

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.)

ASDA Fever Week is by far one of the most exciting times of the school year. Fresh and excited to start dental school, the D1s are introduced to ASDA during their first week. For all of the other students, it's a time to reconnect with classmates and re-emphasize the benefits of ASDA. This annual event is a week long with a different activity every day. We started our week with a lunchtime presentation entitled, "What is ASDA?". It introduced our dedicated executive board, branches within ASDA, and the tripartite of organized dentistry. Here, we also emphasized wellness, advocacy, conferences, and our school's accomplishments within ASDA. We provided lunch from a local pizzeria and had 176 attendees. At the end of this meeting, we even raffled off an Oral-B iO toothbrush, scrub caps, and dental socks. We passed out ASDA T-shirts to students and faculty on the second day of Fever Week. On the third day, we hosted Lunch & Learns, where students got to hear from either Colgate or Dental Nachos speakers. Colgate even gave our attendees sample products to take home. The following day we put together "U-Shine" starter kits for our students that tied in our WesternU theme and began a school-wide Instagram contest to increase involvement. For Friday, we hosted a social for all students to get to know each other in a more casual setting. Finally, we ended our Fever Week with a community health fair that provided screenings and oral health instruction to our local community.

Q7

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

Our most successful event this year was our Halloween Health Fair. This was the first time The College of Dental Medicine ever hosted this event, and it was a massive success with over 200 attendees of kids and families. We provided free oral health screenings and free lunches to the community. In addition, the fair had educational booths about sugar consumption and it's correlation with caries, healthy food options, fun games, pumpkin painting, face painting, oral hygiene instructions, physical wellness, handwashing instructions featuring the nursing school, a fun photo booth, and much more. We passed out free goodie bags with their own hygiene kit with a toothbrush and toothpaste. In addition, we announced raffle prizes from sponsored retail stores and local restaurants all day. Along with giving back to our community, this was also an excellent opportunity to introduce ASDA to pre-dental, dental students and our community. Over 50 volunteers volunteered on a Saturday to bring our idea to fruition. Thanks to our pre-dental team, many pre-dental from surrounding high schools and colleges volunteered, allowing them to gain insight into the profession. The event was a blast and brought all the ASDA members together to make a difference in our community. An event this massive after COVID-19 seemed nearly impossible to pull off but with ASDA fever streaming through our veins, we hope to make this event an annual tradition.

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 year, our WesternU A.S.D.A. Legislative Liasion set a S.M.A.R.T. goal of increasing WesternU dental students' legislative knowledge, engagement, and participation in advocacy initiatives at both a chapter and national level by March 2023. To accomplish this goal, we re-introduced A.S.D.A.'s Pizza and Policy Lunch and Learns at our campus. These informational lunch meetings exposed our students to various simple yet effective ways they could engage in dental advocacy efforts as dental students. Topics included but were not limited to A.D.P.A.C. registrations, registering for A.S.D.A. Action Alerts, participating in the A.S.D.A. Certificate Program, reading A.S.D.A. Advocacy Briefs and completing monthly challenges, and influencing oral health policy-making via A.S.D.A. National Advocacy Day. We measured our student's self-reported growth in their knowledge of dental advocacy efforts via surveys and were delighted to see continued self-reported improvement with each passing event. We look forward to seeing our students engage in more A.S.D.A. advocacy initiatives now and in the future!

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.)

The theme for this year's wellness month was mindfulness in motion. All dental schools and dental students were heavily impacted by covid, whether it was in remote education, building a sense of community within the students and faculty, socially or physically. Post covid this year, our ASDA chapter wanted to emphasize gratitude, mindfulness, balance, and forming a solid sense of community. We were joined by one of WesternU's favorite faculty, Dr. Gold, who led an event on work-school-life balance opened to all classes. He emphasized the importance of a strong sense of community, establishing support systems, learning to say no, dealing with rejection, and finding balance is possible despite how it might sometimes feel. He reminded us of the beauty of our experience, to always keep our goals in mind and slow down when needed. He encouraged us all to ask for help when needed and spend quality time with our loved ones. All of us left this event feeling lighter, motivated, and vulnerable. D1s had the chance to speak to D3s and D4s about their experience in patient care and asked for advice regarding specific classes, balancing relationships, and school. A renowned sense of community was established.

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.)

At WesternU, we have a biannual newsletter released called "On the Cusp," which spotlights not only students but faculty who have demonstrated what it means to transcend obstacles and embrace a new reality. Our college is adaptive, resilient, and open-minded. For this reason, we chose the theme "Into the Matrix this semester." Through our publication, we highlight the multifaceted lives of our students. They excel in academics and are curious about all aspects of life. This can be seen via their passion and dedication to being lifelong learners. WesternU's attendance at ASDA conferences has allowed students to learn more about ASDA by engaging with professionals who have refreshing perceptions and insights about our field. Although only some students can attend such events, our newsletter provides an immersive and unique experience for its readers. For example, students learned about the ASDA's Advocacy and Public Health Academy Conference, where enriching topics were discussed, such as dental policies, dentistry for the homeless, and running a practice while managing money. Our publication is user-friendly and easily accessible; these factors allow maximum outreach. Our faculty, students, alumni, and family members who support loved ones at Western U are encouraged to read each issue. "On The Cusp" is proud to showcase the Western U ASDA chapter, and each edition is eagerly anticipated.

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.)

This year, ASDA provided an outlet for professional development through our most successful event of this year: "My Future, By Design." This is a Dental MBA series comprising six sessions in which students are inspired to envision the dental practice of their dreams. In partnership with Dental Coach USA, students can engage with dental industry experts on practice transition, increasing revenue, marketing, practice design, and practice management. In the end, there is a career planning competition where students apply the concepts they learned from each session to create a presentation of their dream practice. Students were able to learn more about the education and leadership opportunities available through our WesternU ASDA chapter. "My Future, by Design" successfully engaged students to build a dental practice that embodies their philosophy, vision, and professional goals. Students could explore different practice management and design options to determine what best suited their philosophy and personality. Our program helped students overcome their fear of practice ownership (a topic not well covered in dental school) by walking through the key steps in acquiring, building, and managing a practice.
