

Humans of UOP

Let's not sugar coat anything, studying dentistry at Dugoni is like constantly being in a pressure cooker. Good time management is essential to have any chance of surviving this intense three-year program and from the moment you walk into the door at Dugoni until the day you retire from dentistry, time will be your most precious asset.

With this newsletter we hope to :

- 1) Help students manage their time better by giving practical advice based on personal experience.**
- 2) To inspire all of us to make good use of our time by showcasing students who manage to take a break from dentistry and still extraordinary and productive things.**

So whether you have a hobby, keep a journal, or play the saxophone don't let those things go when you start studying your first molar; these students were able to have a well-rounded and productive life while studying dentistry and so will you.

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Happy Spaces

By Katherine Diep

Check out Katherine's blog!

<https://createhappyspaces.wordpress.com>

CLICK ON A PHOTO TO BE TAKEN TO HER BLOG!



Truly one of the standout students of the class of 2018. Katherine is also an excellent blogger and interior designer.

Her blog happy spaces originally started as a place to share her space saving design ideas, and recently Katherine has been blogging about here experiences in dental school.

'DECLUTTERING AND RECLAIMING THE FUNCTIONALITY OF A SPACE REALLY BRINGS ME TO MY HAPPY PLACE!'

Her posts provide valuable insight into the life of a dental student and also a great place to be inspired with creative and aesthetic ways to optimize your living area while in grad school.



"My aunt calls me crazy for saying this, but never before have I had this much fun at school. Yes, dental school is tough; yes, I spend an average of 14 hours a day on campus; yes, I was at school on weekends, but every single moment I am there, my heart is filled with a sated joy."

Stomach Telling You To Take A Break?

Top 7 places to eat within 15 minutes of Dugoni

As voted by the Class of 2018

Name	Type of Food	Minutes Away	Price Range	Yelp Link
1) Tu Lan – 30%	Vietnamese	7 walking	~\$10	yelp
2) Tin – 22%	Vietnamese	3 walking	\$11-25	yelp
3) Tropisueno – 21%	Mexican	7 walking	\$10-20	yelp
4) Flying Falafel- 21%	Vegan/ Mediterranean	9 walking	Under \$10	yelp
5) Panda Express- 11%	Chinese ¹	6 walking	Under \$10	yelp
6) Sushirrito- 11%	Asian Fusion	6 bus; 12 walking	\$12-25	yelp
7) Chipotle- 10%*	Mexican ¹	4 walking	Under \$10	yelp



1- sort of; * - I know it doesn't add up to 100%

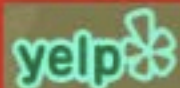
6 Sushirrito



3 Tropisueno



Photos
courtesy of



Derek Appelblatt



Throughout the last year I put a heavy emphasis on "self-care", which to me means proper exercise, nutrition, and fun-having. **My focus on my**

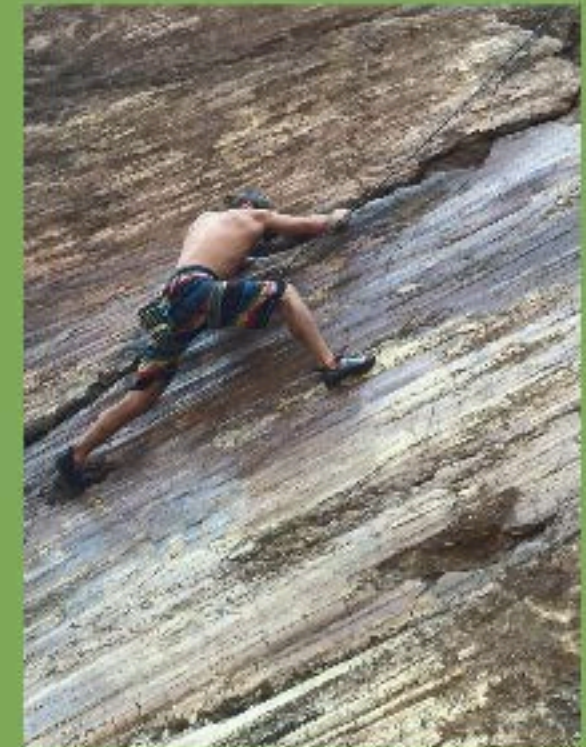
student-life outside school truly helped me to succeed in both classes and hand skills and to keep my stress at a low level. Throughout last year I spent many a weekday evening by going to the climbing gym, meeting new climbing partners, and studying in a comfortable exercise space which allowed me to take

breaks every so often, stretch and exercise on rings, exercise balls, you name it. Though many of our weekends were spent studying, I always tried to get outdoors at least



one day a weekend and do something fun and enjoyable like surfing or climbing or going on a hike with a friend. Sometimes I'd even head out to music venues for a little dancing. I find joy in dancing and music so these outings likewise proved beneficial to relieving stress and bringing me happiness.

I wake up every day at 6:30 and make myself a big, healthy breakfast which usually consists of yummy veggie and cheese filled omelette. Even if I was arriving home late night, I still would whip together fish or salad or both. I think cooking for oneself is an excellent way to care for yourself, and you'll end up eating much healthier as well. Truth be told I also took plenty of salt baths! Easy way to relax and soothe the aches and pains of the day.



LIVING ARRANGEMENTS: IS IT TOO \$\$\$ TO LIVE IN DOWN TOWN?

BY KATHERINE DIEP

Due to the challenges of the first-year curriculum, it is often recommended that incoming Dugoni students live closer to school. Mosso Apartments, a modern and new housing addition to the South of Market (SoMa) neighborhood located a block away from the school, is where many—including myself—choose to settle in for their first year.



Mosso boasts luxury downtown living, and they deliver cozy spaces with amenities such as hardwood floors, appliances, a gym, common outdoor entertaining areas, a business center, and 24-hour security. The facilities are clean and well maintained, but at a cost. My three roommates and I paid a total of \$4250 a month (including utilities) for a 900 square foot, 2 bedroom, 2 bathroom apartment. To me, the price was well worth it. Living close to school allowed me to focus on my work in the simulation lab or study for didactic courses without having to worry about catching the train home or waking up extra early to beat the morning rush.

Living in Mosso meant that I was within walking distance to AT&T Park, Union Square, the Embarcadero, the Orpheum Theater, and the San Francisco Museum of Modern Art, to name a few. Additionally, I was close to the Muni, Bart, and CalTrain stations, which made it very easy to get around the city, across the Bay, and into the South Bay for just a few dollars.

However, living in the heart of San Francisco also meant that I needed to stay on my toes to avoid stepping in something questionable. I had to stay especially vigilant of my surroundings to avoid having anything stolen; and a simple lunch could easily put me back \$20. In spite of that, staying at Mosso was a great way for me to become familiar with the city and what it had to offer.

After making it through first year, I decided to move out of downtown and experience another part of San Francisco: the Inner Sunset. Despite the ever-present fog and half-hour

commute, I absolutely love living there. Not only is my rent a better value—my three roommates and I pay a total of \$5200 a month (including utilities) for a 1500 square foot, 3 bedroom, 2 bathroom apartment—but the neighborhood is also charming and quaint. I feel like I am in the suburbs, but with the added perk of being able to walk to a variety of small cafes, restaurants, and boutiques. Golden Gate Park is also just around the corner, making it easy to enjoy the outdoors after a busy week in the city.



Ultimately, I would recommend living as close to school as possible during your first year. Mosso Apartments is a great option, but there are also other managed apartment complexes in the neighborhood (i.e. SoMa Square,

Avalon Mission Bay) as well as privately owned units that would work just as nicely. Regardless of where you decide to stay during your time at Dugoni, I know that you will thoroughly enjoy your next three years here in "The City by the Bay"!

Charles Husaini

Mike Posner - I Took A Pill In Ibiza
(SeeB Remix)



Jessie J - Flashlight (from Pitch
Perfect 2)



Charles may be one of the youngest members of Dugoni's class of 2018, but you wouldn't

know it if you were spend some time around him. His professionalism and

thoughtful approach to dental care are on par with anyone.

In the midst of all the patients, exams, and dental typodonts, Charles still finds time to update his youtube channel with some awesome violin covers! Check out some of his music on the left and be sure to subscribe!

We hope you found our first issue of Humans of UOP enjoyable and inspiring! If you have any comments or want to let us know about a talented Dugonian you can reach the editor by email:
v_dronov@u.pacific.edu