

Canidate Name: Lauren Hogstrom

How do you work with or lead a team?

I strongly believe teams work best when individuals are empowered to lean into their strengths and collaborate to achieve their common goal. I naturally gravitate towards leadership positions, in which I can guide my peers as we work together on the task at hand. As a leader, I believe that collaboration with other team members and ensuring a tight-knit community are of utmost importance in fostering a successful team. That being said, I prioritize creating mutually respectful connections amongst team members prior to starting a project as I find it ensures teamwork runs smoothly and effectively. The ways that I have exercised these ideas within my past ASDA experiences include conducting an ice breaker during the first District meeting of the 2022-2023 term. This enabled committee members to become familiar with one another before spending a weekend together at our Leadership Retreat working on the District's agenda. This past year, I worked closely with former Trustee, Sam Setru, and the Meetings Committee to reinvent our Leadership Retreat to incorporate these ideas. Previously, our retreat functioned as a smaller conference for the District cabinet to meet one another. The 2023 Leadership Retreat was reimagined to be a cabin-style retreat that enabled cabinet members to truly get to know each other in a casual space before beginning to plan our biggest event, Annual Meeting. This method of integrating the members of this year's cabinet was extremely successful and speaks to the importance of bonding amongst a team.

What leadership experiences have equipped you for the District Trustee role?

My involvement with ASDA began when I attended the 2020 Virtual National Leadership Conference to gain insight into dentistry as a pre dental student and learn more about ASDA's critical role in dental education. After attending, I was encouraged to apply in the upcoming District 3 application cycle to become a pre dental member. During my time on the Pre dental Resource Committee, I learned the value of ASDA and decided to pursue Speakers Chair and Director of Meetings during my first and second predoctoral years. Over my 3 years of experience with District 3, I have formed invaluable connections with my peers while simultaneously gaining leadership experience communicating with dentists and sponsors within the field, coordinating District meeting venues and facilities, and collaborating with my peers to curate impactful and entertaining events for dental students. My involvement with ASDA extends to the chapter level, at which I have held my class representative position for the past 2 years. As D2 Representative, I act as a liaison between my class and the chapter, oversee the Program for Advanced Standing Students and Membership & Activities Committees, and coordinate with the Executive Board to hold cabinet meetings, attend National ASDA events, and more. Lastly, I serve on the Executive Board of Penn Dental Women's Network (PDWN) as a Selective Co-Chair and the General Dentistry Society as a Liaison. My roles in these 2 organizations are centered around developing elective courses for Penn students in addition to establishing a pre dental mentoring program for PDWN.

Why are you interested in the District Trustee role and what do you hope to accomplish in this position?

I am interested in becoming the next District 3 Trustee due to my devotion to the District over the past 3 years. What started as a simple interest in ASDA and what it offers dental students blossomed into a passion for all ASDA stands for: advancing the rights, interests, and welfare of dental students. Accomplishing these objectives alongside my dental school peers has elevated my experience as a

dental student, and I hope to spread that impact throughout District 3. My main goal as Trustee is to increase chapter engagement in the District and further chapter development at each school. In the past 3 years I have served District 3, I noted chapter involvement in the cabinet and District meetings has been heavily skewed towards certain schools with considerable absence from others. I hope to complete a Trustee Tour, during which I could meet with individual chapter executive boards and school administration to learn how the District can best support chapters and increase engagement. The Trustee Tour would also function as the start of team building amongst the Presidential Council. Additionally, since serving across both the Chapter Development and Meetings Committees, I have gained insight into the dynamics of the District cabinet. I hope to offer more opportunities for the District cabinet to convene and build relationships amongst different committees. This year's cabin-style Leadership Retreat was a great start; however, providing more opportunities for cross-committee collaboration and involvement will only serve to further strengthen the District cabinet.

What are 2-3 issues important to dental students?

Student loan repayment and debt management is a large, if not the most important, issue dental students currently face. As the cost of attendance continues to rise, dental school is becoming increasingly less accessible, and dental students are experiencing unprecedented levels of student loan debt. Combined with insurance reimbursement and yearly maximums plateauing, pursuing dentistry is becoming alarmingly expensive. Additionally, this may negatively impact graduates' ability to pursue their dream career within dentistry. One way ASDA is advocating for dental students on this matter is through the Resident Education Deferred Interest Act, which would allow graduates to defer repayment of their student loans until after residency without interest accumulating. Another issue impacting dental students is mental wellness. Many students experience mental health problems during dental school due to the stress of exams, difficulties in the clinic, and struggles maintaining a school-life balance. For these reasons, it is extremely important to foster a culture of mental wellness at individual schools as well as develop personalized wellness habits early on. As someone who has struggled with mental health, I greatly appreciate the efforts that ASDA makes, especially at the chapter level, to promote student wellness as they truly have a substantial impact on students' wellbeing. I hope to expand District 3's emphasis on wellness during my time as Trustee, which I also prioritized during my time as Speakers Chair by incorporating an interactive session on mindfulness at our 2022 Leadership Retreat.