

# ASDA AT WESTERNU

*GOLD CROWN APPLICATION*



2018

# Letter From the President

**ASDA is for Everyone.** This was our board's motto in 2018, demonstrating our commitment to engage every student in our chapter.

We began our term by holding our school's first-known Board Retreat. This idea arose from an Executive Committee Workshop, held before the term began.

The resulting two-day retreat sparked a remarkable unity in our board. Everyone understood our mission first-hand, each sub-team developed SMART goals that clearly supported the chapter's goals, and expectations for success were clear and unanimous.

Our organization and pre-planning made us **good**.

Enabling each member of our team to own our overall success made us **great**.

We were able to plan major campaigns and still leave flexibility for members to pursue passion projects. We said "Yes!" to new ideas, big goals, and collaborating.

This enthusiasm was contagious. We engaged **71% of the student body for our spring and fall vendor fairs, 80% of the student body in our ASDA Fever Week**, and we saw a **120% increase from past year in Lunch & Learn attendance**.

Partly, we accomplished this by engaging students on social media. This year, our number of **social media posts totaled 76.6% of the previous 4 years' posts combined!**

We also demonstrated that "ASDA is for Everyone" by hosting a wide variety of activities. We had **over 100% more events** this year, even while increasing the number of students engaged at each event.

Through our successful events, we also raised funds to continue running our chapter successfully. We **earned \$55,000 this year versus \$22,000 in 2017!**

We were also inspired to **redesign our logo** and many other marketing materials, including t-shirts, flyers, and a fresh newsletter. These changes helped us to express the engaging, inclusive brand that we developed and embodied.

Through the use of monthly PDF reports, we kept our faculty and administration updated. After all, "everyone" should include them, as well! Our faculty and administration responded with overwhelming support and participation, all the way up to our Dean.



Finally, we created an **ASDA for the future**. We made structural and procedural changes that will sustain our chapter's long-term success. These included:

- Restructuring our board to simplify communication,
- Implementing new and modified board positions to achieve a greater variety of events,
- Adding a Board Retreat as a necessary annual practice, and
- Improving our annual board transition by creating past-EC advisory positions.

By embodying our motto "ASDA is for Everyone," each individual's experience was richer. We learned the value of recognizing our fellow leaders' unique strengths and building each other up. I'm personally a better teammate and leader now, and I'm grateful to my board for every step of the journey.

We built a group that instilled pride in each of us, because we all contributed and together we achieved results that were worth our many efforts.

To my board, I can only say a resounding, "Thank you!" In my eyes, what we have created is truly ideal.

**Andrea Numbers**

Chapter President, ASDA at WesternU

# Outstanding Membership Engagement

## Encourages member involvement and has significant participation from members

- 100% chapter membership through use of auto-enroll.
- **NEW!** Adopted the slogan "ASDA is for Everyone." This was to remind students that we offer a wide variety of activities and opportunities. We also wanted to emphasize that ASDA is a resource for every student, whether they choose to attend one event or 100!
- **IMPROVED!** Seven (7) members on District cabinet in 2018.
- **NEW!** "Member Milestones" initiative started, recognizing each class this year for a significant achievement in their dental school journey (**100% of student body engaged and celebrated**).
- **IMPROVED!** 200 student attendees (**71% of student body**) gathered for both our spring and fall vendor exhibit fairs (**50% INC. over PY**).
- **IMPROVED!** Student attendance at Lunch & Learns (L&L) **increased by 120% over prior year** (PY) (20-40 student attendees per event PY; 50-100 student attendees per event in current year (CY)) and there were **216% more L&Ls than PY** (19 in 2018; 6 in 2017).
- **IMPROVED!** All ASDA Fever week events saw record participation with 100-150+ students (35-53% of student body) attending events, and engaging **80% of the student body**.
- **IMPROVED!** Increased student attendance at all district and national meetings! D11 APH Academy (**75% INC.** 8 PY/14 CY), Annual Session (**9% INC.** 11 PY/ 12 CY), ADA Lobby Day (**100% INC.** 2 PY, 4 CY), D11 Meeting (**53% INC.** 17 PY/26 CY), NLC (**8% INC.** 12 PY/ 13 CY)
- **IMPROVED!** Annual ASDA Golf Tournament & Banquet - **40% INC.** in overall attendees, and **30% INC.** in golfers (70 attendees PY/ 98 including 18 pre-dental students CY; and 30 golfers PY / 39 golfers CY)
- Annual ASDA Kickball Tournament coordinated with the Dean's picnic - 50 students (**18% student body**) participated in kickball, 100 students, faculty, and staff attended the Saturday picnic event.

## Organizes a successful membership drive to introduce new students to ASDA

- **NEW!** ASDA introduction incorporated into D1 Orientation with 100% D1 attendance. Chapter President presented informational session about ASDA resources, as well as how they could get involved.
- **NEW!** Hosted a D1 Social during welcome week sponsored by Heartland Dental. Upperclassmen were invited and engaged with and welcomed new students to campus.
- **NEW!** "Welcome to ASDA" email to D1's introducing them to ASDA and explaining how to get involved.
- **NEW!** Welcome (Back) to ASDA L&L to introduce D1 students to ASDA and re-introduce D2-D4 students to our opportunities & resources.
- **NEW!** Sponsored four (4) D1 students to attend the D11 Meeting in Los Angeles. Six (6) D1's attended in total.
- **NEW!** Hosted a celebration for D1's following completion of their first course in dental school.
- Special email from Dean to D1 students before start of school inviting them to ASDA's Annual Golf Tournament.

## Recruits and engages advanced standing/IDP or non-traditional students

- **NEW!** Introduced D4's to National ASDA Career Compass for information on financial and practice management, loan repayment, finding a job etc.
- **NEW!** Member Monday's social media highlights with a focus on featuring non-traditional students and students with children.
- **NEW!** Member Milestone event celebrating WREB completion for D4's.
- **NEW!** Mixer with PDS for D3 & D4 students to meet with owner dentists.
- **NEW!** Aspen social event connecting D3's & D4's with potential careers.
- **NEW!** CEREC workshop for D3 & D4 students, sponsored by PDS.
- **NEW!** Wellness Month Healthy Breakfast for D3's & D4's.
- **NEW!** L&L with National Dental Placement for D4 Students.
- **NEW!** Two L&L sessions with MedPro for outgoing and incoming D4's.
- **NEW!** Added new committee position to be filled by an IDP student in the inaugural class starting 2019.

## Organizes events with the local and/or state dental society (e.g., Signing Day) to help D4 students transition to the ADA

- ASDA members worked with CDA to organize a D4 signing day with 100% D4 participation!

## Uses the following communication vehicles: class announcements, newsletter, bulletin boards, email, website, social media, etc.

- Updated and maintained WesternU ASDA webpage (westernuasda.com)
- **IMPROVED!** Social media use/ followers increased on several platforms!
  - Instagram: **37.7% INC.** in followers (1,267 currently/ 920 on 1/1/18)
  - Facebook: **31% INC.** in followers (734 currently/ 560 on 1/1/18)
- National ASDA Snapchat Takeover! Hosted event to "take over" national ASDA snapchat during ASDA Fever Week.
- "ASDA is for Me" Contest. Requested ASDA members to post about how ASDA has impacted them personally; student responses featured on IG.
- Emails were used to update students about all upcoming events, as well as to share information after district and national events.
- Flyers created for each ASDA event and distributed via Instagram, Facebook, and email, as well as hard copies in common areas.
- **IMPROVED!** Revived our chapter newsletter "On-the-cusp" with a July 2018 edition released and January 2019 edition in development.
- Successfully implements chapter leadership transitions through use of how-to guides, reports and retreats
- **NEW!** First Leadership Retreat with EC prior to term start.
  - Incorporated guidance from past leaders and brainstormed strategic direction, mission, and vision for the year.
  - Set tone for continued, effective EC communication during term.
  - Developed project ideas, brainstormed a pipeline of potential events, and assigned EC members to champion each initiative.
- **NEW!** First Full Board Retreat at start of board's term.
  - Built camaraderie & took/discussed Kouzes & Posner personality quiz "Exploring the 4 Leadership Styles."
  - Shared expectations and EC strategy with full board.
  - Inspired and educated sub-teams to create SMART plans, and set deadlines for plan creation.
  - "How-to-guide" presentation on building/maining SharePoint site
- **NEW!** Enhanced communication among EC through daily use of chat, weekly President/VP meetings, monthly EC in-person meetings, monthly core team meetings (sub-teams each led by an EC member), and quarterly all Board meetings.
- **NEW!** Monthly Written Report to Chapter Faculty & School Leadership. This communication increased the visibility of ASDA within WesternU significantly, leading to greater awareness, recognition, and buy-in from faculty and school leaders.
- **NEW!** Built a SharePoint (SP) site to house all working and completed documents, files, and Live chats to improve Board communication, ease Board transitions, and build organizational sustainability.
- **NEW!** "How-to-guide" presentation given on building and maintaining SP.

## Creatively distributes content from district and national meetings to local membership

- Students attending district or national meetings participate in General Body Meetings by recapping knowledge gained from conferences.
- Email utilized to distribute content to the student body as well as to provide a summary of information gathered during conferences.

## Uses ASDA branding (e.g., ASDA signage, banner, flyers), and communicates national ASDA initiatives and events to its members

- **NEW!** Improved logo which represents the changes this year has brought, the modern approach we are adopting into the future, and our beautiful home at WesternU.
- ASDA Fever Themed T-shirts distributed to entire student body.
- Distribute ASDA branded promotional materials, including water bottles, hats, t-shirts, and pens at events

# Outstanding Advocacy Initiatives

## Holds legislative lunch and learns and other legislative events to inform members of ASDA's policies on issues such as licensure reform, student debt, barriers to care and mid level providers

- **NEW!** ASDA Advisor planned and hosted a two-Day Lecture Series with Dr. Anne Koch, a transgender endodontist.
  - Described all aspects of her transition, including medical impacts.
  - Discussed procedures, medications, and other health care impacts related to transgender individuals' care.
  - Advocated for better understanding and treatment.
- **NEW!** ASDA District 11 Trustee, Karina Valentin (WesternU), presented at the CDA House of Delegates to the CDA Student Delegation.
- **NEW!** EC Live Patient Licensure Pre-Meeting with D11 Trustee. Discussed National ASDA stance, gathered and discussed evidence for/against use of live patients in licensure exams, and determined group consensus.
- **NEW!** EC Live Patient Licensure Meeting with Dean of the College to discuss student and faculty positions on use of live patients vs. non-live patients in licensure exams. EC formulated opinion with input from the board, provided evidence, and reached consensus, which aligned with National ASDA.
- Advocacy & Public Health Academy - 14 chapter members attended (75% INC over PY).
  - **WINNER!** A WesternU member was chosen as the "best lobbyist" after all-day mock lobbying exercises.
- Mid-Term Election Awareness Campaign
  - 117 Likes!
  - Series of social media posts encouraging students to vote in mid-term elections, informing them about dentist candidates, and providing information about where/how to vote.
- Mid-Term Election "Advocacy Photo Challenge"
  - Competition for members to submit a photo wearing their "I Voted" sticker to be eligible to win a prize.
- Created Video with Advocacy Molar Bear @ WesternU on November 13, 2018.
  - 133 Likes and 613 Views!
  - 25+ students engaged in creating the video with Molar Bear and posting on Instagram.
- **WINNER!** District 11 Educational Video Contest for ASDA, ADEA, ADA Coalition for Licensure Reform.
  - Our video, created by our Licensure Chair, described the new coalition and the changes that students can expect.
- Northwestern Mutual Financial Advisor hosted a Dinner & Learn to educate students on "Financial Planning 101" including debt management and student loans and repayment options.
- Dr. Mark Costes, DDS, presented on how to be profitable and make smart financial decisions when running a private dental practice.
  - **Podcast Participants!** WesternU members were featured on Dr. Costes' podcast, Dentalpreneur, asking prepared and impromptu questions about starting, managing, & expanding a practice.
- **NEW!** Legal/Financial Dinner & Learn - Jason Wood, ESQ, and Matthew Christie of Bank of America presented a legal/financial FAQ about starting and managing a practice, maintaining proper liability insurance, mitigating liability lawsuits, and considering tax savings for a growing practice.
- **IMPROVED!** Insurance Dinner & Learn – 10 ASDA members attended a dinner hosted by the TCDS New Dentist Committee and TDIC discussing the value of organized dentistry & the importance of insurance and contract review.

## Attends state or national lobby days or organizes state lobby day.

- **IMPROVED!** Sent four students (vs. two last year) to 2018 ADA Dentist & Student Lobby Day, on April 8-10 in Washington D.C.
- State Lobby Day - 3 ASDA members attended in Sacramento to advocate for sustainable maintenance of the Affordable Care Act, which has enabled millions of uninsured Californians to get health coverage.

## Involved with state and/or local dental society

- Tri-County Dental Society (TCDS) local dental society meeting - EC attended a dinner in January 2018 to get to know our local representatives and develop a plan for collaboration with TCDS and our ASDA chapter throughout 2018.
- **IMPROVED!** TCDS Quarterly Board of Trustees Meetings: 2 - 4 ASDA members attended each quarterly TCDS meeting.
- **NEW!** All-Component Caucus Debrief – Two board members met with members of the TCDS Board of Trustees to discuss opinions across the state regarding the resolutions up for vote at the 2018 CDA House of Delegates.
- **NEW!** Local Networking Dinner – Five ASDA members attended a dinner with representatives from the TCDS New Dentist Committee, TDIC, and dental students from Loma Linda University to promote connections and brainstorm ways that TCDS and TDIC can benefit students in our local component.
- **NEW!** An ASDA EC member attended the CDA Board of Trustees meeting, speaking about students' loan repayment options in the public health sector.
- **IMPROVED!** Anaheim Student Networking event was organized by four chapter members, along with several other district members. WesternU students attended an evening of networking with dental professionals and students from across the state.
- **IMPROVED!** San Francisco Student Motivation event was organized and hosted with help from 3 chapter members. This was a networking event in Northern California featured author and motivational speaker Isaac Serwanga.

## Voting representation in the state dental society House of Delegates and representation on councils.

- Board member currently serves as the TDIC representative and attends quarterly Board of Trustee meetings in Sacramento.
- **IMPROVED!** CDA Student Delegation – Four ASDA members served on the CDA student delegation, bringing their unique perspectives and experience to our state dental association with the goal of enhancing the value of organized dentistry to dentists in all stages of their career by demonstrating benefits of membership even before graduation.
- **NEW!** ASDA District 11 Trustee, Karina Valentin (WesternU), serves on the ADA Council on Dental Practice.
- **IMPROVED!** Two current board members serve as voting delegates at the CDA House of Delegates, furthering our channel for information sharing between ASDA at WesternU and our state group, CDA.
- **NEW!** ASDA member served as a workgroup member for the 13th District Delegation for ADA House of Delegates 2018.

## Contributes legislative articles to local or national ASDA publications or other state society publications.

- Board member authored an article in the District 11 newsletter, The Bonding Agent, which focused on utilizing California Dental Association (state) resources and building relationships.
- **CONTOUR!** Board member authored a Contour article published in the May 2018 edition describing her unique journey from poverty to dental school and advocating for better treatment of under-served populations.

## Conducts successful ADPAC drives

- **24 new members!** Enrolled as a result of a membership event, including a raffle, as well as an email & social media campaign promoting the event.

# Outstanding Activities

**Offers professional or educational programs that encourage interaction between students and faculty, staff and state/local dental societies.**

- **IMPROVED!** 100% more events and activities than prior year! (96 activities in 2018 vs. 47 activities in 2017). These focused on a range of professional and educational programs encouraging interaction between students, faculty, staff, and state/local dental societies.
- ASDA/OKU auction of activities sponsored by WesternU faculty. Students bid to participate in activities with faculty members, such as a Mammoth mountain snowboarding trip, a Marina Del Rey Sunset Yacht Cruise with our Dean, or Dinner and Board Games at a faculty member's home!
- ASDA Fever Week - Welcome (Back) Week - allowed students, faculty, and staff the opportunity to engage in professional and educational programs throughout the week. Events included Colgate L&L, General Body Meeting, Lunch Social "Getting to know D1's", Wellness Yoga, Evening Social with Pacific Dental Services and more!
- **IMPROVED!** Annual Dean's Picnic & Kickball Tournament. This event brought together faculty, staff, and students for a full day of food and mingling. This year, we had a greater number and variety of participants! We had at least one team from each class, as well as faculty on teams.
- **IMPROVED!** 10th Annual Golf Tournament with students, faculty, staff, dentists, pre-dental students, vendors, and local dental societies.
  - Teams were mixed (e.g., students and local dental representatives on the same team). We played 18 holes of golf, then all enjoyed a dinner banquet where we presented golfer awards, distributed raffle prizes, and enjoyed student musical entertainment!
  - **40% INC.** in attendees (70 attendees PY/ 98 CY including 18 pre-dents) and **30% INC.** in golfers (30 golfers PY / 39 CY).
  - Our Dean, Advisors, & Faculty raved, "This was the best one yet!"
- **NEW!** ASDA District 11 Trustee, Karina Valentin (WesternU), led membership chapter idea exchange at District 8 Meeting

**Develops mentorship programs for members.**

- **NEW!** ASDA New Leaders program developed for D1's to participate in ASDA committees and begin working to plan and implement activities to benefit students and the community:
  - D1 Committee planned and executed the fall Pre-dental Waxup Day. 70 pre-dentals attended with the support of 30 volunteers.
  - D1 student interested in videography was mentored by our ASDA videographer to develop video for our Pre-dental Waxup Day.
  - General events opened to D1 and D2 non-board members to support and learn alongside an ASDA board member
- **NEW!** D4 Career Mixer with owner dentists with Pacific Dental Services. Our D4 students had an evening of one-on-one and group conversations with dentists regarding their career path, lessons learned, and opportunities available to them post-graduation.
- **NEW!** Aspen networking connecting D3's & D4's with potential careers.
- **NEW!** L&L with National Dental Placement for D4 Students.
- **IMPROVED!** Two L&L sessions with MedPro for outgoing and incoming D4's (one session provided in 2017).

**Organizes vendor fairs and lunch and learns frequently**

- **IMPROVED!** We had 2 vendor fairs in 2018, which 200 students, faculty, staff, and local dental societies attended. Combined, we had a **100% attendance increase, 50-122% INC. in vendor participation & over 56-75% INC. in funds raised.** Here are the details:
  - **IMPROVED!** Spring Graduate Exhibit Vendor Fair.
    - 19 vendors (**122% INC. from PY**; 9 vendors in 2017)
    - \$8,750 raised (**75% INC. from PY**; \$5k raised in 2017)
    - Carnival themed event with taco truck, cotton candy, carnival themed music, photo booth, games, and an auction.
  - **IMPROVED!** Fall Vendor Fair.
    - 24 vendors (**50% INC. from PY**; 16 vendors in 2017)
    - \$23,980 raised (**56 % INC. from PY**; \$15,325 raised in 2017)
    - Fall themed with fall cakes, cookies, and drinks, a photo booth, games, and an auction.

- **IMPROVED!** Lunch & Learns: **216% INC. in number of L&Ls held versus PY** (19 held in 2018; 6 held in 2017).
  - L&Ls covering topics such as proper ergonomics, practice ownership, DSOs, and benefits of toothpastes and e-toothbrushes
  - Attendance **increased by 120% over PY** (20-40 student attendees per event PY; 50-100 student attendees/ event in CY).
  - **Funds raised: \$6,500** (No L&L funds raised in 2017 as this was not a component of fundraising during that time.)

**Provides social activities**

- **IMPROVED!** Our chapter hosted a **record number of social activities** in 2018. These focused on bringing together students, faculty, staff, board members, local dental societies, and employers with our soon-to-be graduates.
  - Socials included, but are not limited to: Pacific Dental Services (PDS) D3/D4 Mixer with Dentists, Board Retreat Social, Sudden Snack, Golf Banquet, Heartland Welcome Lunch, PDS Welcome Social, Member Milestone Celebrations, ASDA/DSD & ASDA/AO Mixers, Vendor Fairs, PDS Business Mixer, ASDA Holiday Party, Wellness Breakfast for Clinic; Aspen Social, Kickball Tournament.

**Organizes events/programs that promote leadership development and professional training**

- **NEW!** Board Retreat focused on leadership development workshops and professional training.
- Hands-On CEREC Workshop with PDS offered professional training for our D3/D4 students in learning digital scanning technology.
- **NEW!** Chapter Business Series educational program offered our students a variety of topics in leadership and professional development, such as "How to transition into practice ownership" and "Managing personal and professional finances."
- CE 7 Unit Course - Business Bootcamp with PDS discussing the fundamentals of practice leadership spanning ten key disciplines.

**Holds events with other ASDA chapters in district, if possible**

- Paint Night and Social planned with Loma Linda University (LLU). Event sponsored by PDS.
- CEREC and Business Bootcamp planned with LLU ASDA.

**Offers events targeted at different groups, including advanced standing/IDP students, non-traditional students, etc**

- Vendor-sponsored socials and educational sessions catered to D3/D4s
- Chapter business series focuses on topics that cater to D3/D4 students

**Organizes activities that are unique and original**

- **NEW!** Member Milestones. 4 events held (one for each dental school class) which focused on celebrating achievements throughout the dental school journey. D1s and D2s celebrated completing critical courses, D3s celebrated becoming 1/2 dentists, and D4s celebrated completion of their clinical boards.
- **NEW!** Hosted vendor fair using a carnival theme. Attendees dined like they were at the SoCal fair with tacos, cotton candy, churros; strolled through the vendor booths; played carnival games; and entered to win spectacular prizes in our raffle!
- **NEW!** Membership Mondays - celebrated our diverse student population in social media posts focused on getting to know individuals.
- **NEW!** Furbaby Friday- social media posts celebrating our students' best (furry or scaly) friends, such as their dog, cats, birds, and turtles!

**Conducts one or more organized efforts to earn money for chapter events or initiatives**

- **IMPROVED! \$55,000 raised in 2018!** (\$22k in 2017, \$18k in 2016). We did so through the following organized efforts: Vendor Fairs, Golf Tournament, L&Ls, ASDA/OKU Silent Auction, Sponsorship Packages

# Outstanding Wellness

**Organizes wellness events for members that focus on more than one of the five dimensions of wellness: emotional, physical, intellectual, occupational and environmental**

- **NEW! Emotional & Physical Wellness:** ASDA Fever Week Yoga. Each year during ASDA Fever Week, we aim to hold one event centered on wellness. This year we had one of our D2 students, who is a certified yoga instructor, hold a free yoga class for members on campus. Healthy snacks were provided after the class, and students had an opportunity to relax outside of dental school.
- **NEW! Emotional Wellness:** Fur Baby Friday on Social Media. At WesternU we recognize how much joy pets bring to our students, and how they can affect our emotional wellness. We started a "Fur Baby Friday" project where our social media chair chooses one of our ASDA members and their pet to feature on Instagram each Friday.
- **NEW! Emotional & Occupational Wellness:** Understanding our personality profiles and those of the people we work with can help us live more emotionally balanced lives and have happier and healthier work environments. During our Board Retreat, our EC held a leadership workshop on the 4 different types of Leadership Styles. After taking the quiz, we had each core team of officers meet to discuss their different personality types to discuss their leadership types. We felt it was key that each member learn how they work most effectively and how their teammates work. This in return will help with their future careers as they can reflect back upon their leadership style and use this self-knowledge to emphasize their unique strengths and choose a work environment that will be most supportive for them!
- **IMPROVED! Physical Wellness:** Annual Kickball Tournament. This event brings together faculty and students each year, as it is combined with our Dean's Picnic. This year we had more participation than ever with students from each class participating in the tournament. 50 students (**18% student body**) participated in the kickball tournament, as well as several faculty members. We had 100 students, faculty, and staff attend the picnic event and cheer on our athletes!
- **IMPROVED! Physical Wellness:** 10th Annual Golf Tournament. This year we saw a **40% INC.** in attendees (70 attendees PY/ 98 including 18 pre-dental students CY) and a **30% INC.** in golfers (30 golfers PY / 39 golfers CY). This was our most profitable and organized golf tournament yet, and it was a great opportunity for students to mingle with faculty, vendors, and local dental representatives in a more relaxed, conversational setting.
- **NEW! Intellectual Wellness:** We provided our students with 19 Lunch & Learn opportunities throughout the year to spark their mind about topics outside of what they learn in the dental school classroom. One such event was a business series session with Dr. Mark Costes, DDS. He discussed how to be profitable and make smart financial decisions when owning and running a dental practice. Students were also allowed to ask questions that would be featured on his podcast, the Dentalpreneur. Another event, Pacific Dental Services Business Bootcamp, offered faculty-led sessions on the fundamentals of practice leadership spanning ten key disciplines. Our student attendees received 7 CE units for their participation.
- **NEW! Occupational Wellness:** Univet Loupe Company gave students a lesson on ergonomics over lunch and discussed ways students can work on their posture in dental school to prevent future troubles.
- **NEW! Environmental Wellness:** Environmental Awareness Campaign. Promotes environmental wellness through a social media challenge where students could share examples of how they are being environmentally conscious. On their Instagram story, students shared examples of saving water by using a shower towel more than once before washing it, using reusable bottles and coffee cups, etc.

**Promotes wellness content and opportunities throughout the year, including during ASDA Wellness Month in September**

- **NEW!** Healthy Breakfast for Clinic Students, Faculty and Staff. During ASDA Wellness month in September, our membership team wanted to make sure students had a healthy breakfast before clinic, and brought fruits, granola bars and juices for everyone to enjoy. A balanced breakfast is key to a balanced day!
- **NEW!** Wellness Wednesday Posts. Each Wednesday beginning in September, we showcase a member on social media who displays one of the five dimensions of wellness! We featured an amateur chef and others who performed physical activities like hiking and weightlifting.

**Informs members on the importance of wellness through educational programs, content in chapter newsletters and websites, on social media and through ASDA's monthly wellness challenges**

- **NEW!** Wellness Theme for Newsletter. After not having a newsletter the previous year, our editor and marketing team aimed to release a newsletter that focused on all aspects of wellness with articles written by our own members. They chose the theme of "Overall Wellness" while in dental school. Relevant article topics included managing long-distance relationships while in dental school and easy, healthy recipes for students!
- **NEW!** ASDA District 11 Trustee, Karina Valentin (WesternU), led wellness chapter idea exchange at District 10 Meeting
- **NEW!** EC board member featured in National ASDA's First Impressions Section of their E-Newsletter Word of Mouth. She discussed mentors who had helped to encourage her journey to dental school. Occupational Wellness was encouraged through her writing, as mentors help to lead us down the path of happy and healthy careers.
- Chapter actively encourages student participation in ASDA's monthly wellness challenges through email communications, social media posts, and through offering educational and interactive programs

**Shares wellness content from district and national meetings with local members**

- **NEW!** Shared National and District Events related to wellness on our social media. Each time national and district 11 ASDA had an event, we set a goal to share it on our Instagram page. We wanted to mirror what was happening on the national and district levels to show unity and help connect our members to all levels of ASDA.
- **NEW!** Several WesternU members wrote articles for the D11 Newsletter this year. Each article centered on wellness during dental school and utilizing resources that can help you achieve that wellness. Students wrote about the following topics:
  - Benefits of Interprofessional Health Care at WesternU
  - Utilizing Resources and Building Relationships
  - Maintaining Spiritual Wellness in Dental School
  - Avoiding Burnout and Increasing Productivity

**Establishes a wellness chair and/or wellness committee within the leadership structure**

- **NEW!** Reorganized the structure so that the wellness chair was built into our membership chair positions. This dynamic allowed our membership team to better attend to our members and offer them events catered to their wellness. Specifically, they started "Membership Milestones" to target each class and recognize their hard work with a meal or event. (**100% of student body engaged and celebrated**). The Wellness Chair Secondly also helped plan ASDA fever week events, the kickball tournament, and the golf tournament.

# Outstanding Community Outreach

## Promotes unity, awareness and lifelong involvement in community service

- Our members embody Western University of Health Sciences' mission of humanistic tradition and the "**WesternU Way**" of service by committing to ongoing coordination of community service events with the College of Dental Medicine and the University as a whole.
- **IMPROVED!** Annual ASDA participation at the WesternU Interprofessional Health Fair. ASDA and Sports Dentistry represent the College of Dental Medicine by providing free dental screenings and oral hygiene education to LA County Fair visitors. **Over 20% more screenings were conducted compared to the PY.**
- New! Dental Outreach with WesternU Veterinary Medicine 13th Annual Open House. Board Members coordinated an interactive education booth to teach girl scouts and boy scouts about the importance of oral health for themselves and their pets.
- New! Involvement with Pomona Community Health Action Team (PCHAT) Health Fair. Board Members recruited pre-dental volunteers and chapter members to host an educational table and to provide dental hygiene kits to attendees. The event unites students from the WesternU colleges of Osteopathic Medicine, Dental Medicine, Podiatry, and Master of Physician's Assistant Studies.

## Organizes events to build the value of community in our profession

- Our members unite with other California colleges, dental clubs and public health organizations to serve the community.
- **NEW!** Involvement at UCLA's Alpha Epsilon Delta's Healthy And Powerful You (HAPY) Fair. The event offered healthcare services to those in the Southeast Los Angeles area with inadequate access to health resources. WesternU ASDA members united with UCLA pre-dental members and pediatric dental residents to provide dental education and nutritional counseling services **to over 250 participants.**
- **NEW!** Collaboration with WesternU AAWD (American Association of Women Dentists) by donation of dental hygiene supplies, oral health coloring sheets and dental stickers to their bi-annual girl scout mentoring event.
- **NEW!** Contribution to Operation Smile's mission. EC Board Members in union with WesternU Alpha Omega fraternity, Craniofacial Interest group and Orthodontics Interest group orchestrated a social media campaign effort to raise donations for the International organization, Operation Smile.
- **IMPROVED!** Annual involvement with L.A. Trust Tooth Fairy Convention. Members facilitate an oral hygiene booth with engaging dental games and activities. This year, board members delivered a presentation on oral health in both Spanish and English at the event held in Los Angeles, California.
- Yearly participation in JSFC (Jeff Seymour Family Center) Healthy Family Day Health Fair. Members contribute to dental outreach through screenings, oral hygiene education and fun activities for families within California's El Monte City School District.

## Increases awareness of underserved populations

- **NEW!** Involvement with FACE. Members collaborated with FACE (Faculty for Autism Collaboration & Education) to provide oral hygiene instructions and dental desensitization demonstrations to family attendees. Various dental instruments and videos were used as teaching aides to help **children with autism** become more familiar with a dental appointment.
- Hemophilia Foundation Empowerment Forum. For the 3rd year, members collaborated with the Hemophilia Foundation of Southern California at their 3rd annual Empowerment Forum. Striving to further empower **children affected by bleeding disorders**, members provide fun oral hygiene activities, toothbrush kits and dental education to attendees.
- Continual Dental Outreach with WesternU PHOP (Pomona Homeless Outreach Project). Community outreach chairs work closely with PHOP's Dental Liaison to host multiple fairs providing dental screenings, dental supplies and dental home information to **the homeless community.**

## Participates in the ASDA National Week of Service

- Director of Outreach and Community Outreach Co-chairs attended National ASDA's Outreach Initiative Webinar: *Personal and Professional Rewards of Community Outreach Engagement* with Dr. Reneida Reyes during ASDA's Week of Service on January 17, 2018.
- Our chapter continues to participate in National ASDA Week of Service, including submissions for Week of Service Social Media campaigns and planning for an outreach event to be held during the week of service.

## Provides leadership opportunities for organizing community outreach efforts within the chapter leadership structure (e.g., community outreach chair and/or committee)

- **NEW!** Director of Outreach position. Oversees outreach efforts and planning with membership chairs and community outreach chairs; Ensures the Outreach Team is on task to achieve their monthly goals.
- Two Community Outreach Chairs appointed to the chapter leadership structure. These members seek out, plan, and execute community service events and activities.

## Hosts events with significant participation from members that benefit a significant number of people (include number of people served, attendees or percentage of chapter members in attendance)

- **IMPROVED!** Nearly 1,000 individuals served through our community outreach initiatives. **20% INC. over PY** where 800 individuals were helped through our volunteer programs in 2017.
- **IMPROVED!** Faculty Advisor and Board members coordinate yearly participation of members with Special Olympics of Southern California. Members fabricated mouthguards and provided screenings, oral hygiene instructions, and nutritional counseling to athletes at sporting events. Over 30 volunteers attended the 2018 Fountain Valley Fall Games. **More than 1,100 athletes from across Southern California attended - the largest population we have served thus far.**

## Raises awareness through chapter, district or national platforms, as well as through social media campaigns

- **Chapter:** EC Board Member authored an Article titled Special Olympics, Breaking the Barrier in the WesternU Spring Newsletter, [On the Cusp](#), regarding the value of volunteering with Special Olympics and how it enhances the dental school experience.
- **District:** EC Board Member authored an article, *Interprofessionals Serve in Pomona*, featured in the D11 2018 summer newsletter. The article details our dental outreach efforts with the WesternU Interprofessional Health Fair at the L.A. County Fair and our commitment to the 3 pillars of our university: science, caring and humanism.
- **National:** Social Media Submission for World Day for Cultural Diversity campaign. Our Outreach Director and Outreach Co-Chair prepared feature articles for World Day for Cultural Diversity which focused on diversity, cultural awareness and community outreach. Both submissions were featured by National ASDA social media platforms: *Mouthing Off* Blog and Instagram.

# Outstanding Predental Involvement

## Recruits pre-dental members for national ASDA membership

- **IMPROVED!** Tabled at one (1) spring and two (2) fall WesternU Preview Day & Resource Fairs and informed the 240 pre-dental attendees of the benefits of becoming ASDA members.
- **NEW!** Communicated with 24 local pre-dental societies and 400+ California pre-dental students regarding ASDA membership benefits and upcoming ASDA events.
  - Created videos at the end of every event to gift to students of their memories at WesternU as well as for promotional and marketing purposes to expose students to the benefits of becoming an ASDA pre-dental member.
- **IMPROVED!** Actively participated in the Pre-Dental Day (PDD) at UC Irvine (and have done so for 3 consecutive years), where ASDA members volunteered to represent WesternU's College of Dental Medicine and informed students about the school as well as invited students to upcoming ASDA events.
- **NEW!** WesternU pre-dental chairs have created a new sub-committee to help recruit pre-dents and host a higher volume of pre-dents in the ASDA workshops and events.
- **NEW!** Created an informational powerpoint presentation to present at the beginning of all ASDA pre-dental events to educate students about the various opportunities and resources that are available by becoming an ASDA member. The presentation included the tiers of organized dentistry and how they can serve to benefit the profession.

## Introduces pre-dents to dental school and organized dentistry (ASDA and ADEA)

- **NEW!** Partnered with the WesternU Summer Health Professions Education Program (SHPEP), sponsoring college students who are interested in dentistry, a free attendance in WesternU Pre-Dental Day. Students were provided access to information and resources to help prepare them for a successful application and matriculation to health professional schools.
- During Preview Day, our ASDA chapter volunteered to table and answer questions that prospective pre-dental students had about WesternU and the application/interview process. Our volunteers also assisted in Q&A sessions and provided tours for the pre-dental students.
- Represented WesternU at the District 11 Meeting, where 25 pre-dents were introduced to the concepts of organized dentistry, dental school admissions process, DAT resources, scholarship opportunities, and member benefits of ASDA.
- Worked with the American Dental Education Association (ADEA), exposing students to various organizations and educating them about organized dentistry and its benefits.

## Provides leadership opportunities for pre-dents

- **NEW!** ASDA EC member and board members provided hands-on workshops and lectures focused on restorative and preventive dentistry to pre-dental students involved in WesternU SHPEP. This included an introduction to instruments in the simulation and support labs and completing a restorative case on typodonts. Awards were given to students who contributed greatly to the learning environment of their peers.
- Pre-dental SHPEP students were given opportunities to volunteer at community outreach events to provide oral hygiene education to the community.

## Organizes a Predental Day or workshops for pre-dents on getting into dental school and hands-on activities

- ASDA collaborated with our school's ADEA chapter to host a pre-dental webinar that was targeted for pre-dental students interested in learning about this year's admission cycle with tips on the application processes, DAT advice, the interview process etc. The webinar also offered a great opportunity for pre-dental students to ask questions about the new application process.
- 40 pre-dents attended our summer Pre-Dental Day and engaged with current dental students to learn interviewing and hands-on clinical skills.
- **IMPROVED!** The pre-dental chairs and sub-committee worked to host an annual fall Wax-Up Day, where 30 volunteers helped to provide a hands-on experience to 70 pre-dents and expose them to some laboratory skills. Students also benefited from networking with current dental students and Q&A session with Dr. Jeffrey Turchi, WesternU's Manager of Admissions & Recruitment.

## Offers networking, social and community service events for pre-dents

- **IMPROVED!** Connected with pre-dents through email and various social media platforms, including Instagram (@asdawupredentals), Facebook, and chapter website.
- ASDA gathered 31 student volunteers to help 40 pre-dents during a full day of mock interviews, wax-ups, Class I preparations, and more. Students learned about the application/interview process, experienced a taste of dental school life, engaged in pre-clinical laboratory activities, and met WesternU's dental students and faculty.
- **NEW!** As part of our Annual Golf Tournament, our ASDA chapter invited pre-dents of SHPEP program to attend a social event. We hosted 18 pre-dental students and gathered sponsorship from our college so that they could attend our banquet and network with the current dental students and faculties outside of school.

## Serves as mentors to pre-dents

- **NEW!** D3 board members hosted pre-dental students at our community clinic sites. This gave pre-dental students the opportunity to experience what it's like to be a dental student at WesternU. The pre-dents assisted in setting up clinic stations and sterilizing dental equipment.
- Following Pre-Dental Day hosted at WesternU, our pre-dental committee reached out to our attendees to provide additional support and follow up with any questions they may have and providing advice and mentorship.
  - Feedback surveys are sent at the end of all events to look for ways to improve for the upcoming year.
- **NEW!** Partook in national ASDA Pre-Dental Dream School Mentorship Program to connect predental students with dental student mentors at their dream school.

## Promotes national ASDA Pre-Dental Month and DAT Week

- WesternU EC member contributed a post to the D11 Pre-Dental Facebook page in celebration of Pre-Dental Month. The post focused on advice for pre-dental students when applying to dental school and how the school they select will impact their dental school experience and shape the dentist they will become.
- Contributed to District 11 ASDA publications, such as the pre-dental month October Tips to Pre-Dents Series.

# EXECUTIVE COMMITTEE



President  
Andrea Numbers

## Outreach



Secretary  
Regina Delacruz

## Marketing



Vice President  
Ashun Alves

## Finance



Treasurer  
Shelby Maurice

## Academic Enrichment



Academic Enrichment & Pre-Dental Co-Chair  
Karina Valentin

## Advocacy



Advocacy Director & Legislative Liaison  
Ivana Younan



Licensure & Ethics Co-Chair  
Sandy Ku



Licensure & Ethics Co-Chair  
Shiva Amarat



Member Services Co-Chair  
Vu Tran



Member Services Co-Chair  
Alexis Dawson



Member Services Co-Chair  
Shiraj Shah



Community Outreach Co-Chair  
Jihze Cho



Community Outreach Co-Chair  
Christopher Xu



Marketing Chair  
Anne Tran



Newsletter Chair  
Kelly Cox



Social Media Chair  
Gloria Luong



Video Production Chair  
Daniel Aclan



Fundraising Co-Chair  
Nada Ali



Fundraising Co-Chair  
Vicky Bertolome



Fundraising Co-Chair  
Morgan Franco



Pre-Dental Co-Chair  
Lala Grigori



Pre-Dental Co-Chair  
Sunny Kim



Lunch & Learn Co-Chair  
Pooja Mehta



Lunch & Learn Co-Chair  
Monette Solomon



Business Co-Chair  
Kevin Nguyen



Business Co-Chair  
Norraan Vadria

26 cabinet members - **We are small, but mighty!**

**NEW!** Chapter restructured to align to our core values. 5 core teams created and Directors named to head up each team. Our group is now structured and poised to grow our cabinet in 2019!

# 2018 Executive Committee Implementing Strategy & Organization



Event Start Date	Event End Date	Category 1 (select from the Drop Down list)	Category 2 (select from the Drop Down list)	Event Title	Status (select from the Drop Down list)	Location	Credits (How much money did we raise at this event?)	Estimated (or Actual if post-event) Expenses	Will these expenses be reimbursed (i.e. Fundraising event?)	ASDA Board Contact(s)	No. of attendees (or estimated)	No. of Volunteers Needed	Do you reserve a other local camp
2/22/2018	2/22/2018	National ASDA	All Teams	MedPro Social at House of Blues	Complete	Anaheim, CA	50	50	N/A	Andrea Marc	30	0	No
2/21/2018	2/24/2018	National ASDA	All Teams	2018 ASDA Annual Session	Complete	Anaheim, CA	50	\$8,400.00	N/A	Andrea Marc	12	0	No
2/24/2018	2/24/2018	WesternU ASDA	Outreach - Community Outreach	The Hemophilia Foundation of Southern California - 3rd Annual emPOWERment Forum	Complete	Burbank, CA	50	50	N/A	Regina Marc	400	5	No
2/28/2018	2/28/2018	WesternU ASDA	Fundraising	ASDA and OKU Silent Auction	Complete	Pomona, CA	50	50	N/A	Regina Marc	50	0	No
3/5/2018	3/5/2018	WesternU ASDA	Academic Enrichment - L&L	Pacific Dental Services Lunch & Learn	Planned	Pomona, CA	\$500	50	N/A	Monette and Pooja	70	0	Yes
3/5/2018	3/5/2018	WesternU ASDA	Outreach - Member Services	Pacific Dental Services D3/D4 Mixer	Complete	Claremont, CA	50	50	N/A	Andrea	60	0	No
3/7/2018	3/7/2018	WesternU ASDA	Academic Enrichment - Business	ASDA Business Series Dinner & Learn with Dental Attorney, Jason Wood, ESQ	Complete	Pomona, CA	50	50	N/A	Kevin and Nomaan	70	2	Yes
3/7/2018	3/7/2018	Western University	All Teams	WesternU Spring Club Day	Complete	Pomona, CA	50	\$150.00	Yes	Exec. Board Andrea and Asthin	150	6	No
3/10/2018	3/10/2018	Western University	All Teams	WesternU Preview Day and Resource Fair	Complete	Pomona, CA	50	50	N/A	Kevin and Nomaan Andrea and Asthin	80	2	No
3/15/2018	3/15/2018	WesternU ASDA	Academic Enrichment - Business	ASDA Business Series Dinner & Learn with Bob Affleck - "Transitioning into Practice Ownership"	Complete	Pomona, CA	50	50	N/A	Kevin and Nomaan Andrea and Asthin	70	2	Yes
3/14/2018	3/15/2018	WesternU ASDA	All Teams	Board Retreat - 2 Day Event	Complete	Pomona, CA	\$2,000	50	Covered by CDM	Andrea and Asthin	26	4	Yes
3/21/2018	3/21/2018	WesternU ASDA	Outreach - Member Services	Member Milestone: 2018 "Congratulations on WREB completion lunch"	Complete	Pomona, CA	50	\$240.00	N/A	Alexis, Shiral, Wu	60	0	Yes

Our Executive Committee members implemented some strategic changes in how we organize and run our chapter, including submitting **15+ page monthly reports** to our advisors providing a summary of activities that have taken place over the past month and those that are upcoming, financial updates, photo summaries of our events, and metrics about our ongoing performance. We also created a **Chapter SharePoint site** which houses all of our documentation and provides us a centralized filing system, provides an area to hold board chats, and gives a historical reference for future chapters to activities that took place during previous terms. Another of these changes involved creating a **tracking spreadsheet** where we document key details about events that are upcoming or that have already occurred. We include information such as the number of attendees, funds raised, expenses, and lessons learned. Furthermore, we submitted monthly reports to our advisors.



## August 2018 Report

### Contents:

- August Report
  - President's Remarks
  - Events Summary
  - Financial Summary
  - Social Media Update
- September Events Summary
- August Event Details
  - ASDA Fever Week
  - ASDA/AO Mixer
  - WesternU Fall Club Day
  - Member Monday Spotlights

### August Report:

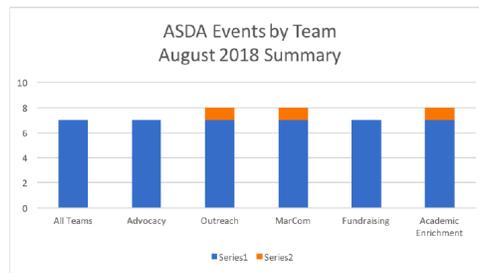
#### President's Remarks:

August was an exciting month for ASDA at WesternU! We welcomed our returning students back to campus along with the DMD Class of 2022 with our annual ASDA Fever Week festivities. We held our fall general body meeting, connected with classmates and vendors at socials, lunch and learns, and had wellness giveaways and more. It was really cool to see that our Board's efforts to build a community of togetherness is paying off. With over 100 smiling and energetic students attending the majority of our events, we're absolutely seeing a transformation in WesternU student life.

I want to thank the ASDA Executive Board and our Lunch and Learn coordinators for giving up time before, during, and after their summer break to make ASDA Fever Week a success. Thank you also to all of our volunteers that week that helped to make the activities come to life. I say this over and over, but our team has the best and brightest talent AND the most hardworking individuals I've ever seen. Thank you.

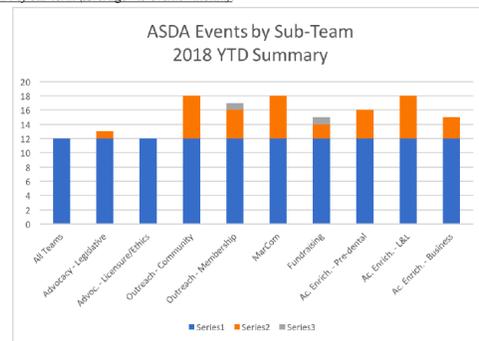
Following ASDA Fever Week, the following activities took place for ASDA during August. Please read through this report for more information regarding our accomplishments this year, financials, a photo recap of all of our events this month.

- ASDA/AO Mixer
- WesternU Preview Day
- WesternU Fall Club Day



Series 1 represents "All Team" events represented for each group. There were seven (7) "All Team" events for the month of August. Series 2 represents the number of Team specific events.

Graph 2: This is a summary of the number of ASDA events/activities that have occurred Year-to-Date (since March 1, 2018) in each Sub-Team category. There have been a total of 45 events/activities since the start of our term (Average 7.5 events / month).



### Welcome Celebration Lunch with Heartland Dental - August 16, 2018:

Welcoming students at the HEC Esplanade, Heartland Dental provided tacos, cotton candy and goodie bags for all members. The day was completed with fun raffles and a photo booth!





# Senior In-n-Out Burger Congratulatory Lunch for Passing WREBS *March 21st, 2018*

This event was a huge success and greatly appreciated by the 4th years. Our membership team ordered In-n-Out for the seniors as a congratulations for passing their WREB exam! Many seniors commented about feeling appreciated and our members were happy to do something special for them. One of our goals for ASDA this year is to remind members that "ASDA is for Everyone," and we can do that in small ways like providing lunch to our seniors.



## ASDA Member Milestones D1 Post-Exams Treats *April 13th, 2018*

On Friday, April 13th, ASDA D1 members completed a week of exams and their spring Neuroscience class. As a mini celebration, membership team handed out sweet treats for them to enjoy and start their weekend. Along with handing out the treats, membership team emphasized that balance is key and that they have access to many wellness resources including wellness webinars about overcoming stress and recipes for healthy eating.



We would also like to note that #asdamembermilestones will be a small routine event hosted by the membership team to highlight unique achievements for each DMD class.

[Health and Wellness](#)



## D2 ½ Dentist Dinner

*September 2018*

Our DMD 2020 members celebrated an ASDA Member Milestone with a new tradition - the 1/2 Dentist dinner! Congrats to our D3s for transitioning into clinic and making it halfway through dental school. ASDA looks forward to celebrating more member milestones with each class throughout the year!



# Sudden Snack Celebration

Sponsored by Student Alumni Association  
August 17th, 2018



For a sweet midday treat- free milk, cookies and snacks were provided in Classroom B at noon for all members. This event would not have been possible without the help of the WesternU Student Alumni Association!



## Post-Exam Treats for D1s, DMD 2022

October 31st, 2018



Our membership team put together goodie bags to celebrate a member milestone, the DMD 2022's last exam of their very first class, MCBM!



# ASDA Annual Session

*February, 2018*

Our ASDA at WesternU chapter had the opportunity to meet with all of the ASDA chapters across the country in Anaheim, California for the 2018 ASDA Annual Session. We're happy to convey some chapter achievements which were announced at Annual Session: our very own Karina Valentin was voted in as the District 11 Trustee and Marc Bernardo was recognized as the District 11 Delegate of the Year.



# National Leadership Conference

*November, 2018*

ASDA at WesternU students eager to learn about becoming great leaders at NLC 2018 in Chicago!





## 2018/2019 Board Retreat Agenda

### Day 1

Date: Wednesday March 14<sup>th</sup>

Location: HPC AMP II and Outside AMP II

- 5:00 PM** Headshots as you arrive & Group Photo - Daniel & Kevin
- 5:30 PM** Dinner - Catered
- 5:50 PM** Guest Speaker - *"Leading by Example: Wellness & ASDA Leadership"* - Diana Liao Heineken
- 6:15 PM** *"2018/2019 Vision, Mission, & Values: Leading with your Why"* - Andrea
- 6:45 PM** Break
- 7:00 PM** Team Plan Presentations - *All teams*
- 7:45 PM** Calendar Development - Create a specific timeline of events for the year - *Team breakout session*
- 8:30 PM** Closing Remarks - *Andrea*

### Day 2

Date: Friday March 16<sup>th</sup>

Location: HPC AMP II & Innovation Brew Works

- 5:00 PM** Welcome - *Andrea*
- 5:10 PM** Leadership Development - *"Exploring the 4 Leadership Styles + Kouzes and Posner"* - *Ashtin*
- 5:30 PM** *"ASDA Basics we all should know"* (Levels & Gold Crown) - *Regina*
- 5:50 PM** Break
- 6:00 PM** Centralized Filing System Training - SharePoint - *Andrea & Ashtin*
- 6:20 PM** Leadership Development - *"Your ASDA, Your Network"* - *Shelby*
- 6:40 PM** Closing Remarks - *Andrea*
- 7:00-9:00 PM** Social at Innovation Brew Works (3650 W. Temple Ave. Pomona, CA 91768)

# Outstanding Advocacy Initiatives

- ADPAC Drive
- Both state and national lobby (doubled attendance)
- State dental societies
- “Contributes to legislative articles”
- Communication/Relationship with Local representatives.

## 2018 State Lobby Day Sacramento, CA February 14th, 2018

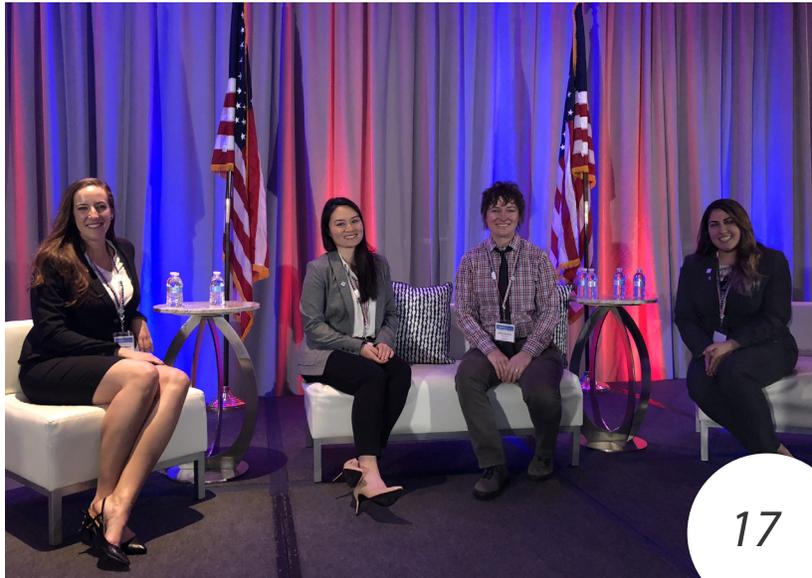
WesternU students Ivana Younan, Shelby Maurice, and Ronald Mak, along with health students from schools across California, joined legislators and members of the Coalition to Protect Access to Care in advocating to protect the Affordable Care Act at the annual State Lobby Day.





# 2018 ASDA National Lobby Day Washington DC April 6th-10th, 2018

Members of our ASDA Board had the opportunity to sit alongside dentists and learn how to speak to Congress members about issues that will affect our future careers. On the final day, they met with congressional leaders and their staff members on Capitol Hill to advocate for our patients and the dental profession. Upon returning, we sent an email to the student body updating them on our effort in DC to keep them informed.



# ADA Lobby Day 2018 Debrief

## Hello ASDA Members!

### In case you missed it ...

Last month, four of our very own COM students, Andrea Numbers (2020), Shelby Maurice (2020), Sandy Ku (2020), and Ivana Younan (2021), along with 500 other dental students attended ADA's annual Dentist and Student

Lobby Day in Washington, D.C. Students Joined with dentists from all over the nation to receive issue-specific training and learn how to effectively lobby legislators on Capitol Hill. The meeting served as a perfect opportunity to network with current and future colleagues in each state!



During their meetings with lawmakers, students and dentists urged Congress to address the following issues:

- **Student Loan Programs and the Higher Education Act:** Attendees urged members of Congress to Include principles important to dental students and new graduates when considering the reauthorization of the Higher Education Act. Among the considerations, students advocated for preserving public loan forgiveness programs and extending the period of deferment for repaying loans.
- **Action for Dental Health Act:** The bill allows organizations to qualify for oral health grants administered by the Centers for Disease Control (CDC). These grants would enable organizations to provide dental services to underserved populations. Thanks in part to ASDA's efforts, the Action for Dental Health Act passed the House of Representatives. A companion bill in the Senate is expected to be introduced by Cory Booker (D-N.J.). Attendees encouraged senators to co-sponsor the bill when it is introduced.
- **Opioids:** There are more than 130 bills In Congress addressing the opioid crisis. ASDA and the ADA lobbied for elements they believe are important to include in comprehensive bipartisan legislation. These included prescribing limits for acute pain and improving drug-monitoring programs.
- **Dental and Optometric Care Access Act of 2017 or "Doc Access Act":** The bill prohibits "non-covered services" provisions in dental and vision plans. Attendees advocated for members of the House of Representatives to co-sponsor this bill.
- **McCarran-Ferguson repeal for health insurance:** This bill would authorize the Federal Trade Commission and the U.S. Department of Justice to enforce the full range of anti-trust laws against health insurance companies engaged In anticompetitive conduct. This bill passed the House of Representatives last year. Attendees encouraged senators to co-sponsor the bill when it is introduced In the Senate.

Sincerely,  
**Ivana Younan**

# 2018 ADPAC Drive at WesternU

Pomona, CA

October 11th, 2018

Our Advocacy Director and Legislative Liaison, Ivana Younan, held the annual ADPAC drive at our Fall Vendor Fair, where students had the opportunity to learn more about the American Dental Political Action Committee and how they can provide support for a political voice for the dental profession. We successfully matched last year's number of new ADPAC membership sign-ups!



ASDA at WesternU  
October 10 · 🌐

Concerned about your student debt? Want to know what is happening in congress that affects us as dental students? Interested in grassroots advocacy? Well you are in luck because this Thursday, October 11th at the ASDA Fall Vendor Fair, we will be holding our annual ADPAC drive! The American Dental Political Action Committee (ADPAC) works to protect and strengthen the profession of dentistry by helping dental candidates get elected, supporting state candidates running for office, implementing voter registration efforts, emphasizing political education, and focusing on grassroots advocacy. Regardless of party affiliation, ADPAC supports candidates who will be strong advocates for dentists and the patients they serve. So, look for us at the Fall Vendor Fair to join ADPAC and help elect congressional candidates who understand the importance of dentistry and the link between oral health and overall health. 🇺🇸



## ADPAC drive at TOMORROW'S Vendor Fair!

### Hello ASDA students!

Concerned about your student debt? Want to know what is happening in Congress that affects us as dental students? Interested In grassroots advocacy? Well you are In luck because this **Thursday October 11th at the ASDA Fall Vendor Fair**, we will be holding our annual AOPAC drive!

**\*Additional raffle tickets will be given to students who sign up for ADPAC!  
Stop by the ADPAC booth tomorrow for more chances to WIN!\***

The path of PAC (Political Action Committee) contributions is simple - PAC determines candidates to support based on commitment to Improving oral health. Interest In dental Issues, committee assignments, accessibility in the state & D.C., and leadership positions. These candidates are our voice in the political arena! ADPAC Is strictly bi-partisan; together we are all members of the Tooth Party. **ADPAC gives us one voice united on Capital Hill.**

In addition to raising money and distributing contributions to the Tooth Party, ADPAC helps dental candidates get elected, supports state candidates running for office, implements voter registration efforts, emphasizes political education, and focuses on grassroots advocacy. Regardless of party affiliation, ADPAC supports candidates who will be strong advocates for dentists and the patients they serve. The 535 members of Congress consider hundreds of bills that affect America's oral health and the dental profession. but only three dentists serve in the U.S. House currently, which is why it is important to elect more political leaders who value the importance of oral health.

**So, look for me at the Fall Vendor Fair to join ADPAC and help elect congressional candidates who understand the importance of dentistry and the link between oral health and overall health.**

Best regards,  
**Ivana Younan**



# 2018 Molar Bear at WesternU

Pomona, CA

November 13th, 2018

ASDA at WesternU was excited to celebrate Advocacy Month and host ASDA's mascot, the Advocacy Molar Bear, to find out why Advocacy is important to students!

[Check out our video](#)



asdaatwesternu • Following  
Western University of Health Sciences

asdaatwesternu The Molar Bear is on campus today to celebrate Advocacy Month! If you see him, make sure to tell him why Advocacy is important to you! 🇺🇸  
#Advocacy #MolarBear



asdaatwesternu A little late posting our time on campus with the Molar Bear, but it's never too late to get involved in Advocacy! 🇺🇸

# 2019 Advocacy and Public Health Academy at UOP San Francisco, CA

January 12th, 2018

ASDA District 11's Advocacy and Public Health Academy was a great opportunity for students to learn about current California dental legislation and the impact these policies have in public health dentistry. Attendees had the opportunity to develop their public speaking skills during breakout sessions that simulated the experience of State and National Lobby Day. They also took part in a variety workshops and activities aimed at encouraging them to become advocates for dentistry in their communities and our country.

# District 11 Advocacy and Public Health Academy *Los Angeles*



## State Lobby Day *Sacramento*

## ADA Dentist & Student Lobby Day *Washington D.C.*



The 2018 elections in the United States will be held on Tuesday, November 6, 2018, so make sure to cast in your votes and MAKE YOUR VOICE HEARD!!! Look into details for your individual state's registration to ensure you don't miss the deadline. Here is a brief summary of the 5 dental candidates running for office! 🇺🇸  
 ...  
 Also, get excited for Advocacy Month in November! Keep your eye out to win prizes throughout the month! 🎁

# Mid-Term Election Awareness

## Social Media Campaign

Encouraging members to vote in Midterm Elections

### Dentists Running for Congress 2018 Midterm Election

<b>Representative Mike Simpson</b> (R-Idaho) Election: Will face Aaron Swisher (D) Tenure: Member of the U.S. House of Representatives since 1999 Committee Assignments: • Committee on Appropriations	<b>Representative Brian Babin</b> (R-Iowa) Election: Will face Dayton Steele (D) Tenure: Member of the U.S. House of Representatives since 2015 Committee Assignments: • Committee on Science, Space and Technology • Committee on Transportation and Infrastructure	<b>Representative Paul Gosar</b> (R-Ariz.) Election: Will face David Brill (D) and Maryakha Gregor Knauer (G) Tenure: Member of the U.S. House of Representatives since 2011 Committee Assignments: • Committee on Natural Resources • Committee on Oversight and Government Reform	<b>Representative Drew Ferguson</b> (R-Ga.) Election: Will face Chuck Enderlin (D) Tenure: Member of the U.S. House of Representatives since 2016 Committee Assignments: • Committee on Budget • Committee on Education and Workforce • Committee on Transportation and Infrastructure	<b>Senator Jeff Van Drew</b> (D-N.J.) Election: Will face Seth Grossman (R) Tenure: Member of the New Jersey State Senate since 2007
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We still have some time left before polls close! 🗳️  
 ...  
 It's Election Day! Get out the vote like it's a second molar with furcal caries. 🇺🇸  
 Repost @weseggett

**ASDA at WesternU**  
 November 6 at 12:13 PM · 🌐  
 Exercise your right! VOTE TODAY!!! 🇺🇸  
 ...  
 People you don't know are dictating how you practice. It's time to champion dental student advocacy by participating in this year's Advocacy Month, themed Midterms Matter: Add your voice. This month we will focus on the importance of advocacy and how you can find out. Reach out. Speak out. this midterm season. Click the link in our bio and learn more. #ASDAadvocacy  
 Repost @dentalstudents

... **HAPPY ADVOCACY MONTH!** 🇺🇸  
 We are in the Advocacy spirit and would like to invite you to participate this month in the festivities! Heading to the polls to vote? Snap a selfie and show us! Tag #ASDAatWesternU and @asdaatwesternu in your favorite Advocacy photo showing us how you get involved for a chance to win a prize! Deadline to enter is Friday, November 30th at midnight. We can't wait to see how you are making your voice heard! 🗳️📸

## DENTISTRY is like POLITICS.

both are DIRTY JOBS

and it's really what YOU DO that makes THE DIFFERENCE

ASDA Advocacy  
**Advocacy Month**  
 November 2018 #ASDAadvocacy

**Midterms matter: Add your voice**

**Find out. Reach out. Speak out.**

WesternU ASDA Presents

## Advocacy Photo Challenge

#ASDAatWesternU

Post your favorite Advocacy photo showing us how you get involved for a chance to win a prize!

Post by 11/30/18

WesternU ASDA wants to make sure that you are informed about the newfound coalition between ASDA, ADEA, and ADA for Licensure reform! Check out the video our WesternU Licensure Chair made! 📺  
 @d11asda #d11proud

### Let's first talk about our current assessment for readiness to practice

1. D.D.S. or D.M.D. degree from dental education program accredited by CODA
2. Passing grade on the National Board Dental Examination (NBDE)
3. Passing a single encounter, procedure-based clinical examination that satisfies the requirement(s) for each state board of dentistry

## Informing students about the ASDA, ADEA, ADA Coalition for Licensure reform

[Video link](#)

# Club Day

The new ASDA Board got together to sell Tamales and Aguas Frescas at the Annual WesternU Vendor Fair. This was our first event and we enjoyed the spirit and enthusiasm everyone displayed.



## Pacific Dental Services - Senior Social

Upperclassmen enjoyed a nice evening with Pacific Dental Services, mingling with owner dentists and learning about job opportunities.

## Business Series Events

D3 and D4 students attended the first ASDA Business Series Dinner & Learn of the year on March 7th, with guest speakers: Jason Wood, ESQ of Wood & Delgado and Matthew Christie of Bank of America.

### WESTERNU ASDA BUSINESS SERIES DINNER & LEARN



**MATTHEW CHRISTIE**  
VP, REGIONAL SALES MANAGER  
BANK OF AMERICA



**JASON WOOD, ESQ**  
DENTAL ATTORNEY  
WOOD & DELGADO

WED MAR 7, 5-7PM . HEC CLASSROOM B  
DINNER PROVIDED



WesternU ASDA Business Series Presents

# TRANSITIONING INTO PRACTICE OWNERSHIP

with Bob Affleck

March 15, 2018 at 5PM | Classroom B  
Dinner will be served

**Business  
Series #2**

**Dinner and Learn**  
*Bob Affleck*



WesternU ASDA Business Series Presents

# Financial Planning for Dentists 101

with Casey Pierce

April 11, 2018 at 12PM | HPC AMP II  
Lunch will be served



Presentation by Northwestern Mutual financial advisor Casey Pierce! This installment of the ASDA Business series covered topics including student loan repayment, retirement fund planning, and insurance policies.

**Business  
Series #3**

**Lunch and Learn**  
*Casey Pierce*



## **Business Series #4**

### **Lunch and Learn**

*March 5th, 2018*

Pacific Dental Services hosted a lunch and learn to discuss what it is like being an owner dentist in the corporate world.



## **MedPro Lunch and Learn**

*March 23rd, 2018*

Logan spoke to our seniors about malpractice insurance.

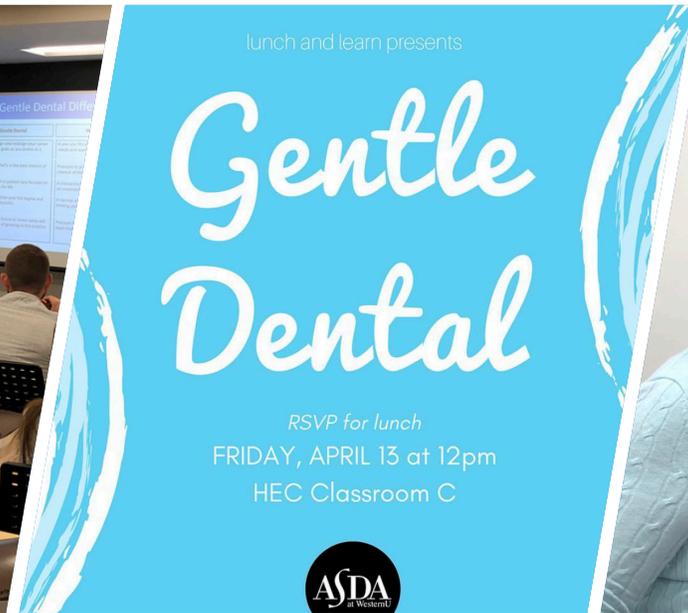


# Gentle Dental

## Lunch & Learn

April 13th, 2018

Dr. Jessica Saurino Buehler and Sarah Bovey of Gentle Dental spoke to our members on Friday, April 13th. As one of the leading doctors for Gentle Dental, Dr. Buehler shared some tips, tricks, and life advice for the next ten years of practice. Her engaging presentation included examples of personal clinical failures and successes.



# Lunch and Learns



# Dental Dreams

## Lunch & Learn

April 19th, 2018

Chief Operating Partner of Dental Dreams, Mike Peters, spoke at our Lunch & Learn and shared more insight about job opportunities, malpractice insurance, compensation and benefits.





**Univet**  
**Lunch & Learn**  
*April 25th, 2018*

Alana Kendall of Univet provided an insightful presentation regarding loupes and the importance of ergonomics and illuminated dentistry.

# UNIVET

**WEDNESDAY, APRIL 25 AT 12PM**  
**HEC CLASSROOM C**

RSVP for lunch  
All other attendees will be first come, first serve





# Graduate Exhibit Vendor Fair

May 2nd, 2018



**ASDA FEVER**

No. 07  
2018

<p><b>MONDAY</b></p> <p><b>ASDA GBM</b></p> <p>TIME: 12:00-1:00 PM HEC: LECTURE HALL 2001 *FREE LUNCH*</p>	<p><b>TUESDAY</b></p> <p><b>COLGATE L&amp;L</b></p> <p>TIME: 12:00-1:00 PM HEC CLASSROOM B *FREE FOOD &amp; GIVEAWAYS*</p>	<p><b>WELLNESS WEDNESDAY</b></p> <p><b>YOGA RECHARGE!</b></p> <p>5:00 PM-6:30 PM HEC: RECITAL HALL *BRING A MAT OR TOWEL! DRINKS &amp; SNACKS PROVIDED*</p>
<p><b>THURSDAY</b></p> <p><b>HEARTLAND WELCOME LUNCH</b></p> <p>11:30 AM-1:30 PM HEC: ESPLANADE *FREE TACOS, COTTON CANDY &amp; OTHER TREATS*</p> <p><b>PDS SOCIAL @ PUNCHBOWL SOCIAL</b></p> <p>6:00 PM - 8:00 PM 12635 N MAIN ST., RANCHO CUCAMONGA, CALIFORNIA 91739 *FREE FOOD &amp; DRINKS*</p>	<p><b>FRIDAY</b></p> <p><b>SUDDEN SNACK!</b> BY WESTERNU ALUMNI ASSOCIATION</p> <p>12:00-1:00 PM HEC: CLASSROOM B *FREE TREATS*</p> <p><b>ASDA/DSD SOCIAL</b></p> <p>5:30 PM - 7:30 PM METRO ALE HOUSE 197 E 2ND ST, POMONA, CA 91766</p>	

Questions? Contact: [asdaclub@westernu.edu](mailto:asdaclub@westernu.edu)

## ASDA Fever Week

August 13th-17th, 2018

WesternU ASDA welcomed new and returning students with a POW!! And a BAM! during a fun & eventful ASDA Fever Week. Each day of the week was hosted with free food, activities, and giveaways.

## General Body Meeting

August 13th, 2018

Our GBM was an opportunity to introduce our wonderful officers and provide what our WesternU chapter has in store for the upcoming year. FREE In-N-Out Burgers were provided for lunch.

## Colgate Lunch & Learn

August 14th, 2018

Colgate highlighted the importance of fluoride and the multifaceted approach of managing the caries-prone patient during our Tuesday L&L.





## Welcome Celebration Lunch with Heartland Dental

*August 16th, 2018*

Welcoming students at the HEC Esplanade, Heartland Dental provided tacos, cotton candy and goodie bags for all members. The day was completed with fun raffles and a photo booth!





# Social with Pacific Dental Services at Punchbowl Social *August 16th, 2018*



Pacific Dental Services sponsored a fun social at Punchbowl in Rancho Cucamonga, CA filled with food, games, karaoke and networking with PDS dentists.



# Sudden Snack Celebration Sponsored by Student Alumni Association

August 17th, 2018

For a sweet midday treat, free milk, cookies, and snacks were provided in Classroom B at noon for all members. This event would not have been possible without the help of the WesternU Student Alumni Association!



## ASDA/DSD Social at Metro Ale House

August 17th, 2018

To close off an eventful ASDA Fever Week, ASDA collaborated with Delta Sigma Delta Fraternity for a welcome social nearby campus.



# WesternU Fall Club Day

August 22nd, 2018

ASDA sold boba to students, faculty, and staff for fall club day. We love every opportunity we get to engage with our WesternU community!

## ASDA/AO Mixer

August 23rd, 2018

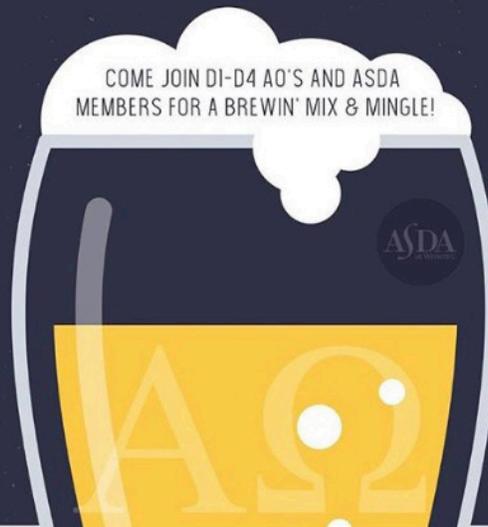
We are very passionate about supporting other clubs and organizations this year as we know that strong clubs only make for a stronger community here at WesternU! ASDA Exec board joined AO during their rush week at Claremont Craft Ales to help welcome new members and enjoy a casual night off!

## ALPHA OMEGA + ASDA MIXER

CLAREMONT CRAFT ALES  
1420 N. CLAREMONT BLVD, SUITE 204C  
CLAREMONT, CA 91711

THURSDAY, AUGUST 23  
6:00PM-8:00PM

COME JOIN D1-D4 AO'S AND ASDA  
MEMBERS FOR A BREWIN' MIX & MINGLE!





# WesternU Preview Day

August 25th, 2018

ASDA and ADEA members joined forces on a Saturday to share advice and insight into life as a student at WesternU to prospective dental students and parents! The day included a panel and tours of the University and Sim Lab and a chance to meet Dean Friedrichsen.



**ASDA Fever  
T-Shirt Handout**



ASDA AT WESTERNU  
PRESENTS

# HEARTLAND DENTAL

● LUNCH AND LEARN ●

WED SEPT **12** HEC CLASSROOM B



**Lunch  
&  
Learns**

**Heartland Dental**  
*September 12th, 2018*

**Aspen Dental Social**  
*September 13th, 2018*



ASDA at WesternU  
presents

# *Aspen Dental*

Social

Thursday, 9/13  
6-8pm



The Rookery - outside patio  
171 W 2nd St  
Pomona, CA 91766

LUNCH AND LEARN PRESENTS

# Aspen Dental



Wednesday, September 26  
12pm | HEC Classroom E

RSVP to reserve lunch  
Chick-fil-a will be served!

**Aspen Dental**  
*September 26th, 2018*



## **District 11 Conference**

*September 29th, 2018*





## ASDA 10th Annual Golf Tournament

*July 14th, 2018*

ASDA at WesternU was proud to present our 10th Annual Golf Tournament. Players of all skill levels competed for first place in a round of golf and a series of “fun-holes.” It was an exciting day filled with bonding with students, faculty, staff, alumni, local dentists and vendors. Dinner followed with slideshow entertainment, student singers, and raffle prizes.



# ASDA Fever Week

## Wellness Wednesday Yoga

### Recharge

August 15th, 2018

Directed by our very own Lily Barbosa Sorourifar (DMD 2021), our Wednesday Wellness event gave students a relaxing mid-week boost with a 1 hour Yoga session. Yoga Mats were provided by the WesternU Learning Enhancement and Academic Development Office (LEAD).



## Wellness Month Healthy Breakfast Handout for D3/D4 Students

September 28th, 2018





# Hemophilia Foundation Empowerment Forum

February 24th, 2018

We had the privilege to work with the Hemophilia Foundation of Southern California at their 3rd annual Empowerment Forum! Striving to further empower children affected by bleeding disorders, ASDA members provided fun oral hygiene activities, toothbrush kits and dental education to attendees.

# Tooth Fairy Convention

February 10th, 2018

We had the honor of giving a presentation on oral health in both Spanish and English at the LA Trust Tooth Fairy Convention in February. There's nothing better than getting to educate and bring awareness to the community. We had a great time representing WesternU CDM.





**Vet Med 13th  
Annual Open House  
ASDA Volunteers**  
*April 7th, 2018*

CDM Volunteers offered oral health information to boy scouts and girl scouts on a sunny Saturday at WesternU at the 13th annual CVM Open House! Volunteers were busy with a constant flow of visitors to the table and talked to the scouts about the important of brushing and flossing and choosing nutritious options!



# ASDA with PCHAT Dental Outreach

April 7th, 2018

ASDA collaborated with WesternU Pomona Community Health Action Team (PCHAT) and provided dental outreach during an interprofessional health fair. We provided oral hygiene instructions, nutritional guidance, and toothbrush kits for patients to take home. The event had many students from the colleges of osteopathic medicine, dental medicine, podiatry, physician's assistant, as well as pre-dental volunteers.



**ASDA**  
WITH POMONA  
COMMUNITY HEALTH  
ACTION TEAM (PCHAT)

DENTAL OUTREACH



SATURDAY

APRIL 7, 2018

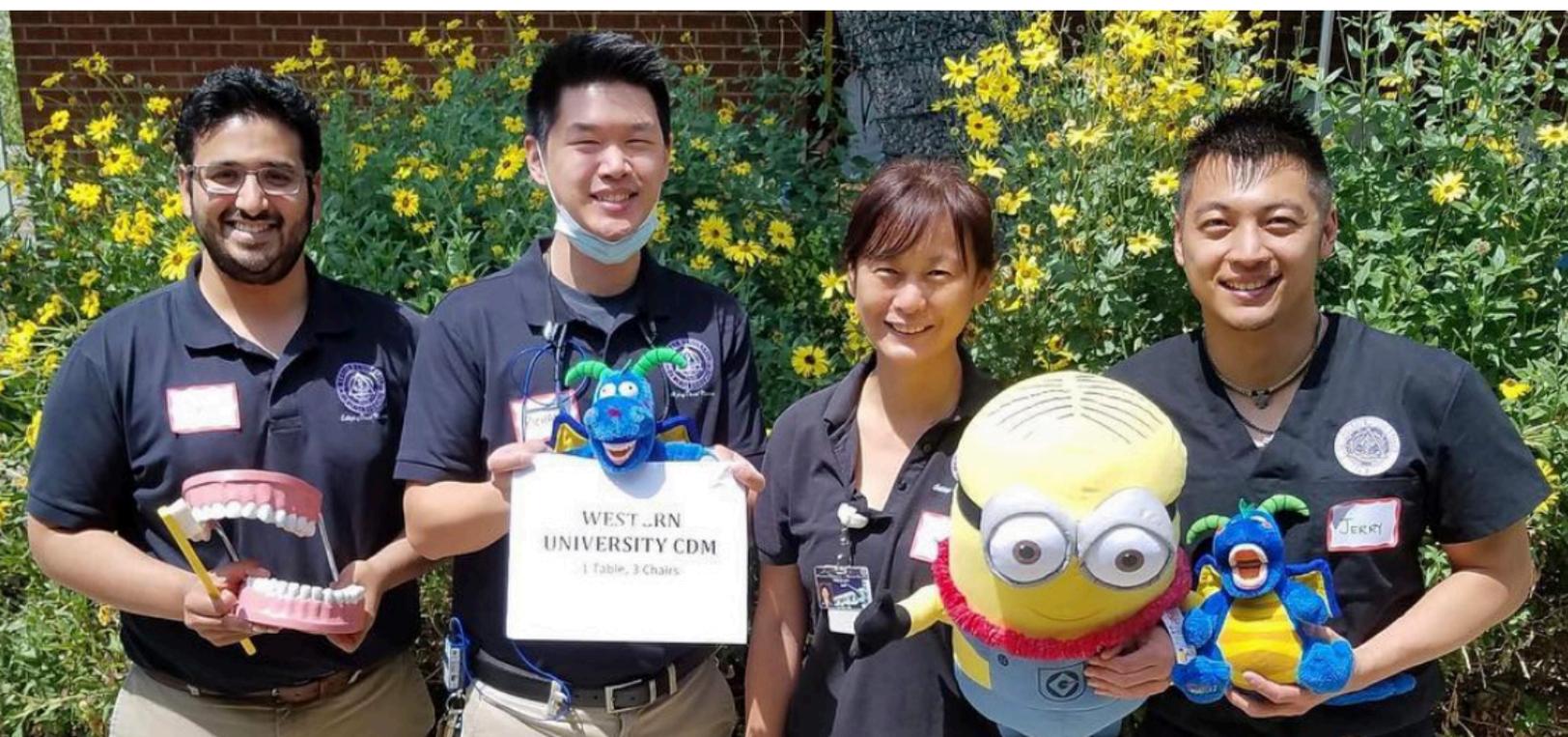
8:20 AM - 12:00 PM

POMONA, CA

# JSFC Healthy Family Day Health Fair

April 28th, 2018

On April 28th, we had a great time volunteering at Jeff Seymour Family Center's Healthy Family Day health fair! Our ASDA team was able to conduct dental outreach through screenings, oral hygiene education and fun activities. We truly appreciated the help of our supervising faculty, Dr. Tjahjono and our rockstar volunteers: Ani Nair, Richard Chen, and Jerry Liu.



## WesternU ASDA at UCLA's Alpha Epsilon Delta's Healthy And Powerful You (HAPY) Fair

May 12th, 2018

On May 12th, ASDA members teamed up with UCLA's Alpha Epsilon Delta at their Healthy and Powerful You (HAPY) Fair! The event offered healthcare services to those in the south/southeast Los Angeles area with insufficient access to health resources. WesternU ASDA students provided dental education and nutritional counseling services to over 250 participants.





# IPE Health Fair at LA County Fair

September 15th, 2018

On September 15th, WesternU CDM students & faculty volunteered at the 2018 IPE Health Fair. ASDA and Sports Dentistry enjoyed collaborating to provide free dental screenings and oral hygiene education to LA County Fair visitors! Special Thank You to our faculty preceptors, Dr. Gold and Dr. Ywom, and to our D4 students, Tanya Duong, Mina Raffo and Lina Raffo for conducting screenings.



# Dental Outreach with PHOP (Pomona Homeless Outreach Project)

October 12th, 2018

ASDA students collaborated with PHOP to provide dental screenings, dental supplies and dental home information to the homeless community. PHOP's dental liaison, Lily Sorourifar, DMD 2021, organized the event with our faculty preceptor, Dr. Ywom.



# Dental Outreach with FACE (Faculty for Autism Collaboration & Education)

December 1st, 2018

Our ASDA outreach team collaborated with WesternU's FACE: Faculty for Autism Collaboration & Education for the 17th Annual Trends in Autism Education and Resource Forum Holiday Event. Our students had the opportunity to listen to Dr. Gail Singer-Chang and Dr. Yawen Peng discuss how we can better understand the mind of someone with autism as well as treating our patients. Family attendees were also given OHI and dental desensitization demonstrations with various dental instruments and videos. Lastly, dental homes were found for those in need.





# WesternU Preview Day



## PRE-DENTAL WEBINAR

FREE!!!

Applying to Dental School?  
Join ADEA and ASDA's webinar for everything you need to know about the application, DAT's, personal statement and more!  
**SIGN UP WITH THE LINK BELOW!**

April 14, 2018 @ 12pm-2pm



## ASDA/ADEA Pre-Dental Webinar

April 14th, 2018

WesternU's ASDA & ADEA chapters held their annual pre-dental webinar on April 14th. This event was targeted for pre-dental students interested in learning about this years admission cycle with tips on the application processes, DAT advice, the interview process etc. This webinar also offered a great opportunity for pre-dental students to ask general application questions.

Event Category	Revenue	Expenses	Operating Income
6/16 Pre-Dental Preview Day	\$0.00	\$0.00	\$0.00
6/23 Pre-Dental Day (Joint event with ADEA)	\$5620.00	\$820.00	\$4800.00
7/13 Golf Tournament	\$8,118.00	\$6,543.95	\$1,574.05
	<b>\$13738.00</b>	<b>\$7363.95</b>	<b>\$6374.05</b>

# WesternU Pre-Dental Preview Day

*June 16th, 2018*

Our Pre-Dental team participated in the University Preview Day during the month of June. This is a great opportunity for ASDA to table at the event to inform the students of how ASDA can support them during their pre-dental journey. Also, our ASDA Pre-dental team participates in the student panel held by CDM.

## ASDA/ADEA Pre-Dental Day

*June 23rd, 2018*



Pre-Dental Day was a HUGE SUCCESS! 31 of our dental students helped 40 pre-dentals during a full day of mock interviews, wax-ups, Class I preps, and so much more. Students learned about the application/interview process, experienced a taste of dental school life, engaged in pre-clinical laboratory activities and met WesternU's dental students and faculty. We would like to give a special Thank You to our Pre-Dental Chairs, Lala Grigori and Sunny Kim, and our Director of Academic Enrichment, Karina Valentin for all their hard work in organizing such a great event.

# ASDA Pre-Dental Wax Up Day

November 10th, 2018

## 60 Participants

Students learned how to do wax-ups. A raffle was held for the best wax-up and the winner received an Oral-B electric toothbrush.

[Wax-Up Day Video](#)



ADEA ASDA  
Western U Pre-Dental

Wax up day 2018

#westernucdm #westernuway #asdanet  
 #inlandempire #dentists #dentistry #pomona  
 #healthscience #asda #dentalschool  
 #asdaatwesternu #asda #asdafever  
 #cdaproud #westernu #teeth #goals  
 #futuredoctors #communityservice #oralhealth  
 #tooth #dentist #losangeles #futuredentists  
 #dentalstudents #dentalmedicine #dentaloutreach #predental  
 #oralhygiene #gradschool #gradschoolife

## SOCIAL MEDIA

**IMPROVED!** Social media/followers increased on several platforms!

- **Instagram:** 37% INC. in followers ( 1,267 currently / 920 on January 1st, 2018 )
- **Facebook:** 31% INC. in followers ( 734 currently / 560 on January 1st, 2018 )

asdaatwesternu



504 posts

1,267 followers

681 following

WesternU ASDA

Organization

- 💡 American Student Dental Association
- 🎓 Western University of Health Sciences
- 📍 Pomona, CA
- 👤 @asdawupredental
- 🌐 westernuasda.com/



ASDA at WesternU  
 @westernuasda

### Community

- 👤 **Invite your friends** to like this Page
- 👍 728 people like this
- 📡 734 people follow this



## New Logo and Branding!

*Our new logo better represents our school, our community, and the advancements of our ASDA chapter. The logo contains elements of our surroundings:*

- San Gabriel Mountains (located north of WesternU)
- California palm trees

