

Q6

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. (250 word limit. Responses longer than 250 words will be cut.)

Even though ECU School of Dental Medicine is an auto-enroll school, member engagement is still a major priority so that our student body is aware that they are all ASDA members and the benefits that come with ASDA membership. We do this by having an annual event called the ECU ASDA Week of Welcome, which takes place during the first week of the fall semester. The purpose of this event is to welcome first-year dental students to the school with multiple events throughout the week. These events varied from a lunch and learn where the Class of 2026 had the opportunity to meet the North Carolina Dental Society President, to more active events such as a kickball tournament and our famous Amalgames. Amalgames is one of ECU ASDA's hallmark annual events where we have a field day that occurs right outside the dental school. Attendees are divided into teams and compete for the coveted Cusp of Carabelli trophy. They must endure a gauntlet of challenges including a 3-legged race, a watermelon eating contest, a water balloon toss, and more. Another great aspect of this event is that it showcases our ECU ASDA community by having the teams consist of D1-D4 students so that D1s can make connections with dental students outside of their class. The annual tradition of the Week of Welcome is a great reminder to our student body that they have each other and ECU ASDA to support them through their dental school journey.

Q7

Describe one chapter community service event that creates connections with our communities. (250 word limit. Responses longer than 250 words will be cut.)

ECU ASDA has a rich history of helping the underserved of North Carolina. Students at our school are dedicated to our mission and understand the value of supporting the communities that gave us the privilege and responsibility of becoming dentists. As a token of our gratitude ECU ASDA organized fundraisers to provide free care to low-income, underserved communities and organized free dental services. Our most important fundraiser was our Burnisher's Ball where we raised \$6,762 for our school's Patient Care Fund. One of our most successful outreach events was an oral cancer screening and oral health education clinic in Hyde County during their Farm Day celebration this year. Hyde county represents a largely rural community in North Carolina without a dental provider. During our clinic, we interacted with more than 100 community members, many of which had significant barriers to receiving dental care. Any suspicious pathology was then referred to the dental clinic that we helped establish in the center of the county that provides dental treatment once each month to residents. Those patients received expedited care at that clinic. Any residents interested in receiving dental care at that clinic were helped with applications and received a free dental screening. Everyone left with a greater understanding of what was happening in their mouth and oral hygiene supplies. It was great to return to our roots and help so many people in 2022!

Q8

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. (250 word limit. Responses longer than 250 words will be cut.)

This past year, CITA examinations have been a hot topic in the state of North Carolina. During the pandemic, a national state of emergency allowed dental students to take a manikin-based CITA exam, rather than the standard live-patient exam. This transition during the pandemic shed light on some of the benefits of manikin-based CITA exams, such as eliminating the possibility of unethical patient care and students would no longer need to pay their patients to show up to the appointment. With the state of emergency coming to an end, dental students across the state of NC put together an effort to allow Manikin-based CITA examinations to stay. Collaborating with dental students from the University of North Carolina at Chapel Hill, we started an organized email campaign. We sent messages to state senators urging them to pass legislation that would allow the NC state dental board to adopt Manikin CITA as the licensure standard. In November of this year, the Rules Review Commission approved a rule that would allow the NC state dental board to continue accepting Manikin CITA exams, without the fear of required reversion back to Patient-based exams once the state of emergency is over. This means that we've come to the very pinnacle of our goal. With the "Live-patient or Manikin CITA" question finally answered, the NC state dental board can now submit a bill into legislation next year that will solidify Manikin CITA as the licensure standard in the state of NC.

Q9

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. (250 word limit. Responses longer than 250 words will be cut.)

Health and wellness can often be overlooked when your life is as busy as a dental student, so throughout the year ECU ASDA implements events and challenges to promote our students' well-being. During the last week in September, we initiated a challenge to encourage our students to share how they take care of their wellness. To further promote this challenge, the students that participated had the opportunity to win a gift card! Throughout the week, students posted their meals, workouts, readings, social gatherings, as well as other ways that they promoted their health on their Instagram Stories. We also planned a couple of wellness events during the week that would allow the students that participated to have a greater chance of winning the gift card. These events included a sunrise yoga session and an evening run club. Whether it is taking your dog on a walk, hanging out with friends, eating a healthy meal, or even taking a nap, we were able to demonstrate that promoting your health and wellness can be done in a variety of ways. Our students' health and wellness are of utmost importance to us, and ECU ASDA is dedicated to supporting our students to maintain their health throughout dental school.

Q10

Describe one chapter communication (such as an newsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

First Impression is an ECU ASDA magazine that is distributed in the Spring and the Fall to ECU School of Dental Medicine's students, faculty, residents, and staff. This magazine aims to highlight and showcase the fantastic things our students are doing for our school and community. Each year there are new Magazine chairs and each edition has a new committee. For our Spring Edition we focused on the technological advancements in the dental field. In our most recent edition, we wanted to emphasize what makes ECU SoDM what it is: the people. We are fortunate to have faculty and students from all different backgrounds, and this edition features their unique journeys and experiences with dentistry. One of our school's core values is committing to removing barriers and providing access to quality, comprehensive healthcare. By expanding our understanding of different cultures and their relationships with oral health, we will be able to better provide dental care to our patients. We are excited for you to join us on our trip around the world to explore what dentistry has to offer both here at ECU and outside the United States. The First Impression Magazine is an efficient way for our ASDA chapter to communicate with the rest of school and allows students to collaborate and display their creativity. Please see our most recent edition of The First Impression Magazine at the link below: <https://online.anyflip.com/uclgw/gtgt/mobile/>

Q11

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

Being innovative is a vital part of being a leader. This past year ECU ASDA had the excellent opportunity to implement a new educational event regarding professional development and leadership. We coined this event as the "D1 SparkNotes." Collectively, we aimed to help the Class of 2026 gain clarity on how to navigate their first year of dental school. Many dental students begin their journey into dental school with little knowledge of what the specifics of their first year may look like. This is partially due to the fact that dental schools change over time. However, this is primarily because most schools do not dive into how to navigate an immense amount of credit hours each semester in addition to beginning the journey to optimize hand skills in the simulation lab. ECU ASDA was able to organize a panel to help articulate what the D1s would encounter over their next year here at the ECU School of Dental Medicine. We created an in-depth, but simple presentation to lay out what the students would see over the next year. Everything from didactic study tactics, to wax lab tips was elaborated on. After the "D1 Sparknotes" presentation, we had the nine D2 panelists host a Q&A session. The D1 students did not hesitate to begin asking questions, and eventually nearly every student raised their hand. Many of these students are now involved in ECU ASDA leadership, and we are excited to continue fostering leaders through this event next year.
