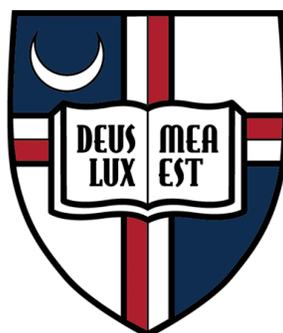


# The Catholic University of America



## Pre-Dent Advising Handbook

# Table of Contents

---

<b>Introduction.....</b>	<b>3</b>
<b>Checklist.....</b>	<b>3</b>
<b>Academics.....</b>	<b>6</b>
<b>Shadowing &amp; Clinical Experience.....</b>	<b>8</b>
<b>Research.....</b>	<b>8</b>
<b>Service &amp; Leadership.....</b>	<b>9</b>
<b>DAT Preparation.....</b>	<b>10</b>
<b>Application Preparation.....</b>	<b>10</b>
<b>Application Timeline.....</b>	<b>12</b>
<b>Student Experiences.....</b>	<b>14</b>
<b>Gap Year</b>	
<b>Opportunities.....</b>	<b>15</b>
<b>Resources.....</b>	<b>16</b>

# CUA Pre-Dent Checklist

---

**Welcome to the Pre-Dental Track at The Catholic University of America!**

## **Introduction**

This checklist is intended as an advisory guide for pre-dental students beginning their journey at CUA. It provides a general overview of common academic, extracurricular, and application-related steps that successful students often follow. However, it should not be taken as a strict or exhaustive set of requirements. Post-secondary professional programs vary in both their requirements and recommendations. Additionally, each student's path may differ depending on their interests, strengths, and goals. Overall, it is best to show a strong commitment to an ideal or theme for an application. It is important not to see this handbook as a simple checklist for dental school where you need to complete everything, but rather as advice to help create a cohesive narrative for ADEA AADSAS applications. Students are encouraged to consult with their academic advisor, mentor, and the Pre-Health Student Association to tailor their journey and discover opportunities to explore possible career paths. This checklist provides an overview with more details to follow:

## **Academics**

- Complete prerequisite courses (Biology, General Chemistry, Organic Chemistry, Physics (all with associated labs), Biochemistry, Calculus/Statistics, English/Writing)
- Check the requirements for schools you are interested in (note: some may require specific upper-level STEM classes not required of others, e.g., UofFlorida requires microbiology)
- Maintain a strong GPA (aim 3.7+ if possible, especially in STEM classes)
- Seek tutoring/support early for challenging classes

## **Clinical Experience**

Not required for dental students, but greatly strengthens your application by demonstrating a commitment to patient care and professionalism on top of the shadowing hours you will log.

- Work/volunteer in a clinical setting (hospital, clinic, hospice, Emergency Medical Technician (EMT), scribe, Certified Nursing Assistant (CNA), etc.)

**\*\*Patient contact hours sometimes count toward this, like volunteering for nursing homes or as a greeter at hospitals.**

## Shadowing Experience

- Shadow dentists (variety of specialties, if possible.)

\*\*100+ shadowing hours is recommended. A recommended sample breakdown is: 50 (General) + 25 (Pediatrics) + 25 (Orthodontics) = 100 total hours.

## Research

**\*\*Research is mostly optional, but very ADVANTAGEOUS for many schools**

- Join a lab or research project (bench or clinical research)
- Present findings (poster, symposium, publication if possible)

## Service & Leadership

- Volunteer in community service (preferably long-term, non-dental possible as well)
- Take leadership roles (clubs, tutoring, mentoring, student orgs)

## DAT Preparation

- Create [DENTPIN](#) and apply to take the DAT
- Choose DAT date [Spring/Summer Junior year recommended if you plan to start dental school the same summer you graduate] - through [Prometric](#)
- Create a study plan (3–6 months ahead)
- Purchase DAT preparation resources (**HIGHLY RECOMMENDED, these courses offer robust reviews of essential DAT material**) like [Bootcamp](#) and [Booster](#), if using.
- Take practice exams.

\*\*For DAT Prep Courses: Be mindful of 1) how long your subscription lasts for and 2) how intensive the pace is. Most online courses either consist of a 6-month class at a slower pace or an intensive 3-month course at a fast pace. Plan around your own course load accordingly.

## Letters of Recommendation

- Build strong relationships with professors, dentists, and mentors through office hours/research
- Request letters in person 2–3 months before you submit your application
- Follow-up meetings with an email that includes a timeline of when you plan to submit the application and suggestions as to what you hope the recommender will include
- Give your letter writers an ideal deadline for them to complete and send your letter to ADEA AADSAS (1-2 weeks before the application can be sent out)
- Maintain the rapport with your letter writers, update them on the progress of your application, what schools you get into, etc. They're your first professional relationships.

## Application Prep

- Research dental schools (mission, stats, fit through sites like [Path32](#))
- Keep a log of activities/extracurriculars ([ADEA/AADSAS](#))
- Update CV/resume
- Draft personal statement - (“Why dentistry?”)
- Determine timeline for schools of interest. Many schools have rolling admissions and a hard submission target date.

**\*\*Because of this, get your application in AS SOON AS IT OPENS for your cycle. The earlier your application is in, the better your chances of getting an interview, since they are awarded on a first-come, first-served basis.**

## Timeline

- Freshman year: focus on GPA, explore clubs, and shadowing
  - Winter: Use winter break to line up opportunities at home or abroad for the summer.
  - Summer: start volunteering in hospitals, get EMT or MA certified, and start shadowing dentists to see if the profession is a good fit for you. Log ALL hours for use in applications later
- Sophomore year: research, volunteer consistently
  - Summer: start working in a clinical setting and make a list of mentors to ask LOR from, if taking an early DAT, start studying
- Junior year: DAT (you can take in January to allow for focus on applications later, or retake later in the year if needed. However, it’s common to take one DAT in the spring of this year), LORs, leadership, clinical experience
  - Winter: ADEA AADSAS application opens around February junior year for those who wish to attend dental school immediately after undergrad. Once it opens, you can begin filling out classes, experiences, working on your essay, etc
  - Summer: Write personal statement and activities section to submit within the first week of application opening
- Senior year: Finish applications, interviews, continue volunteer or research opportunities, and keep schools updated on your accomplishments

**\*\*NOTE:** In many cases, the strongest applications with the most experience require more time (i.e., taking a gap year). Taking a year or two to build up healthcare-related experiences can make your application more robust and competitive.

## Academics

The academic foundation is one of the most important parts of the pre-dental journey. Dental schools expect applicants to demonstrate strong performance in core prerequisite courses such as biology, chemistry, physics, biochemistry, mathematics, and English. These classes not only provide essential knowledge for the DAT but also help build the critical thinking and problem-solving skills needed in dental training. Maintaining a competitive GPA, typically a 3.7 or higher, should be a priority, but what matters just as much is developing consistent study habits and seeking support when needed. Whether through tutoring, study groups, or faculty office hours, building a strong academic foundation early will help set you up for success. We recommend that you take these courses in your first two or three years of college, as the material in these prerequisite courses will be on the DAT. It is **IMPORTANT TO MASTER** the course materials that will also be present on the DAT (Chemistry, Biology, etc.) as you go along. For example, if you struggle on a Chemistry exam, go back **RIGHT AWAY** and learn the material since science courses, and ultimately the DAT, will build on all of the knowledge in Chemistry or Biology. It is a good strategy to also keep your notes from these classes so that you can look back at them when the time comes for the DAT. Many successful students also report that taking graduate-level courses helps prepare them for the DAT through the rigorous literature review and experimental analysis, similar to what the reading passage-based questions will be on the DAT.

The following courses are the standard requirements and recommendations for many dental schools in the United States, as well as CUA course IDs that may fulfill them:

Subjects	Required Lecture	Semesters	Required Lab	Semesters	Recommended Course	CUA Course IDs
General Biology	*	2	*	2		BIOL 105-106 + BIOL 115-116
General Chemistry	*	2	*	2		CHEM 103-104 + CHEM 113-114
Biochemistry	*	1				BIOL 454 / CHEM 472+496
Physics	*	2	*	2		PHYS 215-216 + 225-226
Mathematics	*	1				MATH 111+112
English / Composition and Rhetoric	*	2				ENG 101, ENG 235 (or any others)
Psychology		1			*	PSY 201
Sociology		1			*	SOC 101
Anatomy & Physiology		1			*	BIOL 418, BIOL 232/233**
Statistics	* (Required for Biomedical Engineering Students)	1			*	MATH 114, PSY 322 for Psychology Minors, or MATH 309 for Engineering Students
Internship		[Varies]			*	ENGR 595 for Engineering Students

\*NOTE: ENGR595 is only for engineering students to take an internship. This course is often used by students to work or volunteer in a hospital to count for clinical hours or shadowing. Please speak with your engineering advisor about internship opportunities. These internships can be either through engineering faculty OR opportunities that the student discovers on their own to fulfill the course.

**\*\*NOTE:** BIOL 232/233 is a two-semester anatomy and physiology course with labs that can be used for BIOL electives. However, you need special permission to take these courses, as they're offered primarily to nursing students. You can easily get permission to take it for post-secondary professional schools.

## Shadowing & Clinical Experience

Shadowing dentists across different specialties helps you understand the nuances of each profession. Few schools have a set number of shadowing hours required; however, many recommend having 100+ hours of shadowing with at least 3 different dental specialties (e.g., General, Pediatrics, Orthodontics).

Clinical experience is not required for admission to dental school, but it is recommended. Volunteering in hospitals, working as a dental scribe, or serving as an EMT provides direct patient interaction. Admissions committees favor applicants who go beyond simply watching a professional at work and engage in this type of practical volunteering and commitment.

Your application will ask you to log your time, so **be sure to keep a written description of the procedures you witness and the topics you discussed**, as well as the dental office's contact information, so that you have something to draw from when the time comes for your personal statement, other essays, and interviews. See the end of the checklist for opportunities that previous students recommend.

## Research

Engaging in research helps you develop analytical skills and teaches you how scientific discoveries translate into dental advances. Whether you pursue bench research in a laboratory, clinical projects with patient data, or even computational modeling, research shows dental schools that you can think critically, solve problems, and contribute to advancing knowledge. Presenting your findings through posters, symposiums, or publications strengthens your application further and highlights your ability to communicate science effectively. We recommend that you read faculty profiles on the CUA department website that you are interested in and reach out via email. Finding a mentor can have a huge impact on your success in college and even beyond. Being able to develop a relationship with a mentor through research can help in receiving a high-quality letter of recommendation, as they have directly seen your work ethic as well as perseverance in such a rigorous environment. It is extremely advantageous to become involved in research as soon as you can because it allows you to tackle concepts and expose yourself to topics and skills that would otherwise be unavailable until you reach higher-level classes or even dental school itself. Additionally, research in a faculty member's lab could be a great opportunity for you to explore a possible area of research that has human application that you can use to further inform your career decisions. Faculty are also very well-connected to opportunities through colleagues

and collaborators. When in doubt, always reach out to mentors to discuss your interests, and they just might have someone they know that would interest you!

## Service & Leadership

Healthcare is fundamentally related to service, so long-term volunteer work demonstrates your commitment to helping others. Community service outside of medicine, such as tutoring, food drives, or mentoring, shows that you care about people beyond clinical settings. Competitive applicants engage in service sites for multiple years, which can build the connections needed for letters of recommendation and show admissions committees your dedication to caring for the human person beyond your specialty. Service does not have to be explicitly related to dentistry; rather, consider the values you are learning at your service site. Do your experiences strengthen your resolve to increase dental care to underserved populations? Or increase your desire to serve others with your talents? It is also highly recommended that you apply for leadership roles in student organizations, clubs, or mentoring programs. This highlights your probability for success as a leader who takes initiative and inspires others. Your extracurriculars should include service and leadership to prove yourself as a competitive candidate who is not only academically capable but also compassionate, responsible, and ready to contribute to your community. The Catholic University of America has a wellspring of clubs and organizations that are committed to service and leadership as part of the Catholic mission of charity. Among those are Campus Ministry, Pre-Health Student Association, Migrant Rights Coalition, and Global Medical Brigades. Below are some healthcare-related service sites that are in collaboration with Campus Ministry:

- Bethlehem House (social group for older adults with disabilities)
- Little Sisters of the Poor (nursing home right across the street from campus)
- Community of San'Egidio (low-income nursing and rehabilitation center in DuPont Circle)
- Global Medical Brigades (spring break service trips)
- Campus Ministry Spring Break Service Trips

Spanish for Healthcare is a certification offered by CUA where you focus on learning medicine in Spanish, as well as child development and tropical diseases, and treatments. In the certification curriculum, there are internship opportunities such as shadowing and volunteering in a local hospital or abroad. The local internship will likely be in a nonprofit clinic in DC. In this internship, there is an emphasis on translating for Spanish-speaking patients and some medical documentation. Abroad internships, such as the internship in Peru, will focus on learning the local healthcare setting and enhancing Spanish medical knowledge. There are other leadership and service mission opportunities provided by other clubs.

## DAT Preparation

The Dental Admission Test (DAT) is a standardized, multiple-choice exam that assesses critical thinking, problem solving, data analysis, and comprehension of many sciences. The exam is typically 4 hours long with short breaks in between sections. The DAT tests the following core subjects in four parts: **1.** Survey of the Natural Sciences (90 minutes): General Chemistry, Organic Chemistry, and Biology. **2.** Reading Comprehension (60 minutes), **3.** Quantitative Reasoning (45 minutes). **4.** Perceptual Ability Test (60 minutes). Each of the four sections has a test score range of 200-600, with the highest DAT score being a 600. The scores are scaled, then converted to a percentile rank to compare your ability to other test takers. So, your score in each section will be based on your percentile score (e.g., you get a 440 in the Survey of Natural Sciences, putting you in the 80th percentile, meaning you scored better than 80% of people who took that section with you). Though most dental schools do not have a particular score required for admissions, the DAT is still a critical component of your dental school application. Success on the DAT requires thorough preparation. Most students begin studying **four to six months before their test date**, combining content review with practice questions and full-length exams. Creating a structured study plan and tracking your progress are essential to building both knowledge and test-taking stamina. While the exam is challenging, approaching it with discipline and consistency will allow you to perform at your best and open the door to more dental school opportunities. How you structure your study plan may depend on when you decide your exam date to be. For example, if you are planning to take it during a semester where you have a heavy course load, it might be best to start off with topics you are more familiar with so that you can ease into the study process and work toward more difficult topics the closer you get to your exam. Test prep courses can help you with the timeline, content coverage, and practice test attempts. DAT prep is minimally the equivalent of a 3-credit course in terms of time, so planning your course schedule to not have a heavy courseload while prepping is very useful.

It is recommended that students **study a few hours every day** during their DAT prep phase. Students who have scored a high percentile DAT have suggested to structure the DAT study plan in a way where there are **two to three months of content review, and then two to three months of practice questions and exams**. When students take the DAT in the second semester of their junior year, they may have taken most of the prerequisite courses covered on the DAT. **However, there still may be a class that they still have not taken (such as Anatomy & Physiology)**. We recommend that students in this scenario take either a DAT prep course or do online learning with various free resources, which will be linked below.

## Application Preparation

Professional school applications are comprehensive and time-consuming. You want to start early in order to get feedback on drafts, to make sure it is complete and well-written, and is submitted as close to the beginning of the application cycle as possible, since dental schools tend towards rolling admissions. Make a list of dental schools that match your personal mission, your GPA, and your DAT score.

Dental school applications consist of two parts: the primary and secondary applications. The primary application is much like the CommonApp, wherein it is a central application that is sent to all schools. For DDS schools, the application portal used is AADSAS. Note that dental schools in Texas use a different process and portal.

The primary applications through AADSAS include background information, personal statement, activities, and letters of recommendation sections. The secondary application can look different for each school, as the schools will reach out to you with supplemental questions specifically regarding their programs and how you would fit into them, a few weeks after the primary application is submitted. Below are some things to consider when preparing your primary application:

### *Personal Statement Section*

The question asked by the ADEA is, *“What motivated you to pursue a career in oral health? In your response, you may wish to describe and highlight your strengths, experiences, backgrounds, and uniqueness that will contribute to your success in this career.”* Think about your unique life experiences and how they have influenced your decision to pursue medicine. If applying directly to dental programs after graduation, draft your personal statement late spring or early summer of your junior year and have the Writing Center or a qualified mentor revise it. Note that there is no “right answer” to this part of the application - dental schools want to know you and your story, so be honest and put forth your best effort into writing well. Look online for examples of good personal statements for dental school, and don’t be afraid to get creative here.

### *Experiences Section*

Compile a list of academic enrichment programs (e.g., Summer Health Professions Education Program), dental shadowing, employment, extracurricular activities, research, and volunteer work. You will need to detail the location, dates, supervisor who can verify this experience, your position (i.e., member or leader), the average number of weekly hours, and a brief description of the activity and/or your responsibilities. Make sure to include any experiences that highlight leadership, such as student government positions, as well as those relevant to manual dexterity, such as playing an instrument, or even including intramural participation to showcase your teamwork abilities.

### *Achievements Section*

Enter any relevant academic or professional awards you have earned in your undergraduate years, including awards, honors, and scholarships. You will need to detail the name of the achievement, the organization, who presented it, the issue date, and a brief description of the award and surrounding circumstances.

### *Licenses*

You may include a license if you have served as a qualified dental assistant, dental hygienist, or dental technician here.

### Letters of Recommendation

Strong letters of recommendation provide dental schools with insights into your character, academic ability, and potential as a future dentist. Academic letters can also address any deficiencies you may have in your transcript (e.g., a poor grade freshman year). Building strong relationships with professors, research mentors, and dentists is key—especially those who know you well enough to speak about your strengths and work ethic. You should request letters at least two to three months in advance, giving your recommenders plenty of time. A thoughtful and detailed letter can make a significant difference in how your application is perceived. Note that different dental schools have varying requirements for letters of recommendation. Some schools even require letters of recommendation from non-science professors, so be sure to plan accordingly. Have a running list of mentors and professors who can speak to different parts of your personality. Below are suggestions for how to ask for letters of recommendation through email, created by Dr. Havanki:

1. Re-introduce yourself and remind the recommender of when/where you met.
2. Give the recommender a timeline for when the letter is due.
3. Give an overview of the program(s) you are applying to, and three aspects of the program that connect to you and why (*ex, “as someone passionate about volunteering and community health, I am excited about X Dental School because Y.”*)
4. Attach your most recent CV or Resume, or any supporting documents that would help the recommender write a personal letter of recommendation.
5. Write three things that you hope the recommender includes in the letter (*ex, as my supervisor at X Hospital, you could speak to my ability to work under pressure, my time-management skills, and my communication skills in a clinical setting.*)

In this section of the application, you will enter the names and emails of those whom you have asked to write your evaluations. You should always waive your right to view the letter, as this ensures professors can be honest and often results in better quality letters. A maximum of four letters can be requested, so plan on requesting your evaluations from professors and mentors who fulfill the individual requirements of recommenders for all the dental programs you are applying to.

### **Application Timeline**

- Junior year:
  - *Fall*: Decide when to take the DAT. The DAT is offered year-round from Monday-Saturday. The number of registration spots available to take the DAT is based on your local testing center, so **apply to take the DAT through DENTPIN and schedule the appointment with the testing center before you begin studying.** As recommended above, plan on taking the DAT in the Spring semester if you want to apply to dental school immediately following graduation.
  - *Spring*: Study for the DAT based on the date that you register for (e.g., if you register for a March DAT, then you will have 3 months to study for it between December and February). DAT scores come out about 1 month after the test date, so plan retakes accordingly if needed. Update your resume, activities list, and

shadowing log as needed. Additionally, ask your recommenders to submit letters of recommendation later in the summer. Give them 1-2 months to complete their letters.

- *Summer:* You should have your official DAT score. ADEA AADSAS applications typically open in the first week of May, and the first day to submit is one month later (first week of June). Competitive candidates submit their applications within 1-2 months of the first submit date (i.e. June and July). Check the individual requirements of the dental programs you are applying to and make sure you meet all the requirements. Polish up your personal statement, ensure your evaluation letters are submitted, and enter your transcript information. Few changes can be made to the application once submitted, so carefully review before pressing submit.
  - As you complete your dental application, also consider applying for scholarships. There is a wide variety of scholarships that can ease the financial burden of applying. See the resources below for scholarship information.
- Senior year:
  - *Fall:* Congratulations, your applications have been submitted! Some schools may require the completion of a supplemental application; check your email regularly and plan on completing them within two weeks of receiving them. Interested schools will then invite you for interviews and inform you of final decisions.
  - *Spring:* Other schools with many applicants may take longer to interview and accept students. You may hear back as late as the summer of your senior year, once the waitlist is finished.

## Student Experiences

Below are some student experiences that help with dental school applications, such as clinical hours and shadowing. When applying to these programs and positions, do not be afraid to follow up if you do not hear back right away. It is okay to be politely persistent. You can also ask for a 15-minute career-related discussion with dental professionals, where you can get advice and find out about other opportunities. Winter break is a great time to work on this when you are home and can visit in person.

### Dental Assisting:

Dental assisting is an excellent experience for the ADEA application because it provides hands-on clinical exposure, builds a strong understanding of dental procedures and terminology, and demonstrates a genuine commitment to the profession. Certification can be obtained through summer programs or other courses; check local offerings for details.

### Walter Reed National Military Medical Center:

- Student Clinical Observer Opportunities Program (SCOOP)
  - Info: This program is open to all high school and college students. The program has a maximum duration of 30 days per year and must be consecutive. Shadowing hours are available from 07:30-16:00.
  - Email: [dha.bethesda.walter-reed-med-ctr.mbx.wrnm-observer-request@health.mil](mailto:dha.bethesda.walter-reed-med-ctr.mbx.wrnm-observer-request@health.mil)
- Red Cross Volunteering
  - Info: The Red Cross Organization has many volunteering opportunities at Walter Reed. For specifics, please visit: <https://walterreed.tricare.mil/About-Us/Volunteer>

### MedStar Health:

- Volunteering
  - Info: The MedStar Health hospitals have many different volunteering opportunities at their various locations. Some examples of these opportunities are: Patient Navigator, Inpatient Unit Support, and Emergency Department Support. For specifics, please visit: <https://www.medstarhealth.org/locations/medstar-washington-hospital-center/volunteer>

\*NOTE: The MedStar Washington Hospital is down the road from CUA and would be a great opportunity during the school year.

## Gap Year Opportunities

Nowadays, many students decide to take a gap year or two before starting dental school. This is an increasingly common and strategic choice for many pre-dental students. This time can be used to strengthen one's application, gain valuable clinical, research, or service experience, and clarify personal and professional goals. It can also be an opportunity to improve DAT scores. Gap year opportunities include working as a dental assistant, research assistant, clinical assistant, or EMT, as well as participating in service programs such as AmeriCorps or global health initiatives. While not required by dental programs, students interested in applying to the most competitive schools may also pursue additional coursework or post-baccalaureate programs to improve academic credentials. Many former CUA students have taken opportunities such as the [NIH pre-IRTA program](#) or enrolled in a Master's program, such as [Georgetown University's Master's program](#). The NIH pre-IRTA program is a one to two-year research program where you will participate in cutting-edge research and expand your knowledge on critical topics and emerging science. It is a wonderful opportunity for those who are interested in research. Successful applicants identify specific research areas and labs and contact the principal investigator directly with a custom email commenting on their research (and a subject line that is custom so they open the message). The pre-IRTA program gets thousands of applicants, and connections are key to getting your application plucked out of the system by a lab head. Additionally, Georgetown University has many options in its Biomedical Sciences Master's program, from Tumor Biology to Biostatistics, allowing you to narrow in on a focus that truly interests you. This program is typically two years in length. There are several Master's programs associated with dental schools as well, many of which will allow you to have a dental school interview if you do well in the program. A well-planned gap year can provide meaningful growth, enhance readiness for dental school, and demonstrate maturity, commitment, and a deeper understanding of the dental profession. It is important to note that if you are taking a gap year, you will be applying to dental schools in the summer after your senior year, and if you are taking two, you will be applying the year after you graduate. Additionally, students may find that they will need to take two gap years because employers or mentors might not be willing to accept prospects for just a year. With this in mind, it is important to plan your DAT test date as the DAT score you receive will only be valid for 2-3 years, depending on the school you will be planning to target. Your letters of recommendation may also need to be pre-planned because your application will be submitted after you graduate. Make sure you keep in touch with your professors after graduation if you plan on asking them for a letter of recommendation. You might need to inform your professors well in advance if you need a letter of recommendation after you graduate, or set up an interview later to catch up with your writers on what you have been up to since graduation. In this case, it is a good strategy to update letter writers periodically on what you are doing and to document your gap year in the email when you make the formal letter request.

## Resources

### CUA RESOURCES:

#### [Center for Academic & Career Success:](#)

(<https://success.catholic.edu/>)

- **Resume Help and Interview prep**

120 Garvey Hall; Tel: 202-319-6262 [success@cua.edu](mailto:success@cua.edu)

#### [Tutoring Services:](#)

(<https://success.catholic.edu/academic-support/tutoring-services/index.html>)

- **Individual and drop-in subject matter free tutoring – get help immediately when struggling in courses.**

Mullen Library, Second Floor; Tel: 202-319-5655 [cua-tutoring@cua.edu](mailto:cua-tutoring@cua.edu)

#### [Technology Services:](#)

(<https://technology.catholic.edu/>)

- **Any technology or computer issues**

Email: [techsupport@cua.edu](mailto:techsupport@cua.edu)

Service Desk Location & Hours Phone: 202-319-4357 (xHELP) Walk-in: 117 Leahy Hall  
Monday - Friday, 7:00am - 7:00pm

#### [Counseling Center:](#)

(<https://counseling.catholic.edu/index.html>)

- **Free sessions available**

127 O'Boyle Hall; Tel: 202-319-5765

Facebook: [@CatholicUCounselingCenter](#)

Twitter: [@CUACounseling](#) Instagram: [@catholicucounseling](#)

**[Disability Support Services:](#)****(<https://dss.catholic.edu/index.html%20CUA-DSS@cua.edu>)**

- Contact early if needed for academic success, since it can take time, and you can't go back if you took a test without accommodations.

127 Pryzbyla Center; Tel: 202-319-5211

**[Writing Center:](#)****(<https://success.catholic.edu/academic-support/writing-center/index.html>)**

- Help with personal essay structure, grammar, etc.

219 Mullen; Tel: 202-319-4286

**CUA DEPARTMENTS:****[Department of Biology Faculty and Research](#)****(<https://biology.catholic.edu/faculty-and-research/index.html>)****[Department of Chemistry Faculty and Research](#)****(<https://chemistry.catholic.edu/faculty-and-research/index.html>)****[Department of Psychology Faculty and Research](#)****(<https://psychology.catholic.edu/faculty-and-research/index.html>)****[Department of Biomedical Engineering Faculty and Research](#)****(<https://engineering.catholic.edu/research-and-faculty/faculty-profiles/biomedical/index.html>)****Dental School Advice****[Official ADEA Guide - Applying to Dental School](#)****(<https://www.adea.org/godental/Apply/apply-to-adea-aadsas>)****[ASDA - American Student Dental Association](#)****(<https://www.asdanet.org/>)****[2025 Guide on Applying to Dental School](#)****(<https://www.inspiraadvantage.com/blog/dental-school-application-timeline-the-complete-guide>)**

### [Letters of Recommendation Guide](#)

(<https://www.shemmassianconsulting.com/blog/dental-school-letter-of-recommendation-sample>)

### [Shadowing Log Template](#)

(<https://goelective.com/blogs/shadowing-hours-log-sheet-sample-descriptions-for-amcascasp>)

### **DAT Resources**

#### [ANKI Flashcards \(Free on computers, \\$25 on mobile devices\)](#)

(<https://apps.ankiweb.net/>)

#### [Prometric Official DAT Practice Test](#)

(<https://www.prometric.com/files/html demos/ada/DAT/index.htm>)

#### [DAT Bootcamp \(PAID\)](#)

(<https://bootcamp.com/dat>)

#### [DAT Booster \(PAID\)](#)

(<https://boosterprep.com/dat>)

### **Scholarships**

#### [NHSC Scholarship Program \(https://nhsc.hrsa.gov/scholarships/overview\)](#)

- An NHSC Scholarship is a strong experience for an ADEA application because it demonstrates a deep, long-term commitment to serving high-need populations, which aligns with the mission-driven focus of many dental schools.

#### [HPSP Scholarship Program](#)

(<https://www.medicinethemilitary.com/applying-and-what-to-expect/medical-school-program>)

- the Health Professions Scholarship Program, is a U.S. military program that offers a full scholarship for students pursuing health professions, including medicine, dentistry, and nursing, in exchange for a service commitment in the Army, Navy, or Air Force. The scholarship covers full tuition, fees, and a monthly living stipend, and recipients also receive a bonus and are reimbursed for books and equipment. In return, scholarship recipients are required to serve as a commissioned officer in the military for a set period after graduation

**HDAF Scholarship****(<https://www.hispanicdentalassociationfoundation.org/scholarship-application>)**

- The Hispanic Dental Association Foundation (HDAF) Scholarship is an award for Hispanic and Latino students pursuing a career in dentistry, dental hygiene, or related fields. The scholarships aim to support students with a strong commitment to serving underserved communities and are awarded based on scholastic achievement, community service, and leadership. Eligibility generally requires being a member of the Hispanic Dental Association and enrolled in an accredited program in the U.S. or Puerto Rico