



PDSA POST

September 9th, 2026

Welcome Back!

Welcome to another year of PDSA! We're so thrilled to see familiar faces, meet new ones, and make this year one you'll remember!

Your 2026-2027 E-Board:



E-Board Advice

We're beyond excited to have you all here! Here's some advice we wish we had when we were in your shoes:

"When studying for the DAT, schedule something in the evening with friends! It prevents the days from blurring and gives you something to look forward to after studying."

-Ben Le, President

"You miss all of the shots you don't take! I would not be where I am today if I didn't, put myself out there, make friends, and get involved. Don't be afraid to get advice from your peers, we've all been in your shoes once."

-Leysha Negron-Maisonave, Vice President

"Put yourself out there because sometimes you have to feel uncomfortable at first to become comfortable somewhere new!"

-Angelina Lanz, Volunteer Coordinator

"Ask upperclassmen for advice. They are so nice and made every mistake you might make!"

-Daniel Ray, Treasurer

"Put yourself out there! You'll learn so much about the dental field, and you may even meet some of your best friends through PDSA. We're all going through the same journey, and here to support one another!"

-Kendall Kunzman, Dental Education Coordinator

"You are capable of more than you think, and you can do hard things! Lean on people around you, ask for help, and trust that every step is getting you closer to your goals. Believe in yourself, give yourself grace, and remember why you started."

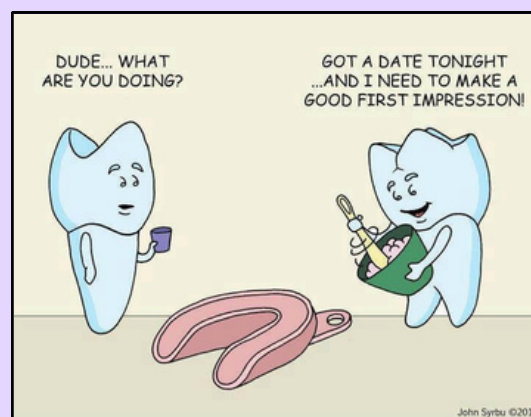
-Aida Yasin, Secretary

"Comparison is the thief of joy, and everyone's journey is different. Focus on your own goals, stay consistent, and take advantage of the opportunities in front of you."

-Ryan Mancha, Media Relations



Joke of the Day



Instagram



Website



Discord





Pre-Dental Student Association

at the University of Central Florida

Organic Chemistry

DAT Question

Which of the following statements is correct regarding nucleophilic acyl substitution?

- A** Protonation of the carbonyl is followed immediately by loss of the leaving group
- B** SN2 reaction is the primary mechanism for this reaction.
- C** Ester hydrolysis proceeds in a single, concerted step.
- D** Loss of the leaving group is followed by carbocation rearrangement.
- E** Addition of a nucleophile to the carbonyl is followed by loss of the leaving group.

Correct Answer at the bottom of next page!

Common Dental Myth

“Dental health only affects your mouth.”

→ **Myth!** Oral health is connected to your overall health, which is one reason dental care matters beyond just your smile.



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DAT COURSE

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About Our Speaker

Dr. Cynthia Contreras



Dr. Cynthia Contreras was born and raised in Guatemala before moving to Orlando in 1996 to attend college. Her connection to UCF has continued ever since, and she is now the Assistant Director of Academic Advising at UCF's Burnett School of Biomedical Sciences. She began her UCF journey as a student assistant in 2001 and became a full-time advisor in 2007, dedicating nearly two decades to supporting students and their academic and professional goals.

Dr. Contreras is a proud double UCF alumna, earning both her bachelor's and master's degrees from UCF before earning her doctorate in Conflict Analysis and Resolution from Nova Southeastern University. She is also an active member of the National Association of Advisors for the Health Professions (NAAHP) and the Southeastern Association of Advisors for the Health Professions (SAAHP). Outside of the office, she enjoys nature walks

at Leu Gardens and spending time outdoors. We are incredibly honored to have Dr. Contreras guiding PDSA this year and are so grateful for her continued support and encouragement!

Thank you!