

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.)

This year, RUASDA strived to welcome students to the new year by bringing back RUASDA Fever Week, where each day of the week focused on one dental class to show our appreciation and support. Being new to Roseman, the D1s were welcomed with an opportunity to write a letter to their families about their first day of school and include a polaroid photo with the props provided. With the D2s entering clinic more often, RUASDA hosted a lunch & learn where they learned advanced clinical topics such as applications of local anesthesia. For the D3s studying for their boards, RUASDA hosted a session for the D4s to share their tips on how to succeed in boards and provided supplies for D3s to make their aromatherapy dough to remind them to take care of their physical and mental health. For the D4s, RUASDA provided succulent plants and ceramic pots to support them in their growth into their 4th year. These activities, that focused on each class, made each student feel the value of being an ASDA member while in dental school and beyond. These events foster community within our school and support Roseman's lifelong colleague commitment. At Roseman, we value the importance of member engagement and go beyond that by involving the families of our student body. Throughout the week we publicized future ASDA events such as Cuspid Cup, our annual field day where the entire school comes together for dinner, competes in team-bonding games, and enjoys outdoor activities with their families.

Q7

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

After Roseman CODM collaborated with Catholic Community Services to provide free dental services to over 150 refugees from countries such as Afghanistan, Ukraine, and Sudan, we were inspired to work further with the refugee community which led to our community outreach event where Roseman Student's volunteered their time to conduct mock interviews with refugee families who just immigrated to America. With over 15 RUASDA student volunteers, we created a real job interview experience to increase candidates' confidence, communication skills, and interview techniques as they embark on employment for the first time in the United States. This opportunity was also a great way for refugees to learn the culture and assimilate to life in the United States while student volunteers enhanced their cross-cultural communication skills as the interviewer. After this event, we were inspired to do more for the refugee community and hold a school supply drive for Rose Park Neighborhood Center, an immigrant resource center where a majority of the youth are refugees and recent immigrants who are attending school for the first time in the US. We collected 280 new backpacks, 204 writing utensils, 25 folders, and 25 notebooks to benefit the elementary and junior high students. Not only did we receive donations from our student body, but also from faculty, our local community, and the pre-dental clubs whom we work with. RUASDA builds connections with the refugee community and other underserved populations while promoting cultural awareness to our student body.

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.)

RUASDA hosted many events for Advocacy Month. From tabling events to introduce the advocacy certificate program and ASDA text alerts, to informative lunch and learns such as Advocacy 101, Intro to Advocacy by the UDA, national ASDA's live advocacy webinar, and Understanding Employment Agreements lunch and learn by the UDA, RUASDA strives to provide resources for our members in hopes of their involvement in advocacy later on. One event we would like to highlight is our Policies & Pizza social event where students learned about ASDA's current legislative policies and federal campaigns at our local pizzeria, The Pie Pizzeria. Up to 20 students were invited from all of the dental classes to this social event where RUASDA encouraged students to talk about advocacy in a casual setting. Each table of students participated in icebreakers in which the pros and cons of a randomly chosen advocacy issue, such as Licensure Reform, Barriers to Care, and Dental School Debt, was shared. This activity encouraged students to think about the current policies and their impact on the field of dentistry and our patients. The goal of this event was to provide a safe space for students to exchange their thoughts about current issues and to spark interest and involvement in advocacy among our colleagues. Our Roseman advocacy leaders also presented the Advocacy Certificate Program and provided resources to help them submit their points for a certificate. RUASDA promoted civil engagement to future dental professionals and brought awareness towards the upcoming elections.

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.)

Our chapter hosted RUASDA Wellness Month with a balance of different events aimed towards targeting all five dimensions of wellness. This month-long event included weekly class challenges, a therapy dog event, a group hike, and an in-person HIIT workout class at OrangeTheory Fitness. This year's Wellness Month theme was Mindfulness in Motion which emphasized the mind-body connection to improve our wellbeing. The weekly competitions and HIIT workout class encouraged students to stay active throughout the day. Ultimately, RUASDA was the winning chapter of the ASDA Mile-A-Day challenge with 154 participants recording 2,971 miles. For the Hound Hugs and Kanine Kisses, RUASDA invited certified therapy dogs to campus where students were given the chance to relax outside and boost their moods by spending lunchtime with the therapy dogs. The Down Dog app was also advertised to practice meditation, yoga, HIIT, and other healthy acts to help students with their overall physical and emotional wellness. After school, RUASDA sponsored an outdoor paint night where over 25 students showed their creative side as they received instruction on how to paint the Moab arches with a galaxy background. To integrate the occupational dimension, a vendor fair was planned where students learned about work-life balance at different companies and practiced communication skills when meeting representatives from over 15 vendors. To end Wellness Month, a group of over 35 students, family members, and pets de-stressed by hiking to the Draper Suspension Bridge to marvel at the 360° views of the mountains and surrounding cities.

Q10

Describe one chapter communication (such as an enewsletter, 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.)

This year, RUASDA released 3 electronic publications of our premier magazine called Off the Cusp where over 20 articles written by RUASDA members were featured. This quarterly magazine highlights topics related to the dental profession and represents our students' experience and views on advocacy, wellness, community, diversity, and student life. Articles such as sustainable dentistry, stress management, and advice from upperclassmen were featured on this platform. Off the Cusp includes not only works by chapter leaders, but also leaders in other student organizations. This newsletter has become a space for the entire school to share information regarding future ASDA events such as Porcelain Ball, our annual dental school prom and the Annual Golf Tournament which raises funds to sponsor RUASDA members to national and district conferences. Upon attending these conferences, RUASDA members use Off the Cusp as a way to share their experiences to the student body through writing articles on the workshops they have attended in the hopes of informing readers of the current advancements in dentistry and to help RUASDA members develop into leaders within their school and beyond. In the most recent fall issue, the newsletter reflected on Fall Vendor Week/Fair, where students of all classes connect with over 15 vendors and leaders within the dental industry. Through Off the Cusp, current students and faculty are given the opportunity to reconnect with Roseman alumni who are featured in each publication, learn more about ASDA, and look forward to future events.

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.)

Our 4th annual Pre-Dental Day was attended by over 60 pre-dental students from all over the nation. The pre-dental chair and committee members planned Pre-Dental Day with the help of our Roseman faculty. The day included activities for the pre-dental students to network and meet current Roseman students while learning about the Roseman culture and dental school experience. During the event, dental students led tours of the school and taught attendees about the learning model at Roseman. Through the tours, dental students shared their experiences about simulation clinic, block curriculum, and early experiential learning. Additionally, attendees had a mock interview opportunity where dental students provided advice and feedback on the attendees' communication skills. This opportunity is a stepping stone for dental students as they truly recognize their growth as a leader and their ability to help others develop into leaders. This is also seen in the mentorship dental students provided in the sim clinic exercises. Attendees practiced using their manual dexterity skills on typodont teeth using a handpiece. Each attendee had a mentor dental student who guided them throughout the exercises and provided feedback on the preparation. During the student panel, dental students practiced professionalism and shared their experiences as student leaders in the many campus organizations. As the pre-dental attendees learned about life in dental school, Roseman students had the opportunity to develop professionally as leaders by being interviewers, practicing communication skills while conducting tours, and mentoring students in the simulation clinic.
