

<p>D1/D2 YEARS</p>	<ul style="list-style-type: none"> ▪ Explore each dental specialty and learn about the varying procedures, skills, patient pools, work environments and lifestyles that accompany each one. You want to make the right residency decision! ▪ Focus on academics to maintain a strong GPA, take electives and receive letters of commendation. ▪ Cultivate relationships with professors who could write strong letters of recommendation. ▪ Attend various OMFS related lectures, CE courses, applications workshops and shadow in the department. ▪ Take NDBE Part I. ▪ Begin studying for the CBSE. If possible, take the CBSE for the first time within these 2 years. (offered once in winter and summer per year) ▪ Begin doing research or get involved in something else that you are passionate about. 	
<p>D3 YEAR</p>	<p>Summer</p>	<ul style="list-style-type: none"> ▪ First quarter in clinic! ▪ Focus on becoming comfortable working on patients and meeting clinic requirements. ▪ Continue exposure to OMFS related courses and lectures. ▪ Attend service meetings on Tuesday mornings at 7am with the OS department. ▪ Build relationships with oral surgery faculty, ask questions and shadow if possible.
	<p>Fall</p>	<ul style="list-style-type: none"> ▪ Consider prospective letter writers and cultivate relationships with the OMFS faculty (especially program director at UCSF) that you will eventually request letters of recommendation from. ▪ Begin to participate in externship programs, preferably completing 3-4 by the time of interviews. (you will need a letter from program director for externship) ▪ Continue to do well in classes and engage in extracurricular activities that interest you.
	<p>Winter/Spring</p>	<ul style="list-style-type: none"> ▪ Continue to go on externships during breaks from school. Most externships are 2 weeks, although some will allow 1-week programs if necessary due to school schedule. ▪ Write personal statement and have it reviewed by your letter of recommendation writers and other friends, family members or peers who know your story and possess excellent writing skills. ▪ Reach out to programs that you are interested in and extern at these programs. (make sure to extern first at a program you are not interested to get the mistakes out of the way) ▪ Request letters of recommendation from faculty. ▪ Take CBSE for 2nd time.
<p>D4 YEAR</p>	<p>May</p>	<ul style="list-style-type: none"> ▪ Pass Match Applications open early in May – begin filling out applications.
	<p>June - August</p>	<ul style="list-style-type: none"> ▪ Submit application to residencies using Match System. ▪ Take CBSE in July/August if necessary for the last time.
	<p>Sept - Nov</p>	<ul style="list-style-type: none"> ▪ Interview offers are made. ▪ Go on as many interviews as possible! ▪ Send thank you cards to programs/interviewers. ▪ Rank residency programs in Match System. ▪ Take NDBE Part II.
	<p>December</p>	<ul style="list-style-type: none"> ▪ Match is made between applicants and residencies – ACCEPT MATCH! ▪ Reach out to your new program, thanking them for this opportunity.
	<p>December-Jan</p>	<ul style="list-style-type: none"> ▪ If not already completed, schedule/study for Part II of NDBE.
	<p>Jan- April</p>	<ul style="list-style-type: none"> ▪ Complete whatever steps necessary for licensure in your state of residency.
	<p>May</p>	<ul style="list-style-type: none"> ▪ Make sure to complete all requirements for dental school graduation.
	<p>June</p>	<ul style="list-style-type: none"> ▪ Graduate from dental school!

What OMFS Programs Seek in Applicants

- Developed talent, creativity, aesthetics, problem solving and hand skills.
- Visited a variety of OMFS programs I plan on applying to and determined if they are a good fit for me both professionally and personally.
- Demonstrated broad and active exposure to the field of dentistry, excellent communication skills, fluency in dental language, highly developed critical thinking and ethical decision-making skills.

Strong Academic Record

- Developed ability to understand sophisticated material in the sciences, research and dental technology.
- Established a relationship with at least three faculty members who know me well enough to write me a comprehensive letter of evaluation.

Firm & Clear Motivation

- Knowledge of the OMFS residency programs I am applying to, how the various clinics operate, patients they serve and how I will fit into the current pool of attendings, residents and employees.
- An understanding of the role of a oral surgeon in the dental community.
- A well thought out answer to, "Why do you want to be an oral surgeon?"
- A trajectory for your professional career after residence ie. private practice, academia, hospital based or military...

Outstanding Personal Qualities

- Personal traits such as maturity, stability, integrity, dependability, responsibility, trustworthiness, leadership, enthusiasm, etc.
- Accomplished something worthwhile and have skills and abilities that will allow me to contribute to the success of my residency program.
- The ability to carry out sophisticated conversation, make effort to know people's names, present myself professionally and interview well with faculty.
- Desirable bedside manner, can communicate clearly and deal effectively with those of other cultural backgrounds.

ADEA PASS Match Application

- CV, only with relevant dental and dental school experience.
- Letters of recommendation from faculty members and oral surgeons.
- Deans letter: template- takes about 1 month. Good CV makes deans letter application easy.
- DAT, CBSE, NBDE exam scores (programs vary in requirements).

* ADEA PASS Match application requirements are subject to change over years.



Tips for UCSF Dental Students Interested in Oral & Maxillofacial Surgery Residency

Which Programs Should You Apply to?

Oral surgery is extremely competitive. The statistics from AAOMS state,

“For the 2017-2018 academic year, there were 1,174 residents enrolled in 102 OMS accredited residency training programs. About 59% of the 374 individuals who applied for residency matched.”

Dental students usually apply to somewhere around 20 programs. The biggest determinant of matching is CBSE score according to the program director at UCSF and the current residents. A competitive score on the CBSE does not guarantee you a match however, it increases your likelihood of interview requests and matching significantly. A competitive score on the exam changes nearly every year but currently is about a 75. Students take this exam 2-3 times and study for 6+ months. The interview is the final determinant of whether or not you will match. If you received an interview at a program you are most likely on an even playing field with other students interviewing at that point.

When considering oral surgery residency training programs, it is important to determine if you will be a good fit for the environment at that particular program. The residents that you will be meeting at externships and interviews may be your future co-residents and you must be able to work cohesively with them for the next 4-6 years. Choosing between a 4-year program and a 6-year program is mostly determined by if you want to go back to medical school. The 6-year programs require a much greater academic commitment and the cost of four years of medical school. The 4-year programs are more common for residents planning to go into private practice. Location is another determinant of a residency program and is something to be considered when looking.

OMFS Residency programs:

https://www.aaoms.org/docs/education_research/edu_training/2017_aaomresidency_omsprogram.pdf