



ACADEMIC ADVANTAGE



BOULDER
ORAL SURGERY &
DENTAL IMPLANTS



BOULDER
ORAL SURGERY &
DENTAL IMPLANTS

WELCOME

AGENDA

Terry Nedbalski, DDS

Board-certified Oral and Maxillofacial Surgeon at Boulder Oral Surgery & Dental Implants

Bryan Y. Chai, DDS, PhD

Board-certified Oral Surgeon at Boulder Oral Surgery & Dental Implants

Brenda Price, MD

OB/GYN Physician at Boulder Women's Care & Affiliations

Marisa Patt, DMD

Prosthodontist at BOCO Dental & Prosthodontics

Shep A. Phillips, D.C

Doctor of Chiropractic, Owner, and Operator at Cornerstone Chiropractic and Acupuncture

Stacy Hernandez

College Counselor at The Best U College Admissions Consulting



Terry Nedbalski

DDS

Board-certified Oral and Maxillofacial Surgeon



BOULDER
ORAL SURGERY &
DENTAL IMPLANTS

ABOUT ME

Grew Up: Lakewood, CO

High School: Alameda High School

Favorite Subject: Science and Art

Why Medicine? It seemed like a good blend of my favorite subjects.

Home: Boulder, CO

Family: Married to Brenda with 3 sons—Max, Zack, and Ethan. We are avid skiers and enjoy traveling!



MY EDUCATION



University of
Colorado Boulder

BS in Kinesiology
and Pre-Med



University of
Maryland

DDS



Baltimore VA
Medical Center

General Practice
Hospital Residency



Medical College
of Virginia

Oral and Maxillofacial
Surgery Residency

DENTIST VS ORAL SURGEON

Dentist

Education:

- Bachelor's Degree
- Dental Degree

Procedures:

- Basic Dental Exams
- X-rays
- Fillings
- Crowns
- Sealants
- Root Canals
- Bridges
- Gum Care



Oral Surgeon

Education:

- Bachelor's Degree
- Dental Degree
- 4–6 Year Surgical Residency

Procedures:

- Dental Implants
- Wisdom Teeth Extractions
- Full-Arch Restoration
- Bone Grafting
- Tooth Extraction
- Facial Trauma
- Oral Pathology
- Jaw Surgery
- And More!

A DAY IN THE LIFE

- Monday, Tuesday, Thursday, Friday
 - 8 to 10 operations daily (60%)
 - Wisdom teeth extractions, dental implant placement, and oral pathology
 - Patient consultations (40%)
- Wednesday
 - Either off or use for larger cases and cases in the hospital
 - Larger cases include facial trauma and facial bone fractures
- Hospital call 1 week/month
- Between two worlds
 - Oral and maxillofacial surgeons are the surgical arm of dentistry and the dental arm of medicine
- Emerging technologies and digitally guided surgeries
- Hard to get bored



I WISH I KNEW

- *Don't sweat the small stuff.*
 - Keep your grades up and do well, but you don't have to kill yourself to be a perfect applicant for Med School or Dental School.

REWARDS

The interaction with a lot of different people on a frequent basis.

I enjoy a lot of the procedures we do that help people get back to normal after losing teeth or being in accidents that set them back.

Oral surgery as a profession has a good balance of work and lifestyle, and I try to take advantage of that.

GIVING BACK



- We work with several organizations in the community to help the underserved.



GIVING BACK



- Cleft lip and cleft palate mission in Honduras

WORDS OF WISDOM

Whatever career you decide to choose, eventually it becomes so easy to you it's like stacking boxes all day. My advice is to choose a career where the boxes are fun to stack. My career has its hectic points, but I am never watching the clock at the end of the day. It's still interesting and engaging.





Bryan Y. Chai

DDS, PHD

Board-certified Oral and Maxillofacial Surgeon



BOULDER
ORAL SURGERY &
DENTAL IMPLANTS

ABOUT ME

Grew Up: San Ramon, CA

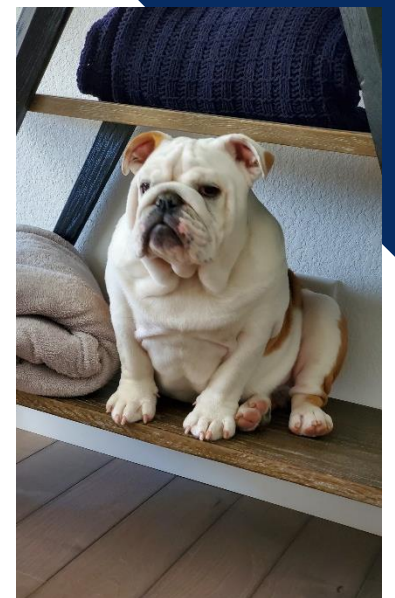
High School: California High School

Favorite Subject: Chemistry

Why Medicine? In 4th grade, I had trauma to my front teeth and lost my two permanent incisors. I was in and out of multiple dental specialty offices and thought I was going to be an endodontist.

Home: Aurora, CO

Family: Married to my high school sweetheart. We have 3 children and an English bulldog named Budge.



MY EDUCATION



UCLA

BS in Biochemistry



University of Maryland
School of Dentistry

DDS and PhD in
Neuroscience



Denver Health
Medical Center

Oral and Maxillofacial
Surgery Residency

A DAY IN THE LIFE

- Coffee!
- 7 AM–12 PM
 - Surgery
- 1 PM–4 PM
 - Surgical consultations
 - Post-operative follow up exams
 - Minor surgical procedures



I WISH I KNEW

- Application of knowledge is more important than regurgitation.
- Not to put undo stress on myself.



REWARDS

The physical and mental challenge of surgery/sedation, and the ability to help others everyday.

I love meeting new people and speaking with them.

GIVING BACK

- Taught surgical residents.
- Supervised medical and dental students.
- High school career expo programs.
- Treated patients that may have been undocumented, uninsured, or incarcerated.



WORDS OF WISDOM

Find something you enjoy, do not do it for the money.

Be humble, everyone is learning, and you can learn from everyone.

Always have a reason for doing something, whether in life or work.

Work to live, don't live to work.



Brenda Price

MD

OB/GYN Physician at Boulder Women's Care & Affiliations



ABOUT ME

Grew Up: Denver, CO

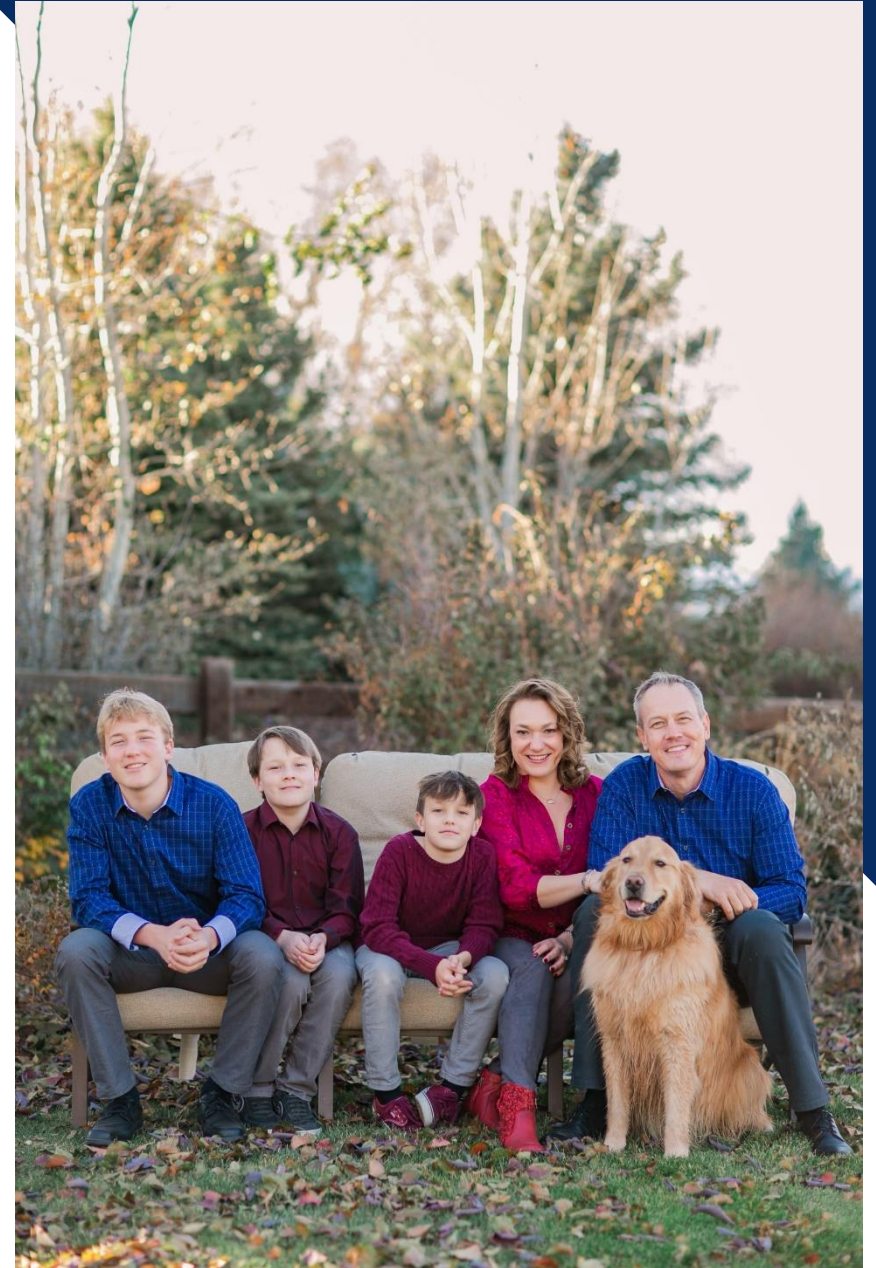
High School: St. Mary's Academy

Favorite Subject: Science

Why Medicine? I wanted to be a doctor since learning about anatomy in 6th grade at the age of 12.

Home: Boulder, CO

Family: My husband and I met in college during Anatomy lab. We got married and have 3 boys—Max age 15 and twins Zack and Ethan age 11. Our dog Cooper, cat Daisy, and bunny Floyd complete our family.



MY EDUCATION



University of
Colorado

BS in Psychology and
Pre-Med



University of Colorado
School of Medicine

MD



MedStar Franklin Square
Medical Center

Residency

Worked in private practice in Richmond, VA for 3 years

MY TYPICAL DAY

Now

- 4 days/week in clinic only seeing 15-20 patients/day in hospital owned practice.
- Work life has evolved over time.
- I was a private practice owner for several years and we sold the practice to BCH in 2017.
- Selling to the hospital gave us the freedom to practice medicine and not stress about finances and employee issues.
- BCH is small, for a corporation, and encourages us to maintain a voice in our own practice and the workings of the hospital.
- I find it important for me and my fellow physicians to be active in Hospital leadership.

MY TYPICAL DAY

Previous

- My life prior to this was a combination of clinic duties and hospital duties.
- Generally, 1 call shift 24 hours every 4-5 days, weekend shifts Friday/Sunday, or Saturday.
- On call, we manage the labor and delivery of all our practice patients and supervise and assist with our midwives' patients as needed.
- Everything from uncomplicated vaginal deliveries to operative vaginal and C-section deliveries as the situations arise.
- We take ER calls just @ BCH. Surgical management of ectopic pregnancies, abnormal pelvic pain, bleeding, or infections.
- We consult with hospitalized patients with Gyn issues and assist the Medical/Surgical team as needed.

REWARDS

My relationships with my patients.

I feel privileged to educate women about health, sexuality, and contraception from their teens and have been with patients through the highs and lows of their lives.

It's an honor to guide and educate other through fertility issues, pregnancy, the challenges of breastfeeding and raising babies, growing in their relationships, and aging and menopause.

GIVING BACK

- My extra work currently revolves around leadership roles at BCH.
- Credentials committee member, we review all of the background, education, etc of everyone applying for work @ BCH to ensure the safety of patients.
- Women's Health Working Group to promote women's global health issues throughout the organization.
- Keeping physicians involved in decision making for the organization to keep patient care first priority.
- Emphasize physician and staff well being.
- I find it my mission to keep Women's Health issues addressed on an administration level.



Shep A. Phillips

D.C.

Doctor of Chiropractic, Owner, and Operator of
Cornerstone Chiropractic and Acupuncture



ABOUT ME

Grew Up: Eagan, MN

High School: Eagan High School

Favorite Subject: Science and Art

Why Medicine? I suffered a high school football injury that was resolved through Chiropractic care.

Home: Arvada, CO

Family: I have a wonderful wife, 8-year-old son, 2-year-old golden retriever, and a lazy cat.



MY EDUCATION



University of
Alaska, Anchorage

Associates and BS in
Biology



Palmer College
of Chiropractic

DC



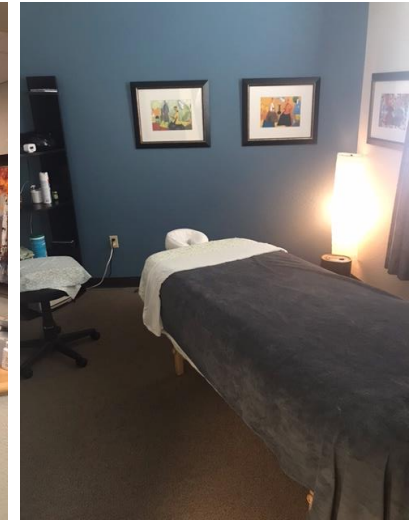
Care
Chiropractic

Internship

College was some of my best memories and solidified my desire to go into the health care field.

MY TYPICAL DAY

- Mornings
 - Spent with family, getting ready
- Office is open 10 AM–5:30 PM
 - Tuesday–Friday
 - Patient consults and treatments
- After 5:30 PM
 - Finish patient notes
 - Prepare for next days patients
- 6:30 PM Home with family
- My wife (also a chiropractor) and I alternate days.
I work Wednesdays and Fridays, my wife works
Tuesdays and Thursdays.
- Mondays–billing and preparing for week



I WISH I KNEW

- *To work more on time management*
- *Learn to accomplish top priorities before recreation*

REWARDS

Helping people live a better life. I help people get out of pain and more importantly, I educate them on what to do and how to avoid getting in pain again.

At the end of the day I feel good about my influence on my patients and it has kept me coming back for over 15 years with no end in sight.



Marisa Patt

DMD

Prosthodontist



ABOUT ME

Grew Up: Bloomfield Hills, MI

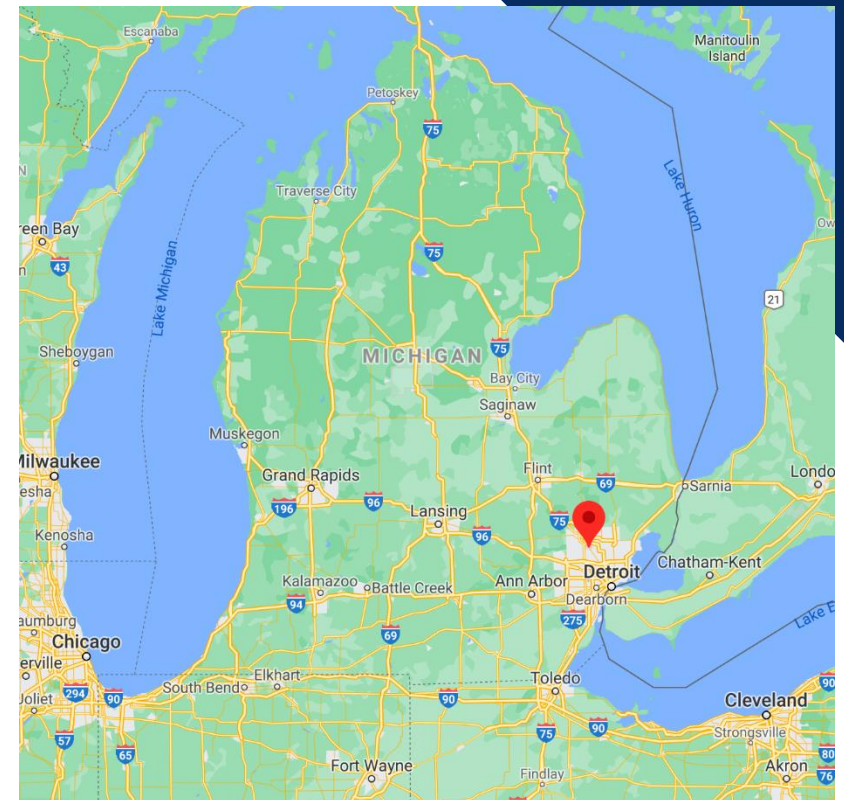
High School: Lahser High School

Favorite Subject: Biology and Art

Why Medicine? Decided to get a degree in science for the possibility of going into medicine. I decided on dental school after college.

Home: Boulder, CO

Family: Married to another dentist and have one 5-year-old daughter.



MY EDUCATION



Tufts University

BS in Biopsychology
with a minor in
Fine Art



Tufts University School
of Dental Medicine

MD



NYU Langone Hospital—
Brooklyn

General Dental
Practice Residency



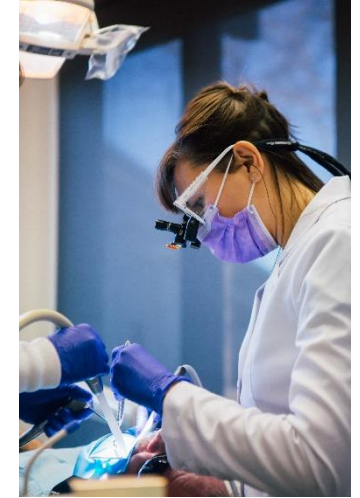
New York-
Presbyterian/Queens

Prosthodontics

- 4-year break between undergraduate school and dental school
- Worked in basic science research at Rockefeller University
 - Was wondering if I should apply to medical school or dental school
- Started dental school at age 25

MY TYPICAL DAY

- Monday–Thursday
- 8 AM–5 PM
 - Evaluate patients
 - Scheduled dental procedures
 - Fillings and crowns
 - Oversee the hygiene practice where patients come in for routine cleaning and exams



REWARDS

Interacting with people and patients, staying connected to community.

Helping people through my specific training.

Empowering patients to take care of their teeth and gums, while also restoring oral health.

Working with other dental specialties to bring the patient back to form and function.



GIVING BACK



- Sponsor local organizations
 - School fundraisers with free dental whitening and products
 - Boulder County AIDS Project
 - Inland Ocean Coalition, Boulder Chapter



WORDS OF WISDOM

*Start every day with a smile,
And get it over with.*

W.C. Fields (1880-1946)



Start every day with a smile,
and get it over with.

W.C. Fields (1880-1946)





Stacy Hernandez

College Counselor



— the —

BestU

College Admissions Consulting

The Best College for the Best You

ABOUT ME

- Started in college admissions in 1999
- *Former College Admissions Counselor,* Northeastern U and Johns Hopkins U
- *Former College Counselor,* Dawson School and Shining Mountain Waldorf School
- *College Counselor,* The Best U College Admissions Consulting

KEY ASPECTS OF THE COLLEGE APPLICATION PROCESS

Most colleges in the United States base the application decision on:

- Grades
- High school classes and the rigor of the school curriculum
- Testing (if required)
- Activities
- Awards/achievements
- Academic interests
- Personal qualities
- Application essays
- Letters of recommendation
- Institutional priorities

WHAT CAN YOU DO & NEED TO KNOW

Your Academics

- Grades matter **most**
- The rigor of your classes are important
- Proven academic interest
- Testing for most schools can help enhance your application

WHAT CAN YOU DO & NEED TO KNOW

Your Activities & Summer Plans

- Compelling involvement helps you to stand out
- Service/contributing to the greater good
- Connecting activities to proven academic interests
 - Exploration of academic interests
- Depth vs breadth
- Consistency
- Summer involvement is important

PERSONALITY & CAREER ASSESSMENTS

Take a personality and career assessments to learn more about your interests, strengths, personal qualities, and more.

- Self-Assessments
 - Get to know your strengths, weaknesses, interests, non-negotiables, and more.
 - BigFuture.CollegeBoard.org/Get-Started/Know-Yourself/Experts-Speak-Knowing-Yourself-Can-Help-You-Plan-Your-Future
- Your School Account
 - Naviance, Maia, Cialfo, etc.
 - Check out their assessments such as: StrengthsExplorer, Career Interest Profiler, Career Clusters, etc.
- Personality & Career Assessment Package, The Best U

CAREER & COLLEGE MAJOR EXPLORATION

Read about possible college majors and careers to better plan out your high school classes.

- Resources
 - [Occupational Outlook Handbook–BLS.gov/OOH](https://www.bls.gov/oooh/)
 - [Big Future–BigFuture.CollegeBoard.org/Majors-Careers](https://bigfuture.collegeboard.org/majors-careers)
- Check out these pre-med resources ...
 - [BigFuture.CollegeBoard.org/Majors/Health-Professions-Related-Clinical-Sciences-PreMedicine](https://bigfuture.collegeboard.org/majors/health-professions-related-clinical-sciences-premedicine)
 - [Niche.com/Blog/The-Best-Pre-Med-Majors](https://niche.com/blog/the-best-pre-med-majors)
 - [SavvyPreMed.com/Savvy-Pre-Med/2019/4/15/Top-25-Best-Colleges-For-Pre-Meds](https://savvypremed.com/savvy-pre-med/2019/4/15/top-25-best-colleges-for-pre-meds)
 - [Blog.PrepScholar.com/Best-Pre-Med-Schools](https://blog.prepscholar.com/best-pre-med-schools)
- Medical school prerequisites and high school pre-health preparation
 - [HopkinsMedicine.org/SOM/Admissions/MD/Application_Process/Prerequisites_Requirements.html](https://hopkinsmedicine.org/SOM/Admissions/MD/Application_Process/Prerequisites_Requirements.html)
 - [Blog.PrepScholar.com/Pre-Med-High-School](https://blog.prepscholar.com/pre-med-high-school)

COLLEGE EXPLORATION RESOURCES

College Match:

- Check your school account, Naviance, Maia, etc.
- Big Future, College Board–[BigFuture.CollegeBoard.org/College-Search](https://bigfuture.collegeboard.org/college-search)
- Unigo–[Unigo.com/College-Match](https://unigo.com/college-match)
- CollegeXpress–[CollegeXpress.com/College/Search](https://collegeexpress.com/college/search)

College Information

- [Unigo.com](https://unigo.com)
- [Niche.com](https://niche.com)
- [CollegeData.com](https://collegedata.com)
- nces.ed.gov/collegenavigator
- Common Data Set–Google “Name of College + Common Data Set”

College Overview

- Fiske Guide–[Offers.CollegeCountdown.com/Fiske-Interactive-Free-Trial](https://offers.collegecountdown.com/fiske-interactive-free-trial)
- Colleges That Changes Lives–[CTCL.org](https://ctcl.org)
- College’s website

Current Student Perspectives & Videos

- Campus Reel–[CampusReel.org](https://campusreel.org)
- YouTube

FINANCIAL AID

Net Price Calculators

- Check out the Net Price Calculators of the schools on your college list by Googling “Net Price Calculator + -Name of the School” in order to start to investigate if you will qualify for need-based financial aid. Some schools require you to submit your financial aid paperwork if you want to be considered for merit-based scholarships, but it will be only based on merit, not financial need.

Other Financial Aid Resources

- MyIntuition–MyIntuition.org
- Financial Aid Calculator–FinAid.org/Calculators
- Free Application for Federal Student Aid (FAFSA)–FAFSA.Ed.gov
- FAFSA4Caster–FAFSA.Ed.gov/FAFSA/App/F4CForm?Execution=E3S1
- CSS Profile–CSSProfile.CollegeBoard.org
- College Board, Paying for College–CollegeBoard.com/Student/Pay/Index.html

SCHOLARSHIPS

Scholarship Research

- Start a spreadsheet to keep your scholarship research organized. Make sure to include the scholarship requirements, deadline, application information, and more.
- Please know this is an on-going, very time-consuming process. It works best if it is a family effort!
- You can start your research and apply to scholarships as early as 9th grade.

Institutional Scholarships

- Read more about the scholarships offered at each school on your college list. See if they publish anything about scholarship recipient profiles and/or what the scholarship criteria and requirements are.
- Know the scholarship application information and deadlines required.
- Does the school require you to submit financial aid paperwork to apply for merit-based scholarships or not?

Some Private Scholarship Search Websites

- [TuitionFundingSources.com](https://www.tuitionfunding.com)
- [Cappex.com](https://www.cappex.com)
- [Raise.me](https://www.raise.me)
- [ScholarSnapp.org](https://www.scholar-snapp.com)
- [BigFuture.CollegeBoard.org/Scholarship-Search](https://bigfuture.collegeboard.org/scholarship-search)

WRAP-UP

- Your Academics
- Your Activities
- Exploring Majors and Careers
- Explore Colleges
 - Attend college virtual admission programs-information sessions and campus tours via the college admissions website
 - Attend virtual college fairs
 - Check out the exploration websites provided
- Know how you are going to pay for college early
 - Do your financial aid and scholarship research early

QUESTIONS?



**WISDOM
FOR
WISDOM**

**MAKING
COLLEGE
MORE
AFFORDABLE**

APPLY FOR A CHANCE TO
RECEIVE FREE WISDOM
TEETH REMOVAL.

The application period is open
May 12 through June 10.



VISIT: **boulderoralsurgery.com/academicadvantage**
FOR DIGITAL RESOURCES

SCHOLARSHIP

THANK YOU