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Q1 **Maryland**

Select your chapter.

Q2 **District 3**

Select your district

Q3

Your Name

Dimpy Amin

Q4

Chapter Position

Gold Crown Chair

Q5

Your Email

dimpy.amin@umaryland.edu

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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.)

The Maryland Chapter of ASDA began the school year by warmly welcoming first-year dental students into the school community. The D1 Welcome Week featured a lively social event at Pratt Street Ale House, where students connected with peers, engaged with upperclassmen, and enjoyed complimentary food and drinks. The event was a success, with a significant turnout of students who not only attended but also reported thoroughly enjoying the experience. The week of events continued into the first week of school, featuring speakers from the Maryland State Dental Association (MSDA) who passionately discussed the significance of involvement, community, and advocacy for dental students. Our aim was not only to introduce D1s to ASDA but also to provide insights into our school and local community. The subsequent days included engaging Q&A sessions with upperclassmen, insightful presentations on dental school tips and tricks, and complimentary food at all the events. These activities offered D1s a valuable opportunity to ask questions and seamlessly integrate into our community. The week concluded on a high note with a much-requested event from previous years—an In-State Application Event. D2s, who had recently navigated the process, shared valuable advice and guidance with students looking to apply for in-state tuition. D1 Welcome Week proved to be a great success, marked by impressive involvement and enthusiastic engagement from the first year class.

Q7

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

Living in Baltimore City, we have the opportunity to help many communities in need. Outreach is very important to us and a main focus of our members in ASDA. Each year we host many volunteering events and collaborate with other organizations at our school to provide service opportunities for our students. One of the most popular outreach events we have is with Bmore Community Food. Food insecurity is a big problem in Baltimore and with COVID-19, many more families struggled with this due to financial and health reasons. Bmore Community Food was established during COVID-19 but has continued its efforts to help families in Baltimore. On Saturdays, we spend five hours helping sort and pack boxes of food, groceries, and household items. Once those boxes are packed, we help distribute them curbside to more than a hundred families in need. These families receive a week's worth of groceries, including meats, vegetables, snacks, and household items. For families who cannot afford groceries, this makes a significant difference in their health and safety. This volunteering experience has allowed us to give back to the community and make a difference in their lives. We hold other outreach opportunities through food and winter clothing drive, serving food at Manna House, and packing oral hygiene kits for kids!

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.)

Many of the important decisions regarding dentistry are made just forty-five minutes away from our school! It's important that dental students are aware of these important decisions that are being made. To start off Advocacy Month, we had a lunch and learn panel. Panelists included members from the Maryland State Dental Association (MSDA) and the former President of the Academy of General Dentistry. Dr. Alex Fitzherald, the president of MSDA, along with Dr. Robert Wilson, the current Speaker of the House for MSDA, both emphasized how important it is for dental students to get involved in advocacy as it is our responsibility to advocate for our patients and the profession as a whole. Through this panel, we raised awareness of what it means to establish a legacy of advocacy as clinicians and dentists in our communities. Some topics we discussed included student loans, access to care, and more. Our advocacy committee members strive to make this event as enjoyable as possible by providing students who attend with lunch. Students reported they enjoyed this event as they learned about the current bills being discussed, organized dentistry, the importance of advocacy, and how to get involved! Our committee strives to support any initiatives that either directly or indirectly support our patients and profession.

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.)

At the University of Maryland School of Dentistry, we greatly value the health and well-being of our students. Being a dental student can be mentally and physically demanding at times. The health and wellness committee at ASDA is committed to helping students take care of their mental health and develop healthier habits. We provide students with helpful resources and organize events that can help reduce stress and anxiety. Our goal is to encourage the students to prioritize their mental and physical well-being. For World Kindness Week, we hosted a Compassion Card Swap. We had students write words of motivation, affirmative messages, inspiring quotes, or wholesome drawings. We wanted to inspire creativity while also expressing kindness towards one another. This activity promoted peer-to-peer morale boosting and spreading kindness and joy during these demanding times. We also provided some goodies such as stress balls, lavender tea bags, and candy for participants to take with them. Our wellness committee was especially active on social media during the month of November, reminding the students to take care of their minds and bodies. Every Wednesday they posted on various wellness topics such as 5 Stretches for Dental Students, 7 Mindfulness Practices, and more. Our wellness committee aims to train students to have a good work-life balance while helping students manage stress and anxiety, and prevent burnout.

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.)

The Maryland Chapter of ASDA is dedicated to fostering communication not only among our members but also with the entire student body. Our main communication with our students is through Instagram, where we get the most engagement from our students. This year we have been especially active on Instagram through our posts on various topics and interactive stories. For pre-dental month, we posted about the DAT, personal statement tips, applying to dental school, and the application process. We used polls, quizzes, and the “ask me a question” features on Instagram for engagement from our students. For Halloween, we posted fun indoor and outdoor activities students could part take in. Additionally, we posted a foodie bucket list with restaurants and shops in the area for students to try out. Our Instagram is always up-to-date to allow our students to virtually experience events alongside attendees, building excitement for upcoming activities. For instance, some of our ASDA members who attended SmileCon posted pictures and videos of the educational booths they visited as well as the dental products they sampled. Attendees of the Chicago National Leadership Conference shared updates, offering a firsthand glimpse into the event, allowing other students to experience the conference virtually. We use social media as a primary means of keeping our members informed about all ASDA-related events and updates. However, we also enjoy using this platform to share enjoyable experiences with our students!

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.)

Students have various different paths to choose from for life after dental school but every student is not aware of all these different paths. To help these students, we like to bring in different faculty and have them talk about their journey through dental school and what they did to get to where they are today. Recently, we held a lunch and learn with one of the clinical assistant professors in the division of periodontics, Dr. Oh. She discussed the periodontal considerations in general dentistry. In addition to sharing important periodontal aspects to consider as a general dentist, she shared information from the American Academy of Periodontology on specializing in periodontics. Many students, whether they were interested in specializing or not, attended this great opportunity to learn more about how periodontics and general dentistry are intertwined. Another lunch and learn we had was with Dr. Morgan, a clinical assistant professor and director of Student Advocacy and Cultural Affairs. She discussed her journey to teaching. Dr. Morgan, a Maryland graduate, has worked on campus for 25 years! Her favorite part is still working with the students and teaching the first-year dental anatomy course! Another way our students advanced in professional development was through our annual business card sale. Students used these cards as an effective means of communication between the patient and themselves. Our ASDA team has provided many other professional development opportunities for students for life after dental school.

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Q12

Submit your chapter's YouTube video link.

<https://youtu.be/1U3bXtCwn8Q>

Q13

Submit your chapter's Google Drive or DropBox video link.

<https://drive.google.com/file/d/1DgZZ705yKLRn9biqVgwp253Y5zigwo78/view?usp=sharing>
