

PHOTO ALBUM

Portrait of Colorado ASDA Year of 2018

Bonus: Scan the QR codes throughout
to see our recaps!



Colorado ASDA Reaches New Heights

On Saturday April 21st, over 140 runners and volunteers braved the cold snow to participate in Colorado ASDA's inaugural "Beat Tooth Decay" 5K. The race was organized to raise money for the Dental Lifeline Network. We ended up donating \$5,500, exceeding our goal by over \$1,000. After seeing photos and videos posted all over social media, leaders from other ASDA chapters reached out to say how impressed they were with the success of our first 5K. "They're running in the snow!?! Colorado is crazy," was one of the remarks. I smiled with pride, because I know just how crazy we are at Colorado. We're resilient, optimistic, passionate, and highly motivated. And the 5K was only the beginning.

At the start of the year, our newly-elected Executive Board met in a secluded cabin in the Rocky Mountains for an Executive Board Retreat. For three days, we discussed ASDA's mission, Colorado ASDA's legacy of excellence, and established a strategic plan that would preserve our legacy while promoting long-term growth. With a focus on ASDA's mission to protect and advance the rights, interests, and welfare of dental students at the University of Colorado, we identified several areas of focus and created a vision for our chapter: to inspire students and faculty at the University of Colorado School of Dental Medicine to engage in organized dentistry by promoting a culture of wellness, unity, and excellence.

With our newly-formed vision, we made plans that would have a lasting impact on not only our classmates, but also our faculty, patients, and profession. The graduating class of 2018 attended a leadership symposium with the Colorado Dental Association (CDA) in which all 79 graduates registered with the CDA and ADA. This was a huge success that we hope to repeat for years to come.

After this great victory with the graduating class, we quickly looked to the incoming class of 2022. With a final push, we succeeded in a three-year effort to auto-enroll our members for disability and life insurance through the ADA and Great West Financial. Although this insurance was available for free, students at the University of Colorado often forgot to enroll and slipped through the cracks. Now, all new students are automatically enrolled during New Student Orientation, ensuring coverage and peace of mind for all our members. This new benefit, combined with an outstanding "Intro to ASDA" video, brought an especially infectious case of ASDA Fever to the new class.

Speaking of outstanding videos, one of my favorite accomplishments from this year is our video series that highlights students and faculty who embrace the five dimensions of

wellness in unique ways. This video series reached over 5,000 people on Facebook and 2,322 on Instagram. These videos required chapter members to be vulnerable and selfless – and it had a profound impact on our student body.

In addition to our efforts on health & wellness, our team reached new heights in advocacy and professional development efforts. Our annual Advocacy Academy welcomed ADA Trustee, Dr. Brett Kessler; CDA President, Dr. Karen Foster; and former ADPAC Chair, Dr. Rhett Murray. When we organized our Professional Development & Leadership (PDL) Day, we invited speakers from all over the country to give our general membership a taste of what a national ASDA meeting is like. This year's PDL conference was such a hit, we had the privilege to present about it at ASDA's National Leadership Conference in November.

Predental students also enjoyed upgrades made by our predental team. These students met with the school's manager of student admissions, used a new virtual reality simulation lab, and learned to use a Trios scanning machine. These upgrades to our predental program brought in over 140 predental students from four states.

My fellow students are a huge part of why I decided to get involved in ASDA in the first place, and they are why I am convinced that dental school can be a positive experience. It has been an honor to serve as chapter president this year, and I am so grateful for the people I get to work with. The challenges of dental school bring us together and I like to think of my classmates as family. This year has been a special year for the Colorado ASDA family, so we put together a photo album to remember all we accomplished. We thank you for taking the time to review our application and we hope you enjoy the memories we compiled in this album.



Austin Tyler,
Colorado ASDA Chapter President



Membership Engagement

Encourages member involvement and has significant participation from members.

- **NEW:** 150 participants at our first ever at 5K Run
- **NEW:** after 3 years of working with the school and Great West Financial, we were able to auto-enroll students for free student life and disability insurance
- **NEW:** 2 students presented at NLC: "How to Bring a Leadership Conference to Your School"
- **IMPROVED:** Attendance at national meetings: 14 to Annual Session, 23 to NLC (including 1 fully-funded pre dental student), and 11 to National Lobby Day, almost tripling our previous attendance.
- **IMPROVED:** 350 students in attendance at the Fall Vendor Fair, increase of 50 from last year
- **IMPROVED:** 76 students in attendance at the PDL up 10%

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

- **IMPROVED:** Integrated ASDA into school's orientation. ASDA members served as "Orientation Ambassadors" for the purpose of introducing students to ASDA.
- **IMPROVED:** Pushed ASDA Fever Week back so as not to compete with other first week events
- **IMPROVED:** 22 students at Amalgames, more representation from international students, drone footages
- **IMPROVED:** Scrubs order for new students, including 47 first years, for a total of \$13,090

Recruits and engages advanced standing/ISP or non-traditional students at your school.

- **NEW:** Around the World Potluck, 16 students to include 9 ISP students held a cook off representing the various different backgrounds of our students.
- **IMPROVED:** More Board positions held by ISP students, ie. Lunch and Learn Coordinator diversified the food options to accommodate more dietary restrictions and palate preferences
- **IMPROVED:** Increased turnout to events like Dodgeball, Shimstock, and socials due to efforts of ISP Liaisons

Organizes events with the local and/or state dental society such as Signing Day to help 4th year students transition to the ADA.

- **NEW:** The CDA and Metro Denver Dental Society (MDDS) hosted a CU Leadership symposium for fourth year dental students and second year international student program students. 79 students signed up for the tripartite membership with the ADA, CDA, and MDDS.
- **IMPROVED:** Chapter Liaison collaborated with local dental societies, such as the CDA's New Dentist Committee (NDC), to host educational and social activities. Students had the opportunity to attend over 20 activities.
- Some events included: MDDS New Member Welcome Event, CDA NDC Clue Room, CDA: Dental Practice Speed Dating Networking Event, Epic Sky Trek Challenge and the famous G.V. Black Tie.

Uses the following communication vehicles: class announcements, bulletin boards, e-mail, website, social media...

- Instagram: **NEW:** Faculty Fridays, used Instagram story function to communicate, with a total of 406 story posts. **IMPROVED:** Total of 941 "followers" and 100 posts in 2018, an 92 % increase from posts in 2017. Member Monday to include wellness blurbs for September.
- Facebook: **IMPROVED:** Total of 808 "likes" and 201 posts in 2018 an 81% increase from posts in 2017.
- Youtube: **IMPROVED:** Published 21 new videos on Youtube of event promotions and highlight videos, an 200% increase from videos in 2017.
- Website: **NEW:** Added Clinical Database and a created a new platform for school-wide scrub orders and sponsorship package purchases.
- **NEW:** Bookcase that displays photos, trophies, past applications, and t-shirts
- **NEW:** All flyers designed with a universal theme, and posted on cork boards around school.
- **NEW:** Study Club Podcast-sent out via email and posted to our website for those that could not attend
- **IMPROVED:** All events are posted and updated regularly on digital Calender in addition to school-wide emails and digital flyers on social media platforms.

Successfully implements chapter leadership transitions through use of how-to guides, reports and retreats.

- **NEW:** Board applications in March to allow a month transition and a 3-day mountain Executive Board Retreat in April to develop a Mission, Vision, and a set of goals for the year
- **NEW:** Organization of the Executive Board, broken down into furcations, overseen by an Executive Council member
- **IMPROVED:** Google Drive for photos and storage and Gold Crown documentation
- **IMPROVED:** Base Camp: To-Do's used for organization and referral to previous events
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Creatively distributes content from district and national meetings to local membership.

- **NEW:** Email of the ADA House of Delegate Debrief highlighting three resolutions and the new leadership.
- **NEW:** Highlight videos to communicate content: "Annual Session Highlight Reel" 769 views, "Colorado ASDA at National Lobby Day" 50 views, "Video explaining NLC"

Uses ASDA branding (including ASDA signage, banner and ASDA yers, and communicates national ASDA initiatives and events to its members).

- **NEW:** Distributed unified ASDA logo on: T-shirts, pens, pins, and folders to reinforce our mission of unity
- **IMPROVED:** use of hashtags: #coloradoasda, #bewellasda, #wellnesschallenge, #wellnessmonth, #d9sofine, #dentalstudents, #asdaadvocacy

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:** Lunch and Learn (L&L) with current American Dental Association President, Jeffrey Cole, on how to be a leader in organized dentistry with over 200 attendees.
- **NEW:** L&L on ADPAC 101 with Dr. Rhett Murray, past chair and vice-chair of ADPAC.
- **NEW:** We created a new Molar Bear video interviewing students and speakers during Advocacy month
- **IMPROVED:** Advocacy Academy: a series of lunch and learns to help dental students understand the importance of advocacy in dentistry. Each L&L averaged around 100 attendees, improving from 70 attendees last year.
 - L&L: Dental Issues in Colorado and How Organized Dentistry Advocates for You with the President of the Colorado Dental Association (CDA)
 - L&L: State of the current political landscape and why midterms matter with Dr. Rhett Murray
 - L&L: Opioid epidemic and current legislation to combat it with Dr. Brett Kessler
 - L&L: Licensure 101 with Chapter President Austin Tyler
- **IMPROVED:** L&L with CDA Lobbyist, Jennifer Goodrum, to inform students on current legislative issues and brief students for State Lobby Day with around 100 attendees.

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

- **NEW:** Chapter member and Legislative Liaison, Ryan Mickle, received District 8 & 9 Legislative Liaison of the Year at the ADA Dentist and Student Lobby Day.
- **IMPROVED:** 16 students attended National ADA Dentist and Student Lobby Day held in Washington, D.C.
- Colorado State Lobby Day was cancelled unexpectedly this year. However, we had 20 students register.

Involved with state and/or local dental society.

- **NEW:** The CDA and Metro Denver Dental Society (MDDS) hosted a CU Leadership symposium for fourth year dental students and second year international student program students. 79 students signed up for the tripartite membership with the ADA, CDA, and MDDS.
- **IMPROVED:** Chapter Liaison collaborated with local dental societies, such as the CDA's New Dentist Committee (NDC), to host education and social activities. Students had the opportunity to attend over 20 activities.
 - Some events included: CDA NDC Clue Room, MDDS New Member Welcome Event, CDA Dental Practice Speed Dating Networking Event, CDA Epic Sky Trek Challenge (sky ropes course), CDA Explore Your Career Options Night, and the famous CDA G.V. Black Tie.

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

- **NEW:** Chapter President and District 9 Trustee, Austin Tyler, attended the ADA Annual Session in Honolulu and voted as one the eleven ASDA Delegates in the House of Delegates.
- Two students attended the CDA Annual Session with our chapter President, Austin Tyler, voting as a student representative in the House of Delegates.
- Two students served as student representatives on the CDA Board of Trustees Meeting (quarterly).
- One student served as student representatives on CDA Council on Membership (quarterly).
- One student served as student representatives on CDA Finance Council (quarterly).
- Two students served as student representatives on the CDA Government Relations Council (quarterly).

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

- **NEW:** We posted on our chapter's blog on: "Be a champion for change participate in 2018 Lobby Day"
- **NEW:** We posted on our chapter's blog on: "Five reasons why you should be involved this advocacy month"
- **NEW:** Colorado ASDA was highlighted in the Advocacy Brief emailed out on September 13, 2018
- **NEW:** Colorado ASDA President and District 9 Trustee, Austin Tyler, wrote for the Journal of the Colorado Dental Association on: "Colorado ASDA rises yet again"
- We continued to publish the BUCCAL Brief. BUCCAL Brief, which stands for Biannual Update Concerning Current Advocacy and Legislation, updates students twice a year on advocacy topics.

Conducts successful ADPAC drives

- **NEW:** Hosted Spikeball Tournament to drive awareness for ADPAC with 20 participants.
- **NEW:** Conducted an ADPAC drive with our first ADPAC 101 Lunch and Learn with 8 new ADPAC members
- **NEW:** Conducted an ADPAC drive during Advocacy Week with an incentive for students to sign up by entering new ADPAC members into a raffle for a fully funded trip to ADA Dentists and Study Lobby Day in Washington D.C, with 11 ADPAC new members.

Activities

Offers professional and educational programs to encourage interaction between student and faculty, staff and dental societies.

- **NEW:** Faculty Fridays on our Instagram Colorado ASDA. Students were able to guess in the comments as to which faculty was being featured each week.
- **NEW:** Inaugural ASDA Executive Board Banquet with the purpose of reviewing our year, awarding outstanding individuals and performances, and increasing faculty involvement. 65 students and 15 faculty in attendance
- **IMPROVED:** We expanded our scope of presenters for our Study Club by hosting: our own faculty dentists and hygienists to talk about their private practice experiences, experts in the field of writing CVs, and legal advisors.
- **IMPROVED:** We increased the number of events that students were able to attend with local dental societies to over 20.

Develops mentorship programs.

- **NEW:** Transition phase for the Executive Board. New board members worked side by side with old members for one month.
- **IMPROVED:** Specific areas for first years to get involved in our restructured ASDA organization.
- **IMPROVED:** We worked closely with the school to offer tutoring sessions in all of the first-year classes.
- **IMPROVED:** We met our Big/Little pairs by playing a matching pair game at a lunch and learn.

Organizes vendor fair and lunch-n-learns frequently.

- **NEW:** We rebranded our vendor fairs as Sponsorship Block Parties to emphasize the importance and role that our sponsors have in our organization. (For the purpose of this application we kept it written as "vendor fair".)
- **IMPROVED:** We created a survey for student and sponsors to improve our vendor fairs. We saw an increase in the diversity of sponsors as well as an improved system for vendors to ensure student engagement.
- **IMPROVED:** We held a Spring Vendor Fair with 16 vendors and 200 students; and hosted one of our largest Fall Vendor Fairs with 21 vendors and 250 students.
- **IMPROVED:** We scheduled 13 lunch-n-learns in the spring and 21 Lunch-n-learns in the fall. We also increased our food options to be more inclusive of differing diets and cultures.
- **IMPROVED:** We worked with Multimedia furcation to increase the advertising and announcement of each vendor fair and lunch and learn.

Provides social activities.

- **IMPROVED:** Shimstock- Student talent show, judged by "celebrity" faculty members. Acts included magic, instrumentals, bands, cultural dance, lip sync and more! 200 attendees including students, faculty, and staff and families.
- **IMPROVED:** Increased attendance at Amalgames, our day of field games directed at welcoming 1st year students. 25 students participated (5 more than the previous year).

- **IMPROVED:** Increased the number of ASDA socials with 18 Happy-hour Socials.

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

- **NEW:** Podcast of our Business Study Club that is linked on our website to increase our audience.
- **NEW:** Board Retreat for newly elected Board members to create a vision for the year and transition into new roles. The three-day mountain retreat entailed presentations, group discussions, and bonding through meal preparation and games.
- **NEW:** We integrated registering for ADPAC into our Advocacy Week and every student that signed up was entered into a raffle to win a free trip to National Lobby Day!
- **IMPROVED:** Our Professional Development and Leadership (PDL) Day grew to 76 students.
- **IMPROVED:** We buffed up our Advocacy Week presentations to include one from our state dental society president. We worked with the Media furcation to post videos and flyers of lunch and learns.

Holds events with other ASDA chapters in district.

- We held our annual District 9 retreat in Breckenridge, CO with 12 members from Colorado ASDA
- We have 7 members on District 9 Cabinet.

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

- **NEW:** We hosted Around the World Potluck to recognize the diversity among our DS and ISP classes. Prizes were given to the top 3 chefs. Nine of the 16 students were in the International Student Program (ISP).
- **IMPROVED:** Through our two ISP liaisons, we saw an increased turn attendance from the ISP class at all events.
- **IMPROVED:** Our annual talent show, Shimstock, saw increased participation from ISP students, with 50% of the acts being performed by students in the ISP program (up from 20% the previous year).

Organizes activities that are unique and original.

- **NEW:** We worked with our Wellness furcation to initiate events like a school-wide Spike ball tournament, and three dodgeball tournaments with around 50 students in attendance each time.
- **NEW:** We marched with affiliates from all four CU campuses (Boulder, Denver, Colorado Springs, and Anschutz) in the 43rd Annual Denver PrideFest Parade.

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

- **NEW:** In addition to our vendor fairs, we joined forces with our Wellness furcation to pull off our inaugural Beat Tooth Decay 5k and earned over \$10,000 to which \$5,500 was donated to the Dental Lifeline Network.
- **NEW:** Selling ASDA badge holders to students and faculty.

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:** Inaugural Beat Tooth Decay 5k - Over 200 Registered Runners/Walkers and 25 race day volunteers
 - On our race website, gross revenue was over \$10,000 to which \$5,500 was donated to the Dental Lifeline Network
 - Ten corporate and organizational sponsors
 - Honorary starters included :
 - Dr Carol Morrow (President of the Colorado Dental Association)
 - Greg Hill (Executive Director of the CDA)
 - Featured in the National Blog of the Dental Lifeline Network
 - Event chip timed: One of the fastest 5k's in Coloradowith the overall winner timed at 15:24.
- **NEW:** Around the World Potluck - 20 student cooks who brought food varieties from all corners of the world
- **NEW:** Park Day - Opportunity for predental students to mingle and play Spikeball, volleyball, and football with current students. 25 students and predentals
- **NEW:** Yoga on the Quad – September and October: Students relaxed and recovered at lunch time yoga sessions
- **IMPROVED:** Boulder Flatirons Hike – increased involvement from international students. 30 students
- **IMPROVED:** Dodgeball Tytin Tournament – Held twice with an increase of 60 people/12 teams to include traditional and international dental students. Winning team won Hydroflask water bottles.
- **IMPROVED:** Amalgames - Annual student competition with a variety of yard games - tug of war, relay races, and water balloons involved. Increased international student turn out with a total of 30 students.
- **NEW:** Spikeball Tournament - 14 teams of 3 students each competed for ultimate glory in our inaugural spikeball tournament and the top three teams won gift cards.

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

- **NEW:** Step Out for Wellness Challenge - In our inaugural debut, Colorado ASDA went big with 128 participants, 2nd place for the school with the most steps- 34,159,142

steps, the #1 national individual stepper - Meg Dinkel: 802,522

- **NEW:** Ergonomics Health & Wellness Lunch & Learn - Students learned about the importance of proper ergonomics and different stretches and exercises to stay healthy, 40 students

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 Video Series - Featured in National ASDA's Word of Mouth, September 2018 publication, 5 videos focused on one of the different dimensions of wellness.
 - The videos reached 5,006 people on Facebook with, 1,702 engagements, and 440 reactions, comments, and shares. Instagram added an additional 2,322 views on the series, 254 likes, and 17 comments.
 - The videos were also shared on District 9's Facebook page.
- **NEW:** For the first time we published a wellness article, "A Shameless Pitch for Wellness" in the Fall addition of Colorado ASDA's bi-annual journal publication, the CEJ.
- **IMPROVED:** Regularly shared National ASDA Wellness challenges on Facebook.

Shares wellness content from district and national meetings with local members

- **NEW:** Shared September Step Challenge on Facebook, Instagram, and through schoolwide emails to the entire student body.
- **NEW:** Shared National ASDA's monthly wellness challenges on all social media platforms to encourage member involvement.

Establishes a wellness committee within the leadership structure

- **NEW:** Wellness furcation - This year, Colorado ASDA restructured our organization into subcommittees called furcations. Past Colorado ASDA H&W Chair and current ASDA District 9 Wellness Liaison, Sam Lynass oversees the Wellness Furcation and current Colorado Wellness chair, Rebecca Ryan. Rebecca is in charge of ASDA's day-to-day wellness operations and oversees two first year wellness committee members whom help execute wellness events and initiatives. One third-year, one second-year, and two first-years

Community Outreach

Promotes unity, awareness and lifelong involvement in community service

- **NEW:** Collected, laundered and donated 30 sets of scrubs to a homeless charity in downtown Denver for women in need.
- **NEW:** Organized a carpool for 14 volunteers for Colorado's annual Mission of Mercy Project.
- **NEW:** Awaiting confirmation for Adopt a Highway and will hold quarterly clean-ups.

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

- **NEW:** Received National ASDA \$500 Dentistry in the Community Grant. Seven CU ASDA members provided oral health and denture education to residents and caregivers at a local Medicaid funded assisted living facility.
- **IMPROVED:** Increased the number of schools participating in Family Health Night.
- **IMPROVED:** Number of kids educated at Family Health Night increased from an average of 20 children to approximately 35 children per night

Increases awareness of underserved populations

- **NEW:** Lunch and Learn with Chief Dental Officer at Colorado Department of Corrections.
- **IMPROVED:** Eight ASDA volunteers set up activity tables and handed out oral health goodie bags to approximately 250 underserved families and children upon receipt of their Christmas gifts at the annual Santa's Elves event, versus 100 last year.

Participates in the ASDA National Week of Service

- **NEW:** Thanks to the new Gold Crown category we now know about ASDA's National Week of Service and look forward to hosting our first blood drive and highway cleanup during January 21-27, 2019.

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

- **NEW:** Organization of the Executive Board into factions, led by a member of the Executive Council, that held monthly meetings to ensure that responsibilities and concerns were adequately addressed.
- **IMPROVED:** Community Outreach Associate Chair organized and maintained existing events, while the Community Outreach Chair planned new events.

- **IMPROVED:** Community outreach committee consisting of interested first year students. Annual scrub drive increased its collections by 20% to The Gathering Place.

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)

- **NEW:** A team of >200 students registered for the Inaugural Beat Tooth Decay 5k and donated over \$5,500 to the Dental Lifeline Network.
- **IMPROVED:** Volunteered at multiple Family Health Nights, ~15 different ASDA members to educate over 50 families.

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

- **NEW:** Two ASDA volunteers helped run the annual Kids In Need of Dentistry Gala. In 2018, we helped KIND raise \$75,000.
- **NEW:** Community Outreach began a partnership with the Dental Lifeline Network (DLN). Every 3 months, 1-2 students participate in Colorado community engagement discussion.
- **IMPROVED:** Outreach Chair sits with the Metro Denver Dental Society community outreach engagement to be a student liaison for the local dental chapter by:
 - Helping refer more patients to CU's Heroes clinic for veterans.
 - Helping spread nonprofit (KIND and DLN) awareness at the Rocky Mountain Dental Convention.
 - Helping prepare their St. Patrick's Day parade float and hand out oral hygiene aids.

Predental Involvement

Recruits predental members for national ASDA membership

- **NEW:** Encouraged registration for ASDA Predental Membership at the Spring Predental Day, Summer Predental Academy and Fall Mock Interview events.

Introduces predentals to dental school and organized dentistry

- **NEW:** Presentations on the importance of organized dentistry by Colorado ASDA President and District 9 Trustee and how to get involved during the 2018 Summer Predental Academy.
- **IMPROVED:** Members of ASDA tabled on student panels at CU Pre-Health Day, an annual event that draws hundreds of pre-college, undergraduate, graduate level, and pre-health advisors from across the state to the Anschutz campus to learn about health professionals.

Provides leadership and professional development opportunities for predentals

- **NEW:** Provided a predental student the opportunity to attend the 2018 ASDA National Leadership Conference fully funded scholarship.
- **IMPROVED:** Extended invitations to predental students for the inaugural (2018) ASDA Professional Development Leadership (PDL) conference (20 in attendance).

Organizes predental-centered workshops for getting into dental school and hands-on activities

- **NEW:** Provided opportunities for predentals to participate in CUSODM's new Haptics lab and Virtual Reality simulation.
- **NEW:** Introduced predental students to advances in dentistry and CUSODM's available technologies via hands on experience with Trios scanning machines.
- **IMPROVED:** Hosted Spring Predental Day and drew 50 total attendees (31 attendees since Spring of 2017).
- Admissions presentation and Q&A with Crystal Ridgley, Manager of Student Admissions.
- Presentation from a current student preparing to enter a residency, received a tour of the school, and spent time in the simulation clinic drilling and placing sealants.
- **IMPROVED:** Hosted Summer Predental Academy and drew 45 total attendees, for four consecutive weekends.
- Presentations to include topics in: admissions, mastering the DAT, military dentistry, pediatric dentistry and teaching
- Workshops in: personal statements, waxing, crown preparations, impressions, and CAD-CAM
- Student panels from all classes, tours, including incoming DS1, current DS1, DS2, DS3

and DS4

- **IMPROVED:** Offered five school visits to CU Boulder, CU Denver, CSU, University of Denver, and UCCS.

Offers networking, social and community service events for predentals

- **NEW:** Invited predental students to ASDA events such as Beat Tooth Decay 5K and Park Day to provide predental students the opportunity to interact with and create relationships with current dental students.

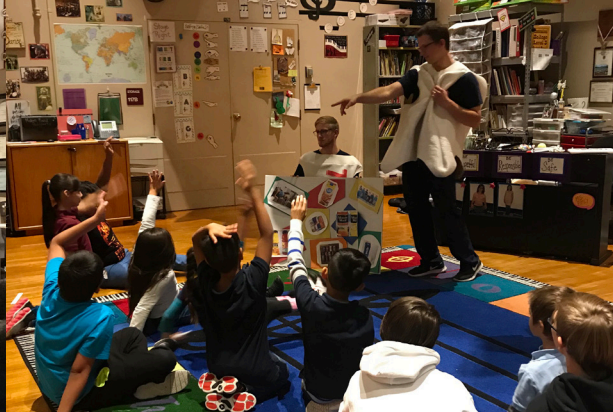
Serves as mentors to predentals

- **NEW:** Organized a mock interview day for 55+ predental students from around the country that had applied to CUSODM in the current cycle. Predental students met with current students to receive feedback on interview skills. 27 predental students traveled from out-of-state to attend.
- **NEW:** Organized a personal statement workshop for 40+ predental students to review their personal statements with current students. Each predental received one-on-one feedback from multiple dental students and received examples of current student's personal statements.
- **IMPROVED:** Predental students affiliated with the University of Colorado's Undergraduate Prehealth Program (UPP) were paired with DS3 students for an extended summer internship. Predental students learned basic clinical techniques (taking impressions, pouring casts, creating suck-down whitening trays) while assisting their DS3 mentor during patient care.
- **IMPROVED:** Coordinated with CUSODM Admissions Committee to improve the predental shadowing program, allowing predentals to experience more before applying to dental school.

Promotes national ASDA Predental Week

- **NEW:** Shared national ASDA Predental Week with prospective applicants through the CUSODM Office of Admissions.
- **IMPROVED:** Advertised national ASDA Predental Week on both Colorado ASDA Predental Committee Facebook page and Colorado ASDA website.

Community Outreach





Annual Session





Spring Vendor Fair





Spring Dodgeball



Lobby Day





Spring Predental



Shimstock





PDL



ASDA Banquet



Mark Sidransky DS3 - "What better way to warm up on snowy day? Run a 5k! It was so great to see such a strong dental community presence come together for a great cause. Very excited for next year and ready for a new PR!"



Beat Tooth Decay 5K



Jen Terrio DS3 - "You win some you lose some. But today we all won because we raised money and awareness for Dental Lifeline Network .. and we did it in the snow!"



Park Day



Pride Walk



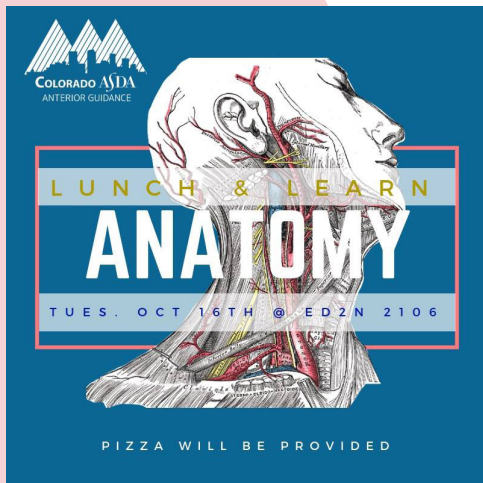
Summer Predental



Business Study Club



Anterior Guidance



Caroline Hinds

May 18, 2018

Hey DS1's!! First of all, **CONGRATULATIONS** and welcome to the CUSDM fam! One of the coolest things about CU is that you're all already members of ASDA! I'm so excited to be serving as the Anterior Guidance chair for ASDA this year. For those that aren't familiar, ASDA is the American Student Dental Association and its purpose is to advocate for important issues dental students face (aka student loans) as well as be a community/network of dental students. We have a really exciting year planned and I'm pumped for you all to be involved! As Anterior Guidance chair, my job is to help you each have a smooth transition into dental school as well as get you plugged in with ASDA if you're interested. If you have ANY questions at all or want to chat about dental school or just want to know a second year (me) before school starts, send me a message or text me at (864) 415-4654. I can't wait to meet each of you in August! 😊



Jillian Stacey, Elana Costanza and 27 others

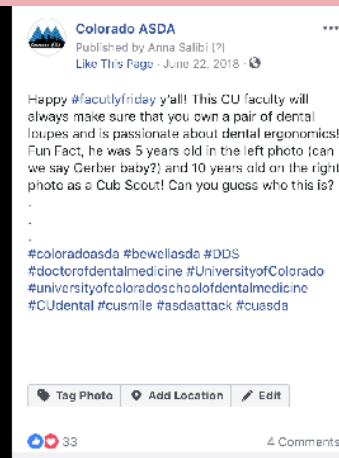
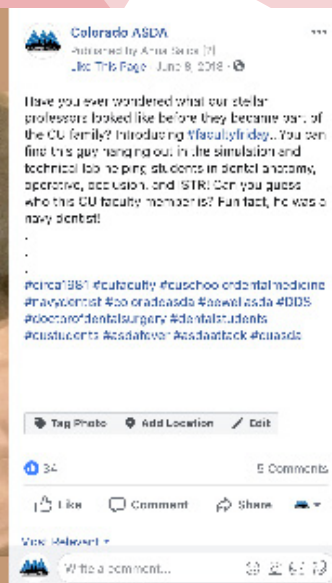
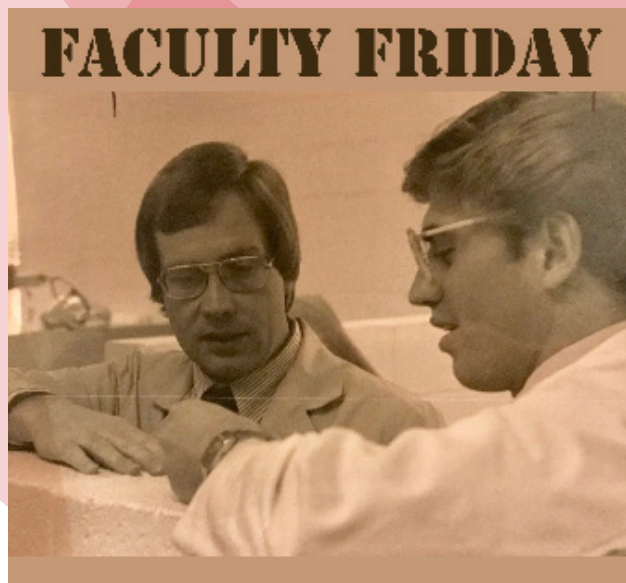
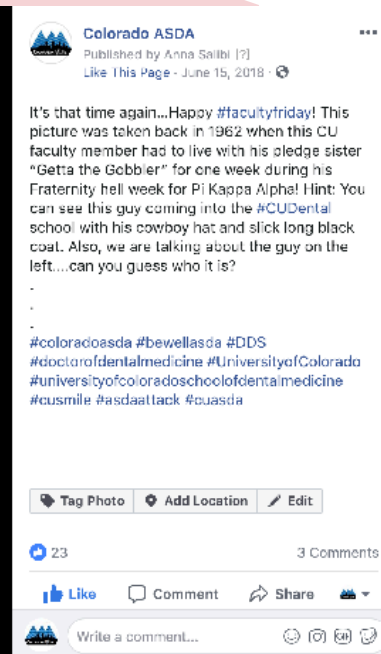
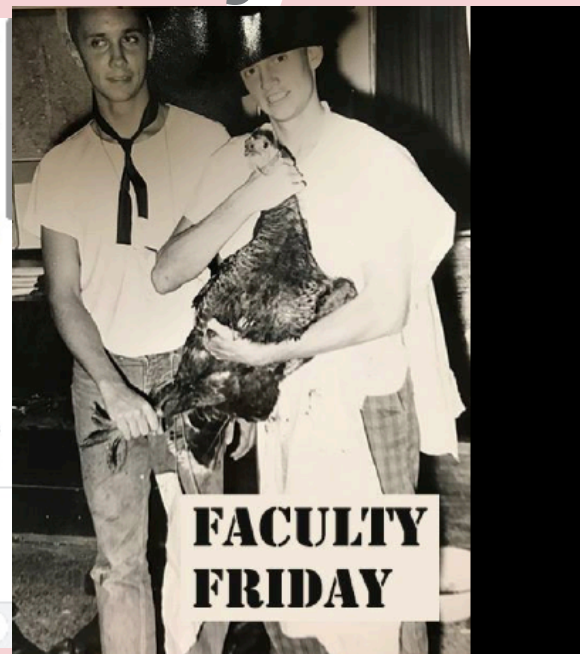
Seen by 115

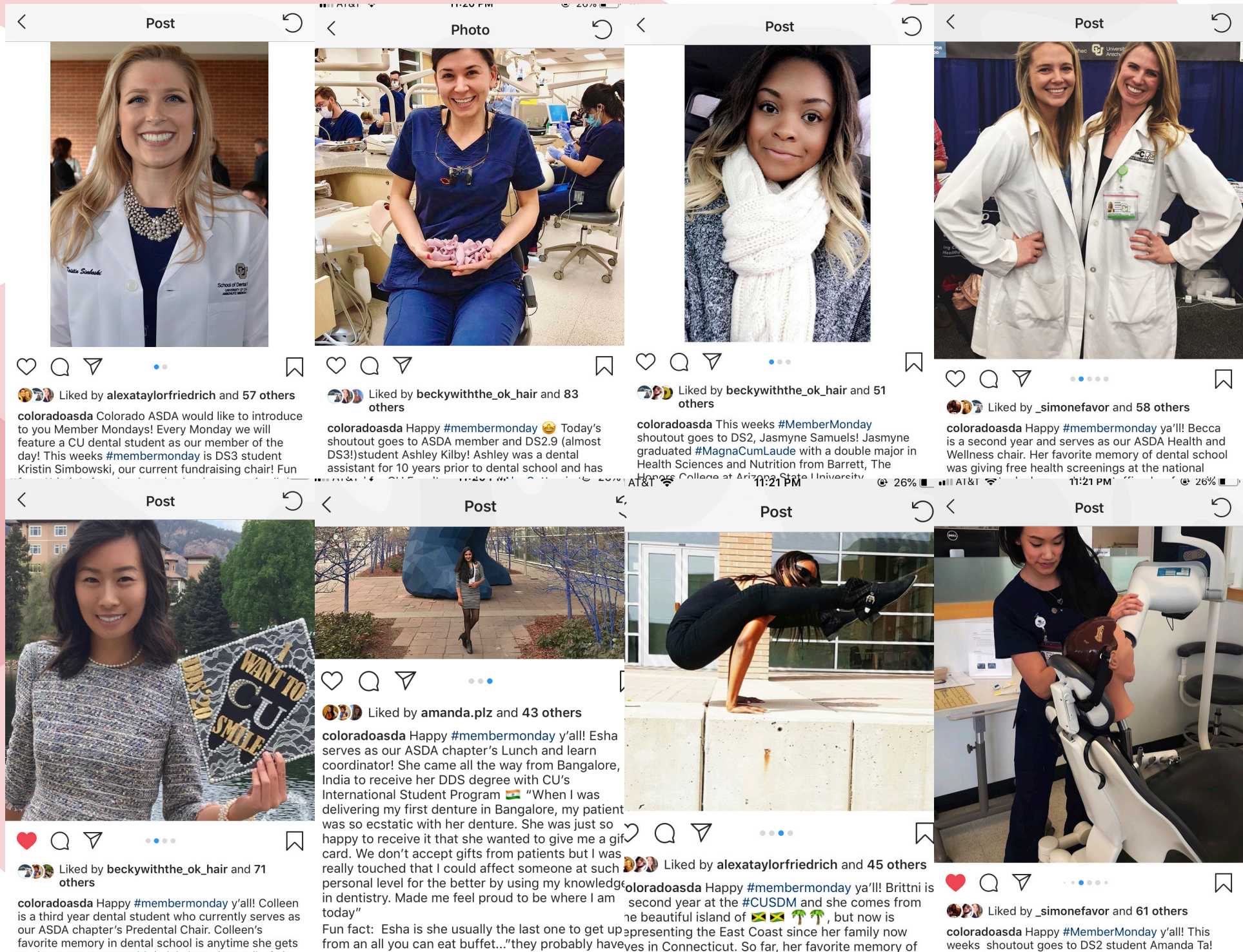


Stanley Social



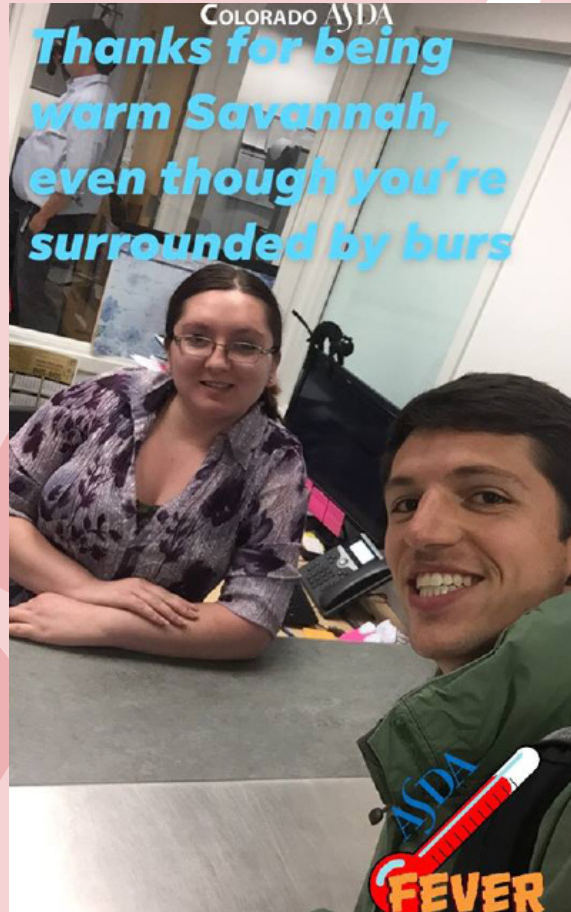
Faculty Friday





Membership Monday

ASDA Fever Week



Me trying to take the weight of Monday on my shoulders!
Run from the MEATBALL RUUUUUUNNNNNNN..... 笑笑笑
#Coloradoasda #asdafeverweek #bewelliasda #mondayblues
#dentalschoolproblems #meatballmonday
Neha Solanki 😊



ASDA FEVER MONDAY

Post on the event page, your **most creative meatball photo** wearing your Colorado ASDA, CU Dental shirt, or iconic FIGS top.

12:00 pm, Ed2N 2104 - Welcome to ASDA Lunch and Learn Food for first 100

5:30 pm, Ed2N 1308 - Business Study Club with Cori Hendricks

ASDA FEVER TEAM MEMBER TUESDAY

Post on the event page, your best photos with any **School of Dental Medicine** staff member(s).

ASDA FEVER WELLNESS WEDNESDAY

Post on the event page, your selfie at the Spikeball Tournament!

12:00 pm - The Quad - Advocacy Spikeball Tournament

ASDA FEVER TOOTH PUN THURSDAY

You know the drill (pun intended). Just place a post (that too!) with your photo and pun on the event page! Perhaps you'll win the gold crown! (ugh...)

12:00 pm, Ed2N - 2104 - Health & Wellness Ergonomics Activity & Cookies

ASDA FEVER NEW FRIEND FRIDAY

Take a photo with a new friend from another class! Post it on the Facebook event page!

Spikeball Competition





Amalgames





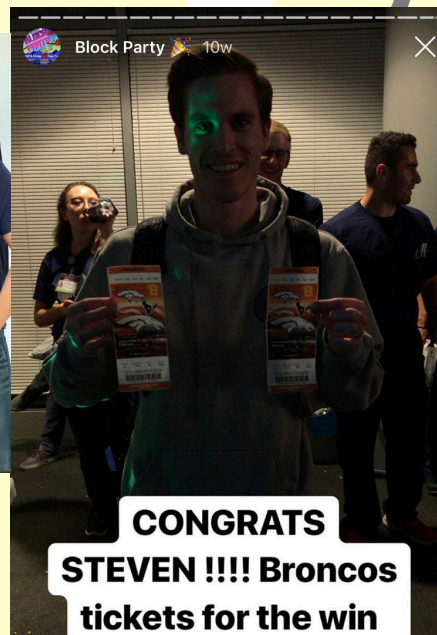
Fall Dodgeball

Around the World Potluck





Fall Block Party



Published by Lynn Doan [?] · August 31 · 🌐

September is National ASDA Wellness Month and boy do we have a treat for you! Check out our awesome new wellness video series which will have five installments throughout this month featuring your classmates and faculty. [#BeWellASDA](#)



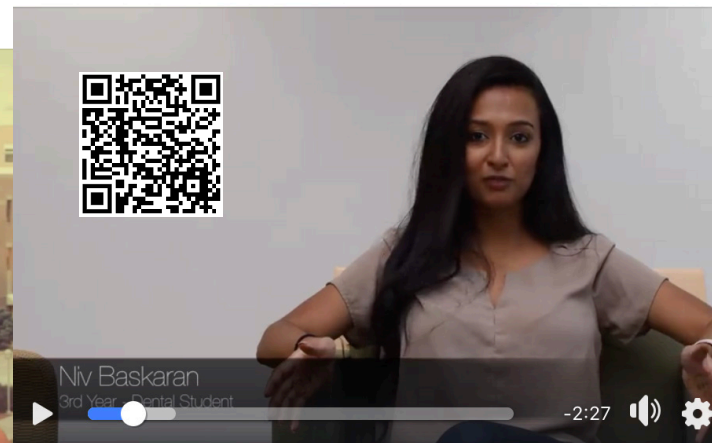
Colorado ASDA

Published by Sam Robb [?] · September 27 · 🌐

Our Colorado Wellness Series this week includes Physical Wellness. Check out how these CU students stay in tune with their physical health!



... Our Colorado ASDA Wellness series this week features Emotional Wellness! Listen to DS3 Niv Baskaran open up and talk about how she has overcome her anxiety in dental school. [#BeWellASDA](#)



1,552

People Reached

678

Engagements

[Boost Post](#)

Our Colorado Wellness Series this week features Occupational Wellness. See how CU Faculty member, Armantine Lehn, finds personal satisfaction and enrichment through her work-life!

[#coloradoasda](#) [#bewellasda](#) [#occupationalwellness](#) [#wellnesswednesday](#) [#cufaculty](#) [#RDH](#) [#balance](#) [#work](#) [#worklife](#) [#cuanschultz](#) [#ergonomics](#) [#posture](#)



329

People Reached

121

Engagements

[Boost Post](#)

Published by Sam Robb [?] · October 2, 2018 · 🌐

Our Colorado Wellness Series this week features Environmental Wellness. Check out how these CU students find harmony with their environment!



286

People Reached

69

Engagements

[Boost Post](#)

[Talia Kropar](#), [Caroline Hinds](#) and 4 others

1 Share · 178 Views

2,219

People Reached

603

Engagements

[Boost Post](#)

The first of the 5 Dimensions of Wellness to be featured in our Colorado ASDA Wellness Series this month is Intellectual Wellness! See how DS2 Rachael Yancey nurtures curiosity and lifelong learning through reading.

*Music from [Bensound.com](#)



403

People Reached

172

Engagements

[Boost Post](#)

[Talia Kropar](#), [Caroline Hinds](#) and 4 others

Wellness Series

Scan QR code to watch video!

Steps Challenge

TOP 5 INDIVIDUALS

Meg Dinkel- 171,881

Meghan Gahm- 139,179

Jeff Seligman- 126,033

Mallory Mayeda- 121,341

Emma Lazaroff- 119,881



TOP 5 TEAMS

Between a Walk & a Hard Place- 529,873

Just 8, Ready to Run- 523,514

Supernumerary Steps-523,230

Team 4- 486,510

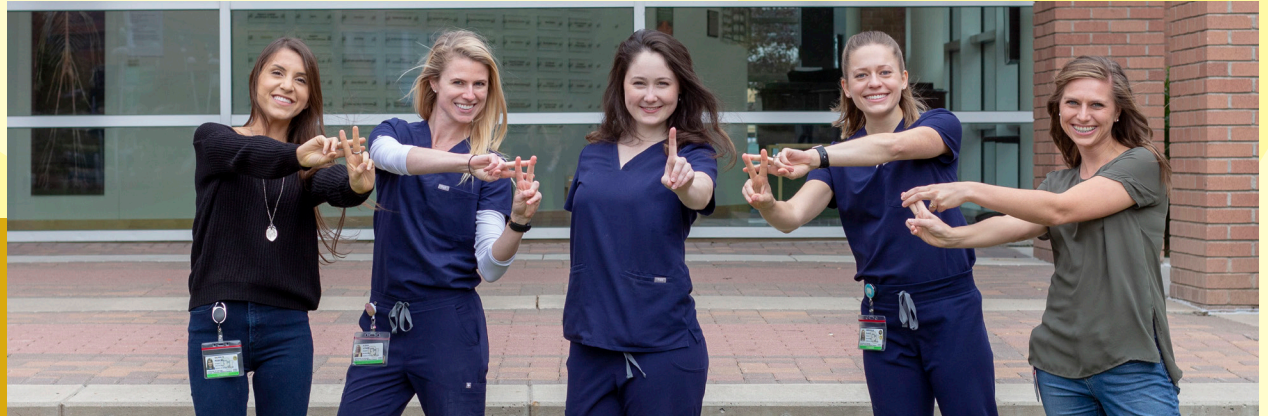
Team 13- 470,835



Colorado ASDA is with Meg Dinkel and 4 others.
September 11, 2018 · 🌐

👍 Like Page

Here are the results for the Top 5 individuals and teams for the ASDA Step Out For Wellness Challenge thus far! Keep up the hard work!!



Colorado ASDA

Published by Sam Robb [?] · October 24 · 🌐

Congrats to ASDA National Champion Meg Dinkel and her team the O-Walk-O-Blasts! Meg logged 802,522 steps in the month of September and her team led the way for Colorado with over 2.3 Million steps. Great Job Ladies! [#BeWellASDA](#)

American Student Dental Association



coloradoasda

ADVOCACY ACADEMY

Proud ASDA Advocate

A LOOK AT THE POLITICAL LANDSCAPE
Monday, November 5th
Ed2N-2104 at Noon
Eta's for first 100

LICENSURE 101
Tuesday, November 6th
Ed2N-2104 at Noon
Pizza for first 100

To inform students about the issues impacting our profession

ORGANIZED DENTISTRY IN COLORADO
Wednesday, November 7th
Ed2N-2104 at Noon
Cheba Hut for first 100

OPPORTUNITIES WITH FAMILIA DENTAL
Friday, November 9th
Ed2N-1308 at Noon
Nom Nom for first 100

Series of lunch and learns

Don't wait, advocate!

Proud ASDA Advocate

#ASDAadvocacy

COLORADO ASDA

nomnom



Advocacy Week



Chicago NLC





Community
Outreach



COLORADO ASDA

