🦷 Dental School Application Checklist (2025 - 2026 Edition)

💡 Feel overwhelmed by AADSAS? You're not alone — but you're about to be prepared.

🎯 This free, printable checklist will keep your dental dreams on track and your sanity intact.

📋 Phase 1: Before You Start the AADSAS Application

- ✅ Create an ADEA account
- ✅ Make a list of 10–15 target dental schools (check tuition, prerequisites, and deadlines)
- ✅ Order official transcripts from all colleges attended
- ✅ Draft a master personal statement
- ✅ Ask 3–4 recommenders EARLY (professor, dentist, mentor)
- ✅ Write a resume + 'brag sheet' for recommenders
- ✅ Get DAT scheduled or scores uploaded (earlier = better)

🖊️ Phase 2: Filling Out AADSAS

- ✅ **Personal Info:** Name, ID, contact — triple check
- ✅ **Academic History:** Every school + transcript uploaded
- ✅ **Coursework Entry:** Match transcript exactly — use school's course codes
- ✅ **Experiences:** Add shadowing, volunteering, jobs, leadership, research (limit fluff)
- ✅ **Awards:** List academic honors, grants, scholarships
- ✅ **Personal Statement:** Polished, proofread, emotionally honest
- ✅ **Program Selection:** Choose dental schools + set deadlines

⏳ Phase 3: Submission Timeline

- 📅 AADSAS Opens: **June 1**
- 🚀 Best Submission Window: **June 15 – July 15** (15% higher acceptance odds)
- 🕐 Verification Delay: 2–4 weeks — build this into your plan
- 📨 Secondaries begin arriving late July–August
- 🦷 Interviews: Sept – Jan (Practice mock interviews by August!)

🎓 Bonus Pro Tips

- 🧠 Practice STAR storytelling: Situation → Task → Action → Result
- 📝 Keep a Google Drive folder: docs, transcripts, screenshots, secondaries
- 📞 Check AADSAS and email 2–3x per week post-submission
- 💬 Always respond to schools within 48 hours — even just to confirm receipt
- 📚 Keep senior year grades strong (they still matter!)

📥 Download Your Free PDF

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Your dental journey is just beginning — and you're more than ready for it.

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