scores that range from 1-30. These scaled scores represent the person's DAT score. Along with the scaled scores, a composite score is provided to demonstrate a person's performance on all the sections.

According to The Ohio State University's College of Dentistry website, "an applicant should aim for a 3.6 GPA and DAT scores of 20/20/20."

In conclusion, the DAT is not like any test a pre-dental student has taken before. It requires many hours of preparation and is an important aspect of the application process for dental school! Being informed about the test and knowing which subjects are included is a good basis to starting the studying process. Also, researching the different dental schools you are interested in and looking at those specific statistics is recommended to know what score to strive for.

# #BeWellASDA: Spotlight on our students' committment to health This Summer's feature: Pelotonia

*"The way Pelotonia is able to unite so many different people for an amazing cause is incredible. My favorite part is hearing the different stories of the other riders along the ride, and seeing the difference it makes in so many lives as the survivors line the road along the way. There's no other experience like it."*  
--Dina Farah '18

*"Riding in Pelotonia was the first of its kind that I have ever done. It was one of the most meaningful events I have ever participated in. During the year, it allows you to escape from Postle and all that comes along with dental school, and keep the bigger picture in mind. Impacting the outcome of human life by simply biking is an opportunity that I am humbled to have participated in."*  
-Lindsey Butterfield '18



*"Pelotonia was the best weekend of the year. It was awesome to ride with all my classmates and fundraise for an awesome cause."*  
- Kyle Boyd '18



*"Riding in Pelotonia in 2015 was the most inspiring event I have ever been a part of. I rode 180 miles alongside cancer survivors who were so grateful for the money we raised for research at the James. I encourage everybody to sign up for Pelotonia and ride with other College of Dentistry students!"*  
-Mike Vieth '18



# Alumni Spotlight:

Dr. Heather Appel



*"I remember dental school as being overwhelming and stressful. There were so many exams, practicals, tons of lab work, and NERB patients to find. I was waxing dentures in my living room and studying for a Pharmacology final while watching the Today Show on September 11, 2001. I saw the second tower get hit on live TV and of course didn't study much for the exam that we STILL took at 7am the next morning. Don't get me wrong, there were a lot of fun times too, though I am sure you have all felt the pressure of being in professional school and trying to do your best to survive. Then came time to figure out what you were going to do after graduation, all while keeping up with school. I was lucky enough to join my father in practice after I graduated in June 2002. I was 7 months pregnant with my first child and had no idea what I was getting into as far as practice was concerned. Sure, I learned how to prepare a tooth for a DO amalgam filling, but this was different. I had one hour to do a filling...and it was a posterior composite! We weren't "allowed" to do those in school! I am sure that I was not the only graduate that year, or ever for that matter, who hasn't had those same feelings. Your education certainly doesn't end when you walk through those doors one final time at Postle Hall. I was lucky enough to have my father as a mentor for 14 years. He helped me polish those skills that were embedded in me during my four years of dental school. I hope that every dental student is lucky enough to find a great mentor in their career, whether someone at their first job or one of the many wonderful instructors at Ohio State. It was invaluable to me to have someone teach me about the many materials that I had never used before, how to run a successful practice, treatment plan extensive cases and actually get the patient to say yes!, and build confidence in my knowledge and skills. It is important to find that person, or a group of people, to help guide you during those first few years of practice. Joining a study club with other local dentists, keeping in touch with your favorite instructor at school, or having a mentor that you practice with every day is a great way to learn and network those first few years of private practice. I value all of the relationships that I have made the past 18 years in dental school and private practice. They have helped shape the dentist that I am today. Good luck to all of you as you begin your journey through the dental profession! I am sure it will prove to be as rewarding for you as it has been for me."*

## ~ASDA Mouth Open~ The Annual Golf Outing

By: Catherine Horwood, '19

In May, ASDA hosted one of our best events of the year, the annual golf outing. Students, The Ohio State University Alumni, and staff members all joined together for a fun-filled golf scramble. Lunch and drinks were provided as well as many opportunities to win prizes from the many games that were sponsored by a variety of companies. Everyone played to the best of their ability and really enjoyed the event! Even though the weather did not cooperate with us this year, we made the best of it and made sure everyone had some rain gear! This event provided an opportunity for some of our current students to network with dentists from around the area and make some contacts for the future. A "big thanks" to sponsor Rider Reinke Financial group, who provided each player with gift bags upon check in. Thanks all of our sponsors, and to everyone who came out and played this year, and helped make the event a success! Can't wait for next year's event!



# The Palatal Expander

## Honey Chicken Salad

### Ingredients

- 4 cups shredded cooked chicken
- 3 celery ribs, diced (about 1 1/2 cups)
- 1 cup sweetened dried cranberries
- 1/2 cup chopped pecans
- 1 1/2 cups mayonnaise
- 1/3 cup honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- halved grapes (optional)

### Directions

- Cook chicken and allow to cool
- Shred Chicken
- Stir together first 4 ingredients
- Whisk together mayonnaise, honey, salt and pepper.
- Add mayonnaise mixture to chicken mixture
- Stir until well combined
- Add halved grapes (optional)
- Serve on bread, croissants, lettuce or with crackers





# Q&A

## Dr. Stanley Sharples

Getting to know the school's faculty

By: Alyssa Snyder '19

**What sparked your interest in becoming a dentist?**

When I was growing up I was poor. I decided early in life that I was going to get out of poverty through education. I looked at those around me and decided I would become either a physician, lawyer, or dentist. As I got older and spent many days as a patient in the dental office, I found that I was most comfortable with dentistry.

**Who is your biggest inspiration in life?**

My mother and my wife. They are both amazing women who have always supported my goals and my hard work.

**What's your favorite class to teach or be involved with?**

I really love being in the clinic the best but I love both operative and early clinic. Actually, I really enjoy all of the preclinical classes because it is so exciting to me to see students learn and grow.

That is also what makes clinic so fun. I see students doing more and better work than they



thought they were capable of.

**What's your favorite kind of music?**

I really love the groups from the 60's and 70's. Frankie Valee & the Four Seasons, Chicago, The Beach Boys, & John Denver.

**What's your Favorite restaurant in Columbus?**

Eddie Merlots with my wife.

**What's your Biggest pet peeve?**

Students not coming to class or clinic on time ready to work or learn.

**What do you do in your free time?**

Work on my to do list at home, play golf, watch the Buckeyes, support the Pickerington High School Central basketball teams, work with the Boy Scouts in my church congregation, and go to Amish Country with my wife. What free time???

**What's your favorite sport to watch and do you have a favorite team?**

Buckeye Football and Pickerington Central basketball. I also love to watch the 4 majors of pro golf.

**What is one**

**thing you couldn't live without?**

My wife and family.

Famous Quote from Dr. Sharples  
**"Just another day in paradise"**

The Ohio State University College of Dentistry



American Student Dental Association