Sink or swim

In a new series, recent graduate Sarah Armstrong offers final year students essential tips for survival, coping with the workload, getting ahead and most importantly, staying sane.

This autumn, hundreds of dental students across the country have returned to university, their electives a mere distant memory, ready (or not) to commence their final year. It’s a daunting time, and a huge amount of pressure rests on the shoulders of those taking their final steps through dental school. Although the format of teaching/examinations ranges widely across dental schools, their goal is the same – to make sure every graduate is a safe, professional, competent dentist by the time summer arrives.

Inevitably, as term begins there will be abundant pep talks (some more terrifying than others) from senior members of the dental school, designed to motivate you into getting organised early. Occasionally these can cause the reverse response, evoking panic and dread to the private into getting organised early. Occasionally these can cause the reverse response, evoking panic and dread to the listeners, but try to look past the shock tactics and listen to what senior members say. It’s often wise to pass some of the application processes. Start asking around within your dental school, and investigating Deanery websites to find out what is available and where. If possible get in touch with dentists from the year above – they are likely to be most familiar with the application processes.

Time to relax

All this said, it’s vital to have some time off too. It’s common for final years to live with five or six other dental students and inevitably when pressure starts to build, stress levels rocket and tempers become frayed. Try to spend some time with non-dentist friends to keep yourself sane – final-year dental students have an incredible ability to wind each other up into a frenzy. Get organised now and work steadily through the bottom, but remember, this is your last year of student life, so try and enjoy it too.

About the author

Sarah Armstrong qualified from Newcastle University in 2008 and is currently working as a vocational dental practitioner in Brampton, Cumbria.