



Gold Crown Application

Marquette ASDA 2020

Letter from the President

Sam Miller, Marquette ASDA Chapter President

As our Executive Team brainstormed goals for this 2019 year, there was one mission that really resonated with us: get people **excited** to be involved in organized dentistry. We believed if we delivered an unforgettable ASDA experience to our classmates, that we would be investing in our future ADA and profession. At Leadership Retreat in Madison, WI we shared this vision and sparked a fire in 39 of our student leaders. We placed a chip on our shoulders to re-brand ourselves and show people that Marquette ASDA is **the** one stop shop organization for all dental students, and we absolutely achieved that goal.

We strived to be a platform where one can tailor his or her personal growth.

- We expanded our organization from 35 to **56 chapter leaders**, along with **3 district leaders** and **2 national leaders**.
- We organized a **2-day leadership retreat** with **39 attendees** that mirrored content from National Leadership Conference.
- We coached leadership through **leadership presentations** at each of our general body meetings.
- We founded our **fifteenth committee** focused on designing digital media to gauge a bigger audience.
- We funded **100%** of costs for **20 students** to attend National Leadership Conference.

We wanted to be an organization known for filling in the gaps of an already busy curriculum.

- We delivered **23 lunch and learns** without vendors.
- We designed an innovative method of engaging members through social media with our **ASDA Snapshots Series** to deliver important content in an engaging, yet easily digested way.
- We revived our Practice Management committee with **monthly get togethers at local dental practices, lunch and learns, and panels with private practice dentists**.
- We expanded our Personal Finance committee involvement from 8 members last year to now **over 60 students**.
- We supported committees who were committed to delivering resources to our students with our **Specialty, Personal Finance, Legislative, Practice Management, and Pre-dental committees**.
- We improved our Marquette ASDA Blog with a total of **25 new student contributors**.
- We engaged and recruited **over 100 pre-dental students**.
- **17 contributions to Contour** from **13 different Marquette students**

We aimed to be *the* umbrella dental student organization that teaches what advocacy means and how we can protect our patients and profession.

- We hosted **11 unique advocacy focused events**.
- We delivered **3 advocacy minute videos** with **over 2,000 views**.
- We advocated at Wisconsin lobby day with **100% D2 and D3 attendance**.
- We funded **100% of costs** for **8 students** to attend ADA/ASDA Dentist Student Lobby Day
- We had **5 Contour contributions** from Marquette ASDA students in the Advocacy issue.

Most importantly, we served to be the organization committed to making dental school an awesome time by creating meaningful relationships with each other.

- We prioritized health and wellness by offering **12 Health and Wellness events** including yoga, ab-blasters, and volleyball tournaments.
- We organized **10 community service events** to give back.
- We continued our collaborations with faculty and administration during our annual Marquette ASDA Music Video
- We had fun with **13 can't-miss after school socials** ranging from **Mr. Molar to Family Feud to The Amazing Dental Race**. Believe me when I say can't miss, our Mr. Molar Event sold out with over **500 tickets sold**.

What makes Marquette ASDA ideal is the way it genuinely connects dental students. Our chapter has an infectious good vibe to it. While we do a lot, we don't do it for the numbers; we do it to genuinely make this place the best it can be. When a dental school consistently feels like a community—when we feel like we're all in this together—the future of dentistry becomes that much more exciting. And that's what we believe ASDA is all about. By working hard to grow ourselves and others as leaders, we believe we are investing in the future of dentistry, and I couldn't be prouder to be a part of that.

-Sam Miller
Marquette ASDA Chapter President



Encourages member involvement & has significant participation

- Marquette ASDA is auto-enroll, and has 100% chapter membership
- **IMPROVED-** Expanded organization from 35 to **56 Chapter Leadership** positions
- **IMPROVED-** Record breaking **17 Contour Contributions** with **13 students featured**.
- **NEW-** Created a new Digital Media Committee with 5 leaders focused on delivering aesthetically driven content we now support **FIFTEEN unique ASDA committees**
- **NEW-**Used data from student surveys to determine what people want at the General Body meetings. Changed the meeting format and have **doubled D1 attendance at monthly General Body Meetings**.
- **CONSISTENT-** Leadership- Bi-monthly executive board meetings
- **CONSISTENT-** National Leadership Interest- **4 students applying for national leadership**
- **IMPROVED-** ASDA Clothing Sale sold a **record-breaking \$9,313.00 in merchandise** designed by our new Digital Media Committee
- **IMPROVED-** Conference Attendance We have seen a **150% increase in conference attendance applications** through marketing and explanation of conference details at meetings while **100% funding all travel and registration for all ASDA trips**.
 - 40 attendees at MU Leadership Retreat in July, including 4 incoming D1's
 - 20 attendees at NLC
 - 18 attendees at District Meeting
 - 8 attendees at ADA/ASDA Dentist Student Lobby Day

Organizes successful membership drive to introduce new students to ASDA

- **NEW-** Social Media giveaway: **46 new D1 instagram followers** with ASDA swag giveaway.
- **CONSISTENT-** Welcome to ASDA Lunch and Learn- The EC and all committee leaders presented the benefits of ASDA membership and how to get involved.
- **IMPROVED-** Org Fair- showcase of membership videos and distribution of flyers with committee descriptions, perks of membership and dates for all fall ASDA events -90% of D1s signed up for more info
- **IMPROVED-** Teach Me How to Dentist- D2 ASDA leaders presented tips and tricks to survive D1 year to expose D1's to ASDA leaders. **The event was so successful that D1s requested an additional presentation second semester.**
- **IMPROVED-** 2nd Annual What Is ASDA Event: explained What ASDA Is at national, district and local levels and introduced each 15 comm
- **IMPROVED-** 10 D1's at District Meeting in Columbus(pg. 45)
- **IMPROVED-** Every D1 was introduced to ASDA with a "Welcome to Marquette ASDA" email and letter one month prior to beginning of fall semester that included ways to easily learn more about Marquette ASDA via social media.
- **IMPROVED-** "ASDA Classifieds" are sent via email on a monthly basis advertising roles and tasks that interested students can do to easily get involved in any and every committee. This enables students to learn how they can get involved even if they miss a General Body Meeting.

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

- **NEW** – Developed **survey for D4 students** to determine what ASDA programming they would find helpful for transitioning to post-graduation life. The survey results are informing our 2019 programming.
- **NEW-** Marquette E.C. hosted meetings with WDA to increase Signing Day Conversion rate
- **CONSISTENT-** ADA Signing Day 2018- **100% D4 Attendance**
- **CONSISTENT-** Marquette ASDA leader serves on WDA Editorial Advisory Board
- **IMPROVED-** Engage Competition- competition between classes introduced to send letters to state representatives & increase organized dentistry awareness

Uses many communication vehicles

- **NEW-** "ASDA Snapshots" Delivers aesthetically and easily consumable Facebook and Instagram posts that makes topics such as Advocacy and Pre-dental tips more digestible.
- **NEW-** ASDA Classifieds" -QR codes with ASDA Classifieds at General Body Meetings that direct students to a Google Form to connect them to committee chairs and potential positions
- **CONSISTENT-** Use of ASDA event Facebook profile banner to promote events including 'Stache Bash and Amazing Dental Race.
- **CONSISTENT-** Use of ASDA Advocacy Facebook profile banner to promote November focus
- **IMPROVED-** Advocacy Videos formatted to full length for Instagram posts.
- Class representative assigned responsibility of passing along ASDA announcements through email and GroupMe
- **IMPROVED-** Calendar – highlights sent out monthly and current calendar always available on chapter website
- **IMPROVED-** Marquette ASDA Facebook **992 likes – up from 889 last year**
- **IMPROVED-** Marquette ASDA Instagram: **1310 followers-** up from 1010 followers last year

- **IMPROVED-** Marquette ASDA YouTube : Most popular video has **over 3 million views** with **3,232, 851 views**.
- **IMPROVED-** **10.6k YouTube Subscribers** to Marquette ASDA's YouTube Channel
- **NEW-** **3 New Advocacy minute videos** discussing topics such as insurance, and controversial issues on Videos posted on Youtube and Instagram
- **IMPROVED-** User-friendly web page that is updated weekly: MarquetteASDA.org (pg. 24)
- **CONSISTENT** Blog on MarquetteASDA.org with 3-4 new posts per month.
- **CONSISTENT-** Utilizes ASDA Leadership GroupMes to keep members up to date

Publishes a chapter newsletter at least 3 times per school year

- **NEW-** The Blog Master actively analyzed topics that students wanted to hear about through surveys sent out to the school.
- **IMPROVED-** **25 students contributed** to the Marquette ASDA blog
- Our Newsletter serves as a great resource for students and faculty sharing information about anything and everything.
- Best of the Blog publication- newsletter featuring the best blog posts from the past year
- **NEW-** Digital media team takes high quality photos at all events to improve our publications
- **CONSISTENT-** Themes to each newsletter create a more enticing publication
- **CONSISTENT-** Partnership with State dental society to sponsor publications.

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

- **NEW-** Organized a Leadership Pedal Tavern with **48 leaders** that connected new leaders and incoming leaders with one another to help ease the transition into new leadership.
- **CONSISTENT** How To Guides- Guides created for how to plan lunch and learns, how to run a successful vendor fair, and how to set committee goals and create strategic plans are housed in a committee Google Drive that provides easy idea sharing and smooth leadership transitions.
- **IMPROVED-** 4th Annual Marquette ASDA Leadership Retreat Modeled after National Leadership Conference, we focused on organization, teamwork, and high quality presentations
 - Held in Madison, Wisconsin with 40 Marquette ASDA leaders and in attendance.
 - “Bingo Scavenger Hunt” social throughout the downtown involved teamwork and increased **ASDA Fever** with silly ASDA-themed challenges
- **IMPROVED-** Based on survey results from last year's participants, we tweaked the format to include more structured collaboration time between committees.
 - Professional & Leadership Development: Leadership, Purpose and Trust, SMART Goal Setting, Building High Performance Teams, Planning for the Year**
- **IMPROVED-** Goal Setting & Strategic Plan - After elections, the EC identified Marquette ASDA's strengths and weaknesses and set **SMART goals** accordingly. We also created a strategic plan for the chapter to reach our goals. Each committee created an individual plan to help the chapter reach those goals as well as created additional goals for their committee. Follow-up meetings with each committee and the Executive Committee are scheduled for January and May to track progress.
 - EC goals for 2019-2020 that were then broken down into SMART goals include: Increase excitement in organized dentistry, Increase communication between the EC and committee leaders and committee leaders amongst themselves, build a stronger relationship with Marquette administration
- **CONSISTENT-** D1 Associates- All committees required to create a D1 position with specific tasks and responsibilities
- **IMPROVED:** Transitional Leadership Strategic Plan: D4's are past committee chairs, D3's are chairs, D2's are associate chairs, and D1's are associates to facilitate leadership transition. Chairs are required to identify their D1 leaders in January.

Creatively distributes content from District & National meetings to local membership

- Blog and Newsletter Each student selected to represent our chapter at District or national meetings is required to write for the newsletter and/or blog sharing their experiences
- Class Representatives- Elected representatives from each class compiled information learned at meetings from attendees and sent an email to their respective classes

Uses ASDA branding & communicates national ASDA initiatives & events to its members

- **IMPROVED-** ASDA banner is displayed at all tabling events
- **NEW-** Newly designed Marquette ASDA logo displaying the ASDA Brand
- **IMPROVED-** D1 Orientation- ASDA branding used at D1 orientation on flyers with branding distributed to students monthly with upcoming events

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**- Advocacy 101 Lunch and Learn - Informed students on the basics of government, how initiatives are entered into the House and Senate, and become law. We also discussed the current issues at the national level. We hit attendance maximum **within 30 minutes of open registration**.
- **NEW**- Take a Break and Advocate! - Set up a table in the school's atrium and provided students and faculty members KitKats if they could name one current advocacy issue. The molar bear attended this event.
- **IMPROVED**- Advocacy Molar Bear Host. Hosted the Advocacy Molar bear at MUSOD. Helped spread awareness of legislative issues while increasing student interest in our legislative committee. The Molar Bear made an appearance in Marquette ASDA's annual music video.
- **NEW** – State Issues Lunch and Learn - Invited WDA's Executive Director Mark Paget to lead discussion on state issues and where they may be going in the future. Event capacity was reached.
- **NEW** – "Advocate For Yourself" Pasta and Politics - Hosted former National ASDA president and current pediatric dentist, Colleen Greene, to discuss the importance and tangible benefits of being involved in organized dentistry post dental school graduation. She also talked about how to create a CV.
- **IMPROVED**- WDA Student/Dentist Lobby Day- All D2 and D3 students attended a Lobby Day in the state capital, Madison, during Advocacy Academy week and were encouraged to invite their WDA mentors
- **IMPROVED**- Advocacy Academy – Hosted a series of Lunch and Learns from well-regarded speakers such as WDA Director of Government Service, Mr. Matt Rossetto, and **U.S. House of Representatives' Gwen Moore**, as well as student presenters to inform students on legislative issues
- **NEW**- "Dental Licensure Exam from an Examiner's Point of View" Lunch and Learn - Hosted Dr. Keith Clemence (ADA member) to present why he became an examiner and what he sees as the future of the exam. Event capacity was reached.
- **NEW**- ADA Practice Transitions Lunch and Learn - Hosted WDA representatives to talk about the pilot ADAPT program, what it's benefits are, and how to participate.
- **IMPROVED**- Engage Competitions- Hosted Spring and Fall ASDA Engage Competitions. Schoolwide emails were sent out to encourage students to take action.

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

- ASDA National Lobby Day- Marquette ASDA sent a delegation of 10 students to ASDA's National Lobby Day to lobby 10 Wisconsin legislators for our 5 bills and followed up with personalized emails and thank you cards.
- Collaboration with WDA Dentists at National Lobby Day- 8 WDA dentists were sent along with the Marquette delegation to the combined ADA/ASDA National Lobby Day in 2019. Students lobbied alongside WDA dentists and attended a dinner with the WDA dentists.
- **IMPROVED**- WDA Legislative Day- All D2 and D3 students attended the Lobby Day in Madison, WI. Students joined in discussion with State Legislators about the state advocacy issues.
- ASDA- WDA Liaison- Continued the position of ASDA-WDA Liaison to be held by the student who holds the WDA District 6 trustee position.
- WDA Mentor Program- We assist with the WDA Mentor Program, encouraging students to take part in pairing up with an assigned WDA dentist or specialist mentor. These mentors are encouraged to attend the state lobby day with their student mentee..
- Collaboration with WDA Director of Governmental Affairs- Formed relationship with WDA Director of Governmental Affairs to keep Marquette students informed on the latest issues in Wisconsin politics. Since we are the only dental school in the state of Wisconsin, our chapter's relationship with the Wisconsin Dental Association is very important.

Conducts successful ADPAC drives

- **IMPROVED**- WIDPAC Fundraiser + Packer Watch Party- WIDPAC fundraiser included "Guess the Final Score.". Current WDA dentists and dental students participated in the score competition and attended the watch party. New and larger venue was chosen and **every square on the board was filled** for the first time. **Raised \$500 for WIDPAC in addition to 200% increase in community participation**.
- **IMPROVED**- Rock Paper Scissors Tournament/ ADPAC Fundraiser -This year we combined our annual Rock Paper Scissors with our ADPAC Fundraiser to increase attendance for both events. This was the **first year WDA dentists were invited to participate!** A larger brewery venue was chosen local and **over 50 students attended**.

Involved with state and/or local dental society (WDA or Wisconsin Dental Association)

- **NEW** - WDA Legislative Meet & Greet - WDA Speaker of the House invited Marquette ASDA committee members to join a happy hour with Wisconsin State Representatives. Five Marquette ASDA members met with four local representatives to discuss advocacy.
- **NEW** - Greater Milwaukee Dental Association Representative - Marquette ASDA's immediate past-president and immediate past-secretary worked with the GMDA to establish a student representative on the Association's board. The two students currently serve this position.
- **NEW** - Greater Milwaukee Dental Association Involvement - Three of Marquette ASDA's Executive Committee attended a GMDA meeting to collaborate and share ideas with the local WDA chapter.
- Marquette WDA student representatives- Every year, one student from each class is elected to serve a 4-year term as the WDA representative. The D4 student serves as the official trustee on the Board of Trustees for the WDA.
- WDA House of Representatives- Continued our strong relationship with the WDA by continuing to send four representatives to take part in voting on legislature. Subsequently, they are able to share updates on Dental issues in Wisconsin with students at Marquette.
- **IMPROVED** - ASDA- WDA Liaison - The ASDA-WDA Liaison is now held by the Legislative Liaison. This helps streamline communication between the two groups
- WDA involvement with Advocacy Academy-We teamed up with the WDA for our Advocacy Academy to enlighten the students and faculty on current advocacy and legislative efforts and bring state legislators to the school.
- WDA Mentor Program- We assist with the WDA Mentor Program, encouraging students to take part in pairing up with an assigned WDA dentist or specialist mentor. These mentors continue to guide us throughout our dental school careers and serve as great role models to continue to become a part of organized dentistry.

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

- Marquette WDA student representatives - The D4 WDA student representative serves as the official trustee on the Board of Trustees for the WDA and has the ability to vote.
- WDA Committee Involvement- Four Marquette ASDA members currently sit on WDA committees.

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

- **NEW** - WDA Journal Publication - Marquette student Janae Momchilovich was published in the November/December edition on explaining the benefits of being a WDA Student Member.
- **IMPROVED**- Advocacy Minute Video Series - The Legislative Team digitized the production of the Minute Videos to make them cleaner and easier to follow. The latest Minute Video "Dental Insurance Terms" was released during advocacy month, Our video on McCarran-Ferguson Act was a **featured post on National ASDA's Instagram**.
- **NEW** - Contour Publication - Marquette student Janae Momchilovich wrote an article "Becoming a Leader in Advocacy". She talked about the ways Marquette has evolved to have a strong presence in advocacy at both the state and national level. **Every person on the Legislative Committee was featured**
- **NEW** - Advocacy 101 Webinar - Marquette student Janae Momchilovich helped lead discussion and field questions on advocacy issues along with 3 other ASDA national leaders over a nationally broadcasted webinar.
- **NEW** - Midlevel Provider Talking Points - Marquette student Janae Momchilovich paired with another Legislative Coordinator published talking points on **National ASDA's website** for members to use when discussing advocacy issues.
- **NEW**- Contributions to Contour Five contributions to Contour Magazine's Advocacy Issue

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

- **NEW-** Hosted social with **The local Milwaukee Dental Association** with **39 Marquette ASDA members**
- **NEW-** Hosted a non-sponsored **Introduction to The GMDA Lunch and Learn**
- **NEW-** Hosted 2 Lunch and Learns with the **ADA's Practice Transitions team**
- **IMPROVED-** WIDPAC Fundraiser + Packer Watch Party- WIDPAC fundraiser included "guess the final Score." About **75 individuals** participated with an increase of individuals attending the Packer Watch Party. Current WDA dentists participated in score competition and attended watch party. Raised \$800 for WIDPAC with a **300 percent increase in student participation**.
- **CONSISTENT-** Hosted **23 Lunch and Learns** non-related to dental products.
- WDA Student/Dentist Lobby Day- **All D3 and D4 students attended a Lobby Day** in the state capital during Advocacy Academy week and were encouraged to invite their WDA mentors.
- ADA Success Programs- Dr. Tanner McKenna presented at Lunch n' Learns featuring "State of the Dental Profession."
- **NEW-** Hands on Endodontic workshop with residents for those interested in specializing **25 Students attended**
- **NEW-** Dinner and learn with orthodontic residents and faculty on applying to residencies. **19 Students attended**
- **NEW-** Specialty lunch and learn series on Dental Anesthesiology specialty with faculty and Dental anesthesiologists **over 100 students** attended.
- **IMPROVED-** Humans of MUSODs social media posts every Friday highlight our faculty members that make Marquette special.

Develops mentorship programs for members

- **CONSISTENT-** Committee Kick-Off Meetings – Committees are required to host a kick-off meeting in September or October to give D1s the opportunity to learn more about their committee and how to become an active member.
- **IMPROVED-** Teach Me How to Dentist- D2 ASDA leaders presented tips and tricks to survive D1 year to expose D1's to ASDA leaders. **The event was so successful that D1s requested an additional presentation second semester.**
- **CONSISTENT-** D1 Committee Ambassadors- Committees are now required to feature at least one D1 position with specific responsibilities to foster young leadership and increase D1 involvement
- Advertised for WDA mentor program. Over 95% student participation.
- **IMPROVED-** Pre-Dental Partners Program- Pairs pre-dental ASDA members with Marquette ASDA members for guidance through the admissions process. 108 pre-dental participants.
- **IMPROVED** Specialty Sub-Committees Our specialty committee formed an additional sub-committee for Oral Surgery and maintained the existing Endo, Perio, Pedo, & Ortho sub-committees to allow D4's applying for residency to mentor younger students interested in a future specialty.

Organizes Vendor Fairs, Lunch n' Learns, Off-Campus events Frequently

- **NEW -** Profited an additional \$1500 at vendor fair *per* vendor this year by offering Platinum Sponsors the opportunity to give a 2 minute speech in front of all attendees during the raffle.
- **IMPROVED-** Added tiered logos for Vendor Fair Booklet for attendees that included descriptions of each company that attended Vendor Fair.
- **IMPROVED-** Represented 2 additional loupes companies and 25% more D1 attendance for Loupes Lunch and Learn for D1 students hosted by upperclassman to answer questions about their loupes experiences.
- **IMPROVED-** Vendor Fair- Hosted 43 vendors, and netted a profit of **\$33,000**. Attendance included over 425 students, faculty, staff, and graduate residents.
- **IMPROVED-** Loupes Fair- Hosted 9 vendors, up from 3 from last 2 years. Over 200 students & residents attended.
- Partnership with Oral-B and Sonicare to provide free toothbrushes to D1's and D2's- 100% student attendance
- Student-led Lunch and Learns- averaging 2-3 a month covering a variety of topics. All are completely student led including ordering food and scheduling, and often feature students presenting.
- **NEW-** Created Vendor Sponsored Social Form to facilitate organizing vendor sponsored socials in order to expose dental students to other career options and financial products in dentistry. 14 events were organized this year. Our administration does not allow us to host vendors for events at the dental school.

Provides social activities

- **IMPROVED-** Stache Bash - Annual fundraiser for the Movember Foundation; guys battle for awards in multiple mustache categories. This year we received our first sponsorship for the event to cover venue and catering costs in order to donate more money from ticket sales to charity. **We had 126 attendees this year and donated \$515 to the Movember Foundation.**
- **IMPROVED** Thriller at Miller Cornhole Tournament a bags tournament with 40 participants in our highly anticipated softball event versus the Medical College of Wisconsin.
- **IMPROVED-** Mr. Molar Our most anticipated event of the year our annual Male pageant raised \$4300 in revenue and donated \$1,000 to charity. Sold out with 500 in attendance consisting of dental students, alumni, and faculty.
- **IMPROVED-** Family Feud - Marquette ASDA's Family Feud is an annual tradition that brings "dental families" together. This past year, total attendance **DOUBLED** with **175 participants** and we were also able to bring past Marquette ASDA District 7 Trustee Tyler Roberts to host as "Steve Harvey!"
- Winter Gala- Partnered with the D4 class to put on the annual winter formal known as "Dental Prom"

- **IMPROVED-** Amazing Dental Race - **This year we increased participation with 48 D1 students** (up four from last year) racing around campus and completing challenges during their first month of school to introduce them to their new city. This event ended with a social with free pizza for all contestants and event volunteers.
- **IMPROVED-** WIDPAC Fundraiser + Packer Watch Party- WIDPAC fundraiser included "Guess the Final Score.". Current WDA dentists and dental students participated in the score competition and attended the watch party. New and larger venue was chosen and **every square on the board was filled** for the first time. **Raised \$500 for WIDPAC in addition to 200% increase in community participation.**
- **IMPROVED-** Rock Paper Scissors Tournament/ ADPAC Fundraiser - This year we combined our annual Rock Paper Scissors with our ADPAC Fundraiser to increase attendance for both events. This was the **first year WDA dentists were invited to participate!** A larger brewery venue was chosen local and **over 50 students attended.**
- **IMPROVED-** Book Club - The Book Club holds 3 discussion meetings a year that included food and drinks, and this year **attendance increased from 7 members to more than 30.**
- **NEW-** Organized a Leadership Pedal Tavern with **48 leaders** that connected new and incoming leaders to ease the transition process.

Organizes events/programs that promote leadership development and professional training

- **IMPROVED-** Professional Development Series - Our monthly general body meetings now feature presentations on resources **professional development** topics such as podcasts, professional development reading lists, etc. The topics presented are based on survey feedback from students.
- **IMPROVED-** 4th Annual Marquette ASDA Leadership Retreat Modeled after National Leadership Conference, we focused on organization, teamwork, and high quality presentations
 - Held in Madison, Wisconsin with 40 Marquette ASDA leaders and in attendance.
 - "Bingo Scavenger Hunt" social throughout the downtown involved teamwork and increased **ASDA Fever** with silly ASDA-themed challenges
- **IMPROVED-** Based on survey results from last year's participants, we tweaked the format to include more structured collaboration time between committees.
 - **Professional & Leadership Development: Leadership, Purpose and Trust, SMART Goal Setting, Building High Performance Teams, Planning for the Year**
- **IMPROVED-** Personal Finance Committee- Added a seminar series with a financial advisor and small group discussions.
- **NEW -** Ignite DDS - Influence- Dr. David Rice came to speak to the students about the power of influence and the benefit of practice ownership. This event was open to the entire student body. Dr. David Rice sponsored an evening social that lead into an inspirational presentation on the art of influence and our role in healthcare in the community and business ownership.
- **NEW -** Small Group Practice Management Study Sessions- Numerous local dentists in the community volunteer their time to go cover important topics of practice management and the key to ownership success. The topics covered in 2019 were: Transition from student to practice owner, practice evaluations, understanding patients and delivering treatment plans, and developing efficient systems for effective practice optimization. our aim is To build dentist leadership skills in all areas of practice ownership. These small group discussions allow for in-depth conversations that dive deep into the skills required to develop to be a successful private dental office owner.

Holds events/programs with other ASDA chapters in District

- District 6/7 Meeting - We sent **18 students to District 6/7 Meeting** in Indianapolis, IN
- **NEW-** Participated in ASDA District 7's Solidarity day to increase emotional health awareness during dental school. Students and faculty were given pins. Over 100 Marquette students participated and continue to wear their pins

Offers events targeted at different groups

- Vamos MU!- Committee to help students better serve their Spanish-speaking patients. This committee participates in bi-monthly conversation groups for students to practice their Spanish and discuss topics related to serving the Hispanic community.

Organizes activities that are unique and original

- **CONSISTENT** Rock Paper Scissors Tournament/ ADPAC Fundraiser - This year we combined our annual Rock Paper Scissors tournament at a local brewery with our ADPAC Fundraiser to increase attendance for both events- **over 50 students attended.**
- **NEW-** Promoted in-school recycling with an all-new original recycling video starring Mr. Molar Second Runner Up.
- **NEW-** Personal Finance Google Drive created with easily accessible resources like podcasts, YouTube videos, online articles, books to allow students to learn about personal finance at their own pace.
- **NEW-** Voting 101 Dinner and Learn - Informed students on the basics of government and how initiatives are entered into the House and Senate and become law. 20 students attended..
- **CONSISTENT-** Lunch Club - Lunch Club meets weekly with 20 members in pot luck style meals and has created a recipe book compiling all the recipes.
- **IMPROVED-** Annual Music Video - Our annual 2019 Marquette ASDA music video "My Shiny Teeth and Me". We sent surveys out to the school body to collaborate on a song choice and increased engagement.
- **NEW-** Personal Finance 1st Annual Invest-athon A semester long investment project that utilized investment simulation software to provide members the opportunity to try investing in a personal portfolio. All investments were made with real-time values of the stock market at the time the participant was investing. This was meant to allow the members to either begin or advance their investing skills without utilizing their own finances.

This year we wanted to focus on a more holistic approach to wellness by incorporating a heavier focus on mental health. **This commitment is exemplified by an ASDA EC member sitting on the school's new Mental Health Committee.** In the past year, ASDA's Health and Wellness committee has worked hard to ensure students have access to resources that promote better emotional, physical, intellectual, occupational, and environmental well-being. One of our other goals was to focus on welcoming the new D1 students and increasing the involvement in our committee. We also wanted to raise participation in our events. By offering raffles at all of our classes, we were able to accomplish this goal and **increase our participation from about 7-8 students to about 25-30 in attendance.** Our goal is to help dental students become the best versions of themselves, which will result in better patient care.

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

- **NEW** WELLNESS MONTH - Since September is National ASDA's Wellness Month, we wanted to really implement this into our Marquette Chapter. The following events are all new and we had one or two events per week during the month:
 - **NEW** Yoga and Deep Stretch Class - This year, our certified yoga instructor led students through a yoga flow and deep stretch that primarily focused on relief of tension in the muscles that we use on a daily basis. Students were also given a handout to take home on various exercises that can release tension throughout the day! We hit a record male attendance of about 40%
 - **CONSISTENT** CE with Physical Therapist - MUSoD hosted two physical therapists to talk about ergonomics and good exercises for dentists. We helped promote the event and encourage students to attend such an important and informative topic for our occupational wellness.
 - **NEW** Guided Meditation for Dental Students - During midterm week, students were led through a guided meditation by a certified instructor that was specifically written for dental students. Students were able to decompress and take a moment for themselves during a stressful week!
 - **IMPROVED** Fresh Fruit Friday - We expanded our fruit selection in order to provide as many students as possible with a healthy snack during their day at school! **This event was repeated bimonthly throughout the year.**
 - **CONSISTENT** Massage-a-thon - **We invited Marquette Physical Therapy students to come to the dental school over our lunch period to give neck and shoulder massages** in a relaxing room we set-up for the event. We had spa music and dim lights to enhance relaxation and improve students emotional and occupational well-being. **We hosted this event for THREE DAYS over lunch!** It was a great success and we hope to continue to partner with the Physical Therapy students in the future.
 - **NEW** Booty Bootcamp - We worked with Ashley Chen (D2), a certified fitness instructor, to provide a Booty Bootcamp for all students. It was fun to see a fellow student share a passion outside of dentistry with everyone! It was a great success!

We hosted a Wellness Week after Christmas Break, which included these events:

- **CONSISTENT** - In order to promote Wellness Week, we also printed out colorful schedules with the events of the week and placed them at every student's lab bench.
- **CONSISTENT** - Mindfulness Session - We invited a yoga instructor to lead the students in a mindfulness session to start the week. We learned tips and tricks to quiet our mind and slow our breath during moments of stress.
- **CONSISTENT** - Resistance Training Class - A fitness instructor led an "AB BLASTER" class to help students burn off the calories we packed on over Christmas Break. We had an amazing turnout with 25 people!
- **CONSISTENT** - Volleyball Tournament We coordinated a Volleyball Tournament for the students to channel some competitive energy! **It was an all-time high participation record of 70 people!**
- **CONSISTENT** - To promote participation we raffled off prizes such as yoga mats, foam rollers, 10 Days Unlimited Yoga at a local hot yoga studio, and gift cards to local coffee shops or healthy restaurants at all our events.
- **CONSISTENT** - Fresh Fruit Friday
- **CONSISTENT** Study Snacks - Since Fresh Fruit Friday is always a hit, we decided to bring in some healthy study snacks for the students. We provided granola bars in our Student Services office to grab on the go!
- **CONSISTENT** Candlelight Yoga - Instead of regular yoga, have hosted a relaxing "Candlelight Yoga". This was a huge hit with the students and we had a great turnout of 23 people!

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** Blog Post - D2 Amanda Waddle, who serves as District 7 Health & Wellness Coordinator, wrote a blog post focused on mental wellness in support of Student Solidarity Day. Her post "Student Solidarity Day- My Why" highlighted the importance of this day and mental health awareness among dental students.
- **NEW** CE with Physical Therapist - MUSoD hosted two physical therapists to talk about ergonomics and good exercises for dentists.

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

- **NEW** Healthy Recipes - Health and Wellness Committee worked with Social Media Committee to share healthy recipes including Protein Power Balls on their Instagram stories! posts on Instagram and Snapchat directly link students to district and national ASDA wellness content. Also national webinars have also been advertised.

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

- **IMPROVED** Increasing D1 Participation - After the ASDA Leadership meet and greet session, we had a sign-up for interest. To commemorate their interest, the Health and Wellness Associates made some Power Ball Bites for the new members!
- Wellness Leadership Team: The Wellness Committee is led by two co-chairs, as well as associate chairs. The team is overseen by the Membership Chair, who sits on the Executive Committee.
- **NEW** Mental Health Committee A member of the Executive Committee sits on the dental school's new Mental Health Committee.

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

- Emotional - mindfulness sessions, Massage-a-thon, positive quotes, candlelight yoga,
- Physical - **1-2 fitness classes every month**, Fresh Fruit Friday, CE with physical therapists, volleyball tournaments, study snacks, deep stretch handouts
- Intellectual - guided meditations, Mental Health Committee
- Environmental - We have a committee solely focused on environmental wellness, the Sustainability Committee. Some of their activities include:
 - CONSISTENT** School Garden - Dental school vegetable garden by students
 - CONSISTENT** ASDA Adopted highway with bimonthly cleanups

Promotes unity, awareness and lifelong involvement in community service. Organizes events to build the value of community in our profession:

- **NEW- Valentines for the Elderly**- ASDA members will be able to make and deliver valentines to a local long term care facility.
- **NEW- Bright Smiles Drive**- collection of toothbrushes, toothpaste, chapstick etc for Life Navigators. This event promotes oral health literacy in adults and children with disabilities.
- **NEW- Green Masters**-Applied our school building for the green masters program through the Wisconsin sustainable business council to provide the school as a benchmark for how sustainable the school is currently and to mark our progress as we try to implement more sustainability initiatives.
- **IMPROVED- Share the Cheer** (pg.44) - Partnered with Journey House to adopt low income families. Each of the five pre-doctorate clinics adopted one family to provide gifts for the holiday season including household items, clothes, toys, and other necessities..
- **CONSISTENT- Habitat for Humanity Partners** (pg.44) - Each semester, students have the opportunity to serve with Habitat. Events have included “Rock the Block”, painting and finishing homes, and landscaping in the greater Milwaukee area. 5-10 students have attended each event.
- **CONSISTENT- Knitting for the Needy** - Students gather regularly to knit and crochet clothing items for lower income residents of the community in Milwaukee. The handmade garments including hats, mittens, scarfs, and blankets, are donated to local charities.
- **CONSISTENT- SUMMIT Tutoring** - Partnering with SUMMIT tutoring, MU ASDA members D1 through D4 tutored youth in the Milwaukee area weekly.

Increases awareness of underserved populations:

- **NEW- Neighborhood Health Outreach**- We are continuing to find more opportunities to provide education and resources in our community. We have visited numerous homeless shelters and held a family dental education night at one. We have also provided oral health literacy talks at Life Navigators.
- **CONSISTENT- Guest House** (pg.35) -The Guest House of Milwaukee provides shelter, education and services to Milwaukee's homeless. Our committee volunteered at an event in November to provide OHI with an emphasis on nutrition and helped individuals find a dental home based on insurance.
- **CONSISTENT- City on a Hill** - Three students give OHI and find dental homes monthly for impoverished members of the community. Additional students perform screenings for qualified individuals at CDC-North clinic later that month.

Provides leadership opportunities for organizing community outreach efforts within the chapter leadership structure:

- **NEW- Classifieds**- Monthly chapter meetings promote membership involvement via “ASDA classifieds,” where members are able to volunteer to get involved in ad-hoc projects, including community service work.

Hosts events with significant participation from members that benefit a significant number of people:

- **IMPROVED- Stache Bash** (pg. 29)- Annual fundraiser for the Movember Foundation; male students battle for awards in multiple mustache categories. This year, we had even more guys join the mustache competition- up to 23 mustaches (last year we had a total of 17). We had **126** attendees this year and donated **\$515** to the Movember Foundation.
- **IMPROVED- Mr. Molar** (pg. 29)- Our annual male pageant raised **\$1000** for charity. Students voted to donate money to one of two faculty's charity of choice. The faculty with more votes wore a tooth fairy costume to the event. This year, we had 500 people in attendance-the event was sold-out!
- **IMPROVED- Give Kids a Smile**- MU ASDA recruits participants to provide free dental care to children in Milwaukee. This year the event helped hundreds of children to receive exams, cleanings, and other treatment needs.

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

- **NEW- Barket Challenge**- Members of ASDA are able to submit photos of their pet and a small entry fee to compete against other members on social media. Members are able to vote on social media and by donating more money. All proceeds go to a local animal shelter
- **IMPROVED- Social Media Platforms** - This year, there was a stronger emphasis on promoting community service events by posting Instagram and Facebook stories. Our website had 2,787 unique visitors (50% increase), 3,222 visits (57% increase), and 7,004 page views (33% increase). The website had 21 RSS subscribers (75% increase).

- **CONSISTENT-** Predental students given MUSoD ASDA pins during Pre-Dental Committee school visits, “So You Want to Be a Dentist” day, and Pre-Dental Weekend.

Recruits pre-dental members for national ASDA membership

- **NEW-** Marquette ASDA on Admissions Panel- This year ASDA had a role in the admissions process. Our Marquette ASDA leaders and pre-dental committee members served on the Admissions Panel and led tours during interview days where they got the opportunity to highlight Marquette ASDA.
- **IMPROVED-** Pre-dental Weekend- This year we offered discounted rates for Pre-Dental ASDA members as well as package deals for students attending both “So You Want to be a Dentist” day and Pre-Dental Weekend. We presented benefits of ASDA membership & available resources and encouraged pre-dentals to join.

Introduces pre-dental students to dental school & Organized Dentistry (ASDA & ADA)

- **NEW-** Carroll University Society Visit- Several ASDA members presented on the dental school application process, DAT preparation, & pre-dental ASDA membership, and they answered questions from the pre-dental students.
- **NEW-** Concordia University Wisconsin Visit- Several ASDA members presented on the dental school application process, DAT preparation, & pre-dental ASDA membership, and they answered questions from the pre-dental students.
- **NEW-** UW School Video Conferences- Pre-dental committee members reached out to all branches of University of Wisconsin to present the opportunity to video conference with their pre-dental society about preparing for and applying to dental school.
- **IMPROVED-** UW-Milwaukee Pre-Dental Society Visit- More Marquette dental students participated in this visit, and it was expanded to reach an increased number of pre-dental students as well. ASDA members presented on the dental school application process, DAT preparation, & pre-dental ASDA membership, and they answered questions from the pre-dental students.
- **IMPROVED-** UW-Madison PreDental Society Visit- More Marquette dental students participated in this visit, and it was expanded to reach an increased number of pre-dental students as well. ASDA members presented on the dental school application process, DAT preparation, & pre-dental ASDA membership, and they answered questions from the pre-dental students.
- **IMPROVED-** Marquette PreDental Society Visit- More Marquette dental students participated in this visit, and it was expanded to reach an increased number of pre-dental students as well. ASDA members presented on the dental school application process, DAT preparation, & pre-dental ASDA membership, and they answered questions from the pre-dental students.
- **IMPROVED-** “Welcome to Marquette ASDA” Resource Distribution- After December 1st, national dental school acceptance day, our ASDA Pre-Dental Committee distributed a list of resources and FAQs to pre-dental students accepted to Marquette Dental School. This year, committee members as well as chapter president and president-elect also joined the incoming class Facebook page to regularly answer questions and keep students informed as they transition to MUSoD.

Organizes a Pre-Dental Day or workshops for pre-dental students on getting into dental school & hands-on activities

- **IMPROVED-** Pre-Dental Weekend- Our 2019 Pre-Dental Weekend welcomed 15 pre-dental students from 13 different undergraduate schools.
 - Friday morning featured an Introduction to Dentistry and ASDA, a presentation on the dental school application process, as well as an address from the Marquette Dental School Director of Admissions.
 - NEW-** This year students also received presentations on financial management tips throughout the application process and dental school, DAT preparation, and the perspective of a day in the life of a dental student.
 - At lunch, pre-dentals had the opportunity to network with dental students and faculty and ask questions.
 - In the afternoon, pre-dentals participated in tours of the dental school, 1-on-1 mock interviews with dental students and Marquette Dental School admissions questions, and a session in the radiology department where pre-dental students learned about and practice taking radiographs on manikins.
 - After Saturday morning breakfast, pre-dentals received a lecture on some restorative basics. They got to try out their hand skills with preparations and composite restorations on manikin teeth. **NEW-** This year we also added impression making on typodonts. Pre-dentals got to pour and trim casts in the stone room and take home their cast at the end of the weekend.
 - The Pre-dental Weekend ended with a lunch and Q&A panel with Marquette dental students and faculty.
 - **CONSISTENT-** The Pre-Dental Committee continues to make improvements and grow this event based on the results of an anonymous survey that pre-dental students are encouraged to take after Pre-Dental Weekend.

- **IMPROVED-** Application Preparation Day (“So You Want to be a Dentist” Day)- This year Marquette ASDA hosted the second annual Pre-Dental Day to introduce the dental school application process and guide them through the steps necessary to earn acceptance to dental school. **This year we hosted 31 attendees from 14 different undergraduate schools.** Presentations included topics such as an overview of the application, dental school life, DAT preparation, how to become a strong applicant and how to transition from undergraduate life to being a D1. **NEW-** additional presentations were added to the event including Personal Finance, and Introduction to the Dental Field which included presentations from dentists/ residents in each dental specialty.
 - At lunch, pre-dentals were able to network with current students and ask any questions they had.
 - NEW-** Pre-dental students had the opportunity to take a tour of the dental school with current students.
- Pre-dental Post-Bac Program- Marquette added a Pre-dental Post-Bac Program and our ASDA chapter has worked closely with program directors to provide presentations and workshops as an introduction to dentistry.

Offers networking, social & community service events for pre-dentals

- **Participates in National Pre-Dental Month-** Pre-Dental Committee participated in Pre-Dental Month this past October with the aim of reaching pre-dental students on a variety of mediums in order to provide advice and guidance.
 - NEW-** Pre-Dental Partnering with Social Media Committee/ Pre-Dental Snapshots- Each week, a different Marquette ASDA member was featured on our social media pages for Pre-Dental Snapshots. These snapshots offered a series of tips coming from current dental students based on their pre-dental experiences. Topics included: getting into dental school, the application process, nailing your interview, and preparing for dental school. This collaboration with the both the Pre-Dental and Social Media Committees allowed us to reach a greater audience of pre-dental students.
- **NEW-** Pre-Dental Weekend Social- This year, pre-dentals got to participate in a Friday night dinner, networking social, and Milwaukee boat tour with current Marquette ASDA members. On Saturday afternoon, pre-dental students were also invited to join students and faculty at the annual MUSoD vs. MCW softball game at Miller Park.
- **CONSISTENT-** We identified ASDA events that pre-dental students could attend and invited the Marquette pre-dental post-bacc students via email.
- **CONSISTENT-** Application Preparation Day Social- Pre-dentals and dental students participated in a networking dinner at a local restaurant after the conclusion of the event
- Pre-dental Society Visits- Pre-dental students and Marquette ASDA members networked at all ASDA trips to pre-dental society meetings at various colleges throughout Wisconsin.

Serves as mentors to pre-dentals

- **IMPROVED-** Pre-Dental Partners Program- The Pre-dental Committee continued the program to match up pre-dentals with Marquette dental students to answer any questions & mentor through the application process. **The participation in the program has grown to 131 pre-dental participants from 11 states and 3 different countries. Marquette students from all 4 classes volunteer to be mentors to the pre-dental students.**
- **IMPROVED-** Pre-dental Partners Program Emails- Mentors are provided with a templated email that provides pertinent info to their mentee about the application process and dental school. **This year, Pre-Dental Committee members aimed to write creative templates with a theme related to each month as well as relevant information coordinated with the timeline of the application cycle and mentee’s year in school. We also invite and welcome pre-dental students from the program to upcoming events, such as Pre-Dental Weekend, through these emails. Mentors are encouraged to personalize the email based on their mentee’s position in the application process. The email template helps foster consistent communication between mentors and mentees and provide students with the most relevant tips along their pre-dental journey.**
- **NEW-** Pre-Dental Coffee Shop Meetings- As an extension of the Pre-Dental Partners Program, Marquette ASDA members schedule days to have coffee shop meetings with pre-dental students in the area to discuss dental related topics. This is another way for students to network and receive more immediate feedback.



Leadership transition meetings held with each of **15** committees of past and future leaders to introduce them to Marquette ASDA's systems.

New Leadership Pedal Tavern event featured **48 past and incoming leaders** to help ease the transition process to new leadership!

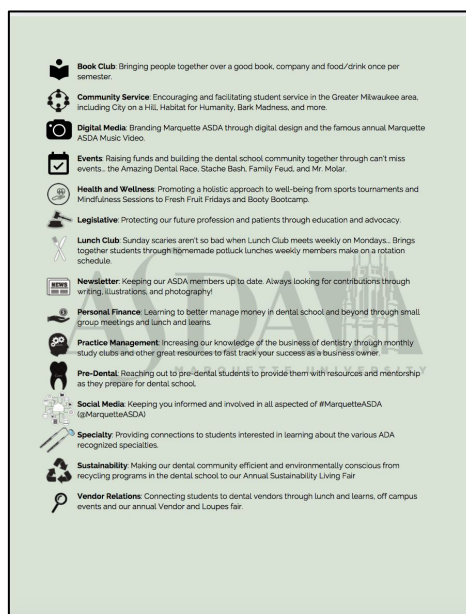
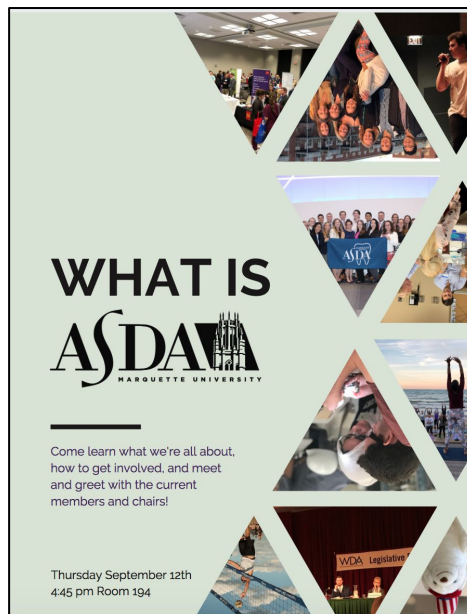




At our ASDA Drive we recruited **46%** of the D1 Class to follow our Instagram with extra inventory from our record breaking ASDA Sale!

Presented our 2nd annual *What is ASDA Meeting?* to the D1 class.

With **15** Unique Committees there's something for everyone!



OCTOBER GENERAL BODY MEETING

RUNDOWN:

ICEBREAKER

REGISTERING FOR DISABILITY INSURANCE

GROWTH MINDSET

MEMBER SPOTLIGHT

COMMITTEE SPOTLIGHT

UPCOMING EVENTS

ASDA CLASSIFIEDS

RAFFLE



Our General body Meetings follow a **new** standardized lineup hosted by the E.C.:

1. Icebreaker
2. ASDA Membership Benefit
3. Leadership Presentation
4. Member Spotlight
5. Committee Spotlight
6. Upcoming Events
7. ASDA Classifieds
8. Raffle off ASDA Gear

ASDA Classifieds are an improved method to create small positions that connect committees to people who want to get involved but don't know how!

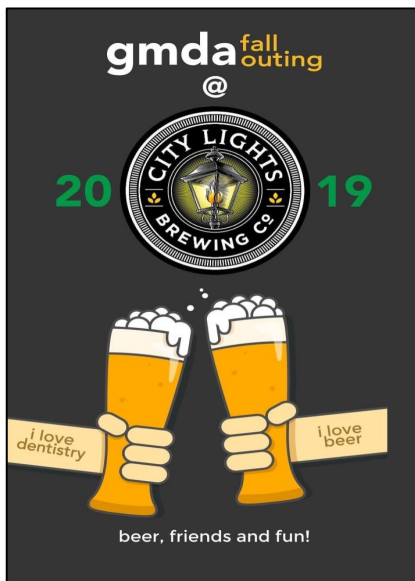
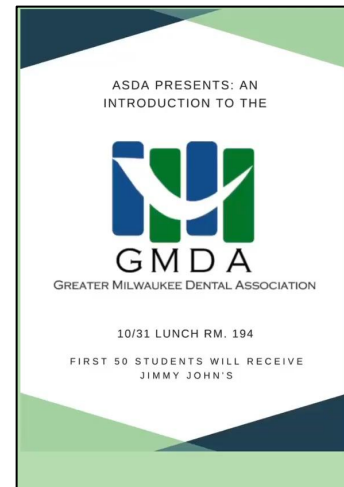
MARQUETTE ASDA CLASSIFIEDS

PULL UP YOUR
CAMERA AND FOCUS
ON ME!





Members of our Executive committee attend GMDA meetings, our chapter hosted Annual Signing Day, and we worked with ADA members at both our State and National Lobby Days





8 Students fought for our profession and patients on Capitol Hill



18 students represented Marquette ASDA at **District 6/7 Meeting** where we took home some hardware for **Most Innovative Fundraising** and **Best Social Media and Website**



20 MarCAT ASDA members sharpened their leadership skills at **NLC**



This year's retreat featured leadership presentations, team building activities, and committee planning and collaboration for the coming year. The retreat began with **student-led presentations** focusing on **ASDA's mission**, learning your **leadership style**, and setting **S.M.A.R.T. goals**.



We had **40 attendees** take part in the 4th Annual Marquette Leadership Retreat in Madison, Wisconsin. Attendees included '19-'20 Marquette ASDA leaders as well as **5 incoming D1 students** to instill early ASDA fever in the next generation of members.



We were joined by representatives from Pacific Dental Services including Dr. Burr who educated our leaders on topics such as effective **communication**, **patient experience**, and **branding & marketing**.



EXPANDING THE TIP OF THE ICEBERG	
Marquette ASDA Leadership Retreat	
DAY ONE	
9:50	Welcome! Our Why
10:05	Ice Breaker
10:25	What is your Leadership Style
11:00	Effective Communication - Dr. Burr
12:00	Lunch/Check-in Hotels
1:15	Patient Experience - Dr. Burr
2:05	GOALS Presentation & Breakout Session
3:45	Branding, Marketing, Advertising - Dr. Burr
5:30	Dinner - Nitty Gritty
7-10:00	BINGO Scavenger Hunt Social
DAY TWO	
8:00	Bagels in E.C. Room
9:00	Welcome Back: Recap + Preview
9:05	Branding Marquette ASDA
9:15	Ice Breaker
9:35	How to Host an Event
9:55	Working with Social Media
10:05	Station Breakout
10:45	Expanding the Iceberg Breakout/Group Discussion
11:05-11:10	Closing Remarks with Photo of ASDA
12:00	Heading Home for Milwaukee



The retreat included many opportunities for networking and team building such as **icebreaker** activities throughout the weekend and a **Bingo scavenger hunt social** in the evening. The leaders were divided into random teams and set out to fill their bingo board by completing tasks and collecting photos throughout Madison.

These team building activities helped members bond and create a better sense of community among all of the leaders. Achieving this early on helped our chapter better reach our goals throughout the year.

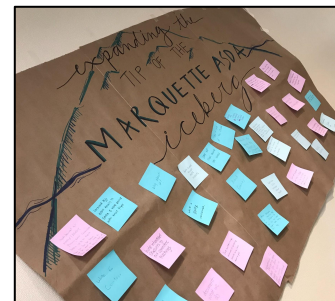


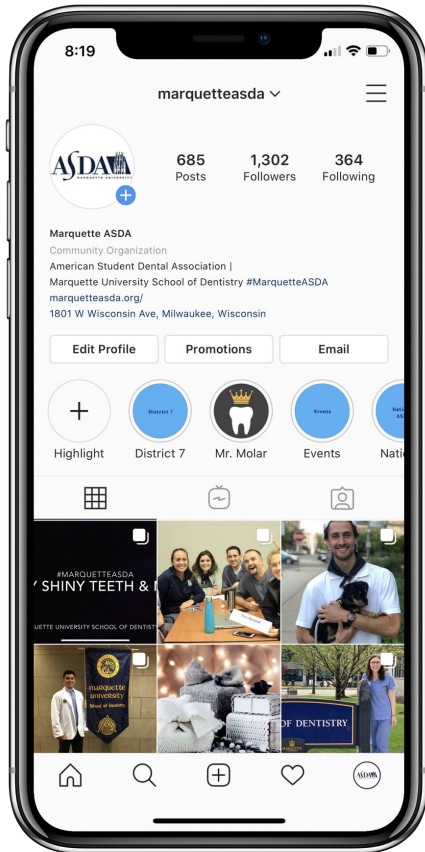
Day 2 consisted of more **student-led presentations** about branding Marquette ASDA and how to host an event. Committees also got together to take a step in achieving their new goals in a breakout session entitled "Delegation Station."






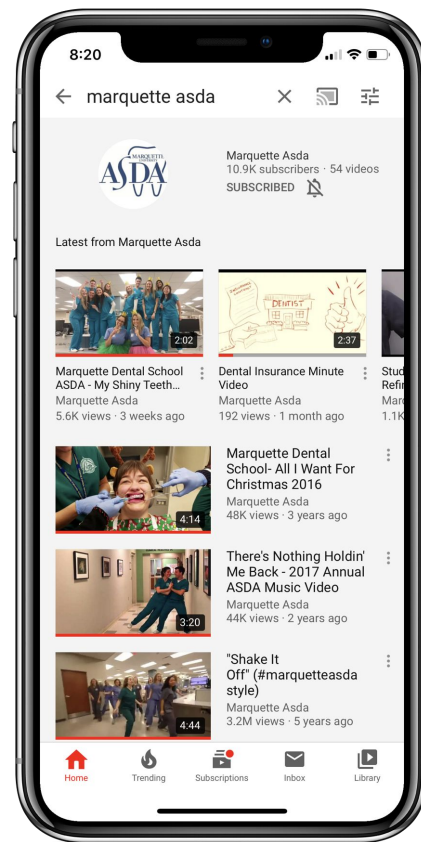
To help leaders prepare for the coming year, we set aside intentional time for **committee breakout sessions** that included reflecting on the past year, setting new SMART goals, event planning, and collaboration.

The theme of the retreat was **Expanding the Marquette ASDA Iceberg** with the intention of showing off more of what our chapter is under the surface. At the end of the weekend, leaders brainstormed what ASDA means to them as well as ideas about how we can expand the iceberg.

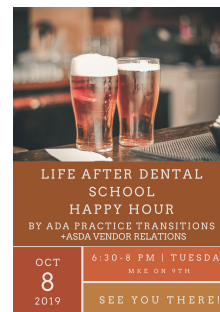
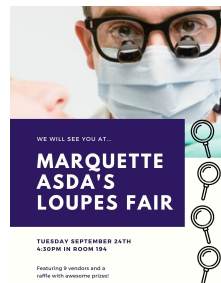
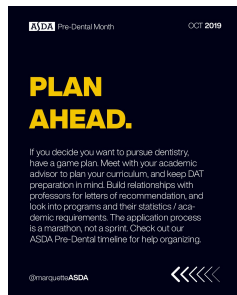
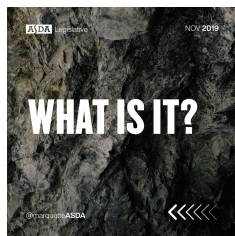
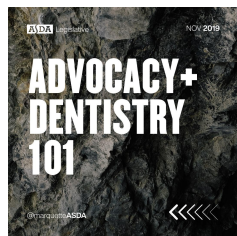




-  Facebook: 1,045 followers
-  Instagram: 1,300 followers
-  Youtube: 10.9K subscribers



Introduction of our **ASDA "SnapShots"** in order to convey quick and relevant information to our followers



Revamped our flyers to make them more intriguing and eye-catching.

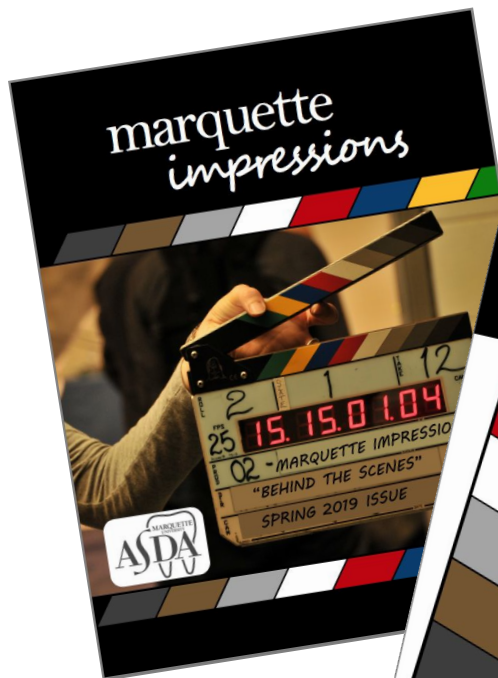
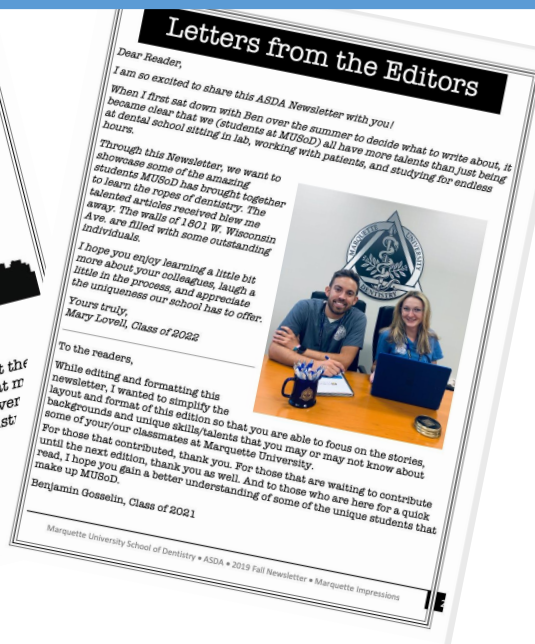
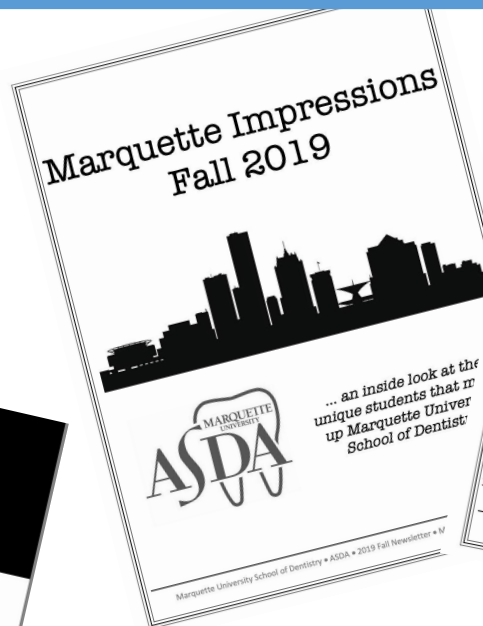
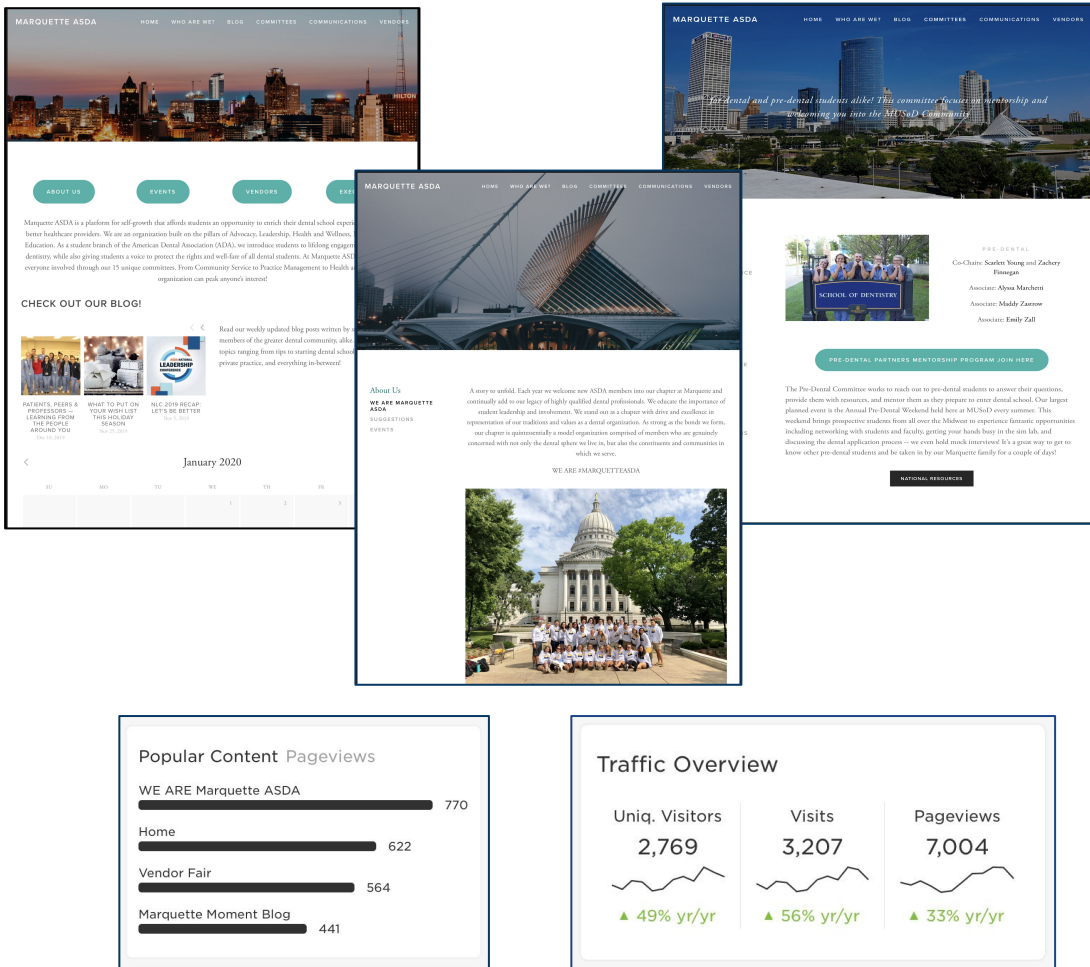


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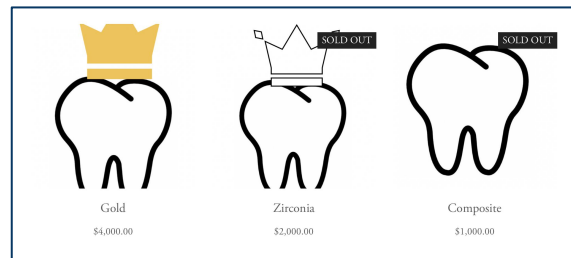


Our Newsletter features students from each year to share topics they are passionate about.



This year, our website featured options for vendors and sponsors to reserve and pay for sponsorship opportunities directly on the website.

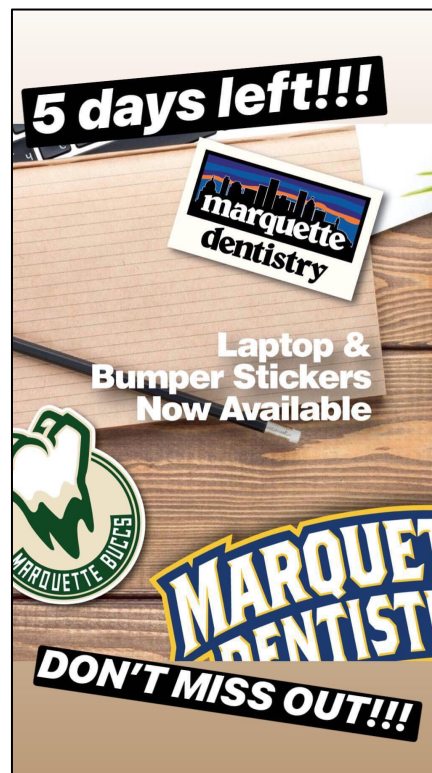
Sponsorship opportunities for events such as Vendor Fair and Loupes Fair included Gold, Zirconia, and Composite levels.



Digital Media Committee broke records with
\$9,313.00 in merchandise sold!



Our Marquette ASDA logo got a brand new
makeover



Students from all four classes and faculty members volunteered to participate in the annual music video.

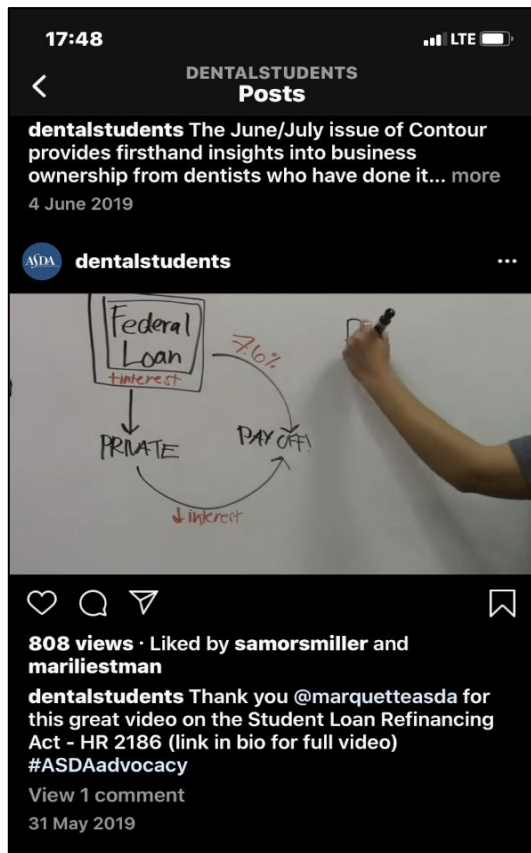


We premiered the video at MUSoD's annual Christmas party. The video currently has **over 5,000 views** on Youtube. This project demonstrates the personality and creativity of MUSoD.



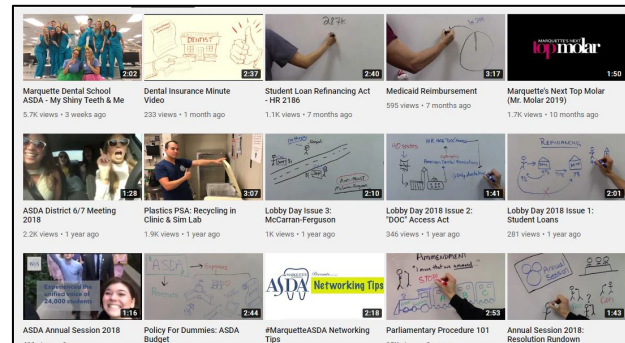
The music video team selected the song **"My Shiny Teeth and Me"** from the cartoon *The Fairly Odd Parents* after suggestions from the student body.





Over **5 million** combined views on our Youtube page

New video format and video feature on National ASDA's Instagram page!





State Legislative Day hosts **all D2 and D3 students** at the Wisconsin State Capitol!



Marquette brought **8 students** to lobby with WDA dentists at ADA/ASDA Lobby Day.





Molar Bear got a tour of our campus and got to share candy with those interested in legislation!





U.S. Congresswoman
Gwen Moore visited
Marquette ASDA to
speak on current issues
in Milwaukee.





17 total Marquette contributions to Contour in the last year

CHAPTER FOCUS

AMERICAN STUDENT DENTAL ASSOCIATION

NOVEMBER/DECEMBER 2019 | VOLUME 3 | NUMBER 10

contour

shaping the dental student experience

LOCAL ACTION NATIONAL IMPACT

PROTECTING THE PROFESSION THROUGH ADVOCACY

ASDA

CHAPTER FOCUS

Becoming a leader in advocacy

JANAE MOMCHLOVICH
Marquette '21
Chapter Legislative Liaison
ASDA Legislative Coordinator, Districts 6-7

Marquette HAS CHOSEN our own adventure, and I have been lucky enough to work on our outstanding advocacy team for the past two years. The events that we put on throughout the year allow our chapter to stay up-to-date on hot topics such as the Student Loan Refinancing Act, Ensuring Lasting Smiles Act and Wisconsin midlevel providers. Our goal has always been to make advocacy easy to understand and easy to get involved in. A few of our efforts are designed exactly for this.

Minute videos

These one- to three-minute videos jumpstarted our advocacy efforts. We break down difficult legislative topics on whiteboards and pair it with a concise script. At our committee meetings, we brainstorm potential ideas for future videos. Topics encompass both state and national level issues. Each year we have a committee person designated to write the scripts. This year it's one of our legislative associates. We work closely with the state director of governmental affairs for the Wisconsin Dental Association to ensure the scripts are understandable and, more importantly, accurate.

Marquette's videos aren't short complex legislative topics on whiteboards in one- to three minutes

Our ADPRAC drive is run as a rock, paper, scissors tournament. Before students purchase tickets for the event, we have an informational discussion that introduces students to ADPRAC. We host the event at a local venue and include the ADPRAC student membership in the ticket fee. Tournament prizes are supplied by our ASDA chapter, and every attendee wins an ADPRAC member.

Marquette has worked hard to plan fun, yet informative advocacy efforts. Ryan Twaddle, former ASDA speaker of the house, led the initiative to start the minute videos. Many of the events we host have been exhibited at traditions since I earned dental school here. We have found that the more the general student body participates in advocacy events, the more involvement we maintain down the road.

CHAPTER FOCUS

Marquette dental students share their reason for getting involved

STEPHANIE DRAKE, Marquette '22, ADPRAC Associate

"I got involved in advocacy after I saw the impact that standing up for our profession can have on our future. The idea that we have the ability to determine what we believe is fair and right is empowering. It inspired me to learn more about what I can do to advocate for the dental profession on a daily basis and drives me to share my knowledge with my professional peers."

GRANT MICKESH, Marquette '21, Legislative Associate

"My favorite Marquette advocacy event was lobby day in Madison, Wisconsin. It was the event that inspired me to become more involved in advocacy. I learned so much from the dentists and dental students who joined forces to discuss the bills that affect dentistry with state representatives. At this event, I realized the great disconnect between state representatives and the dental health care workforce. Who better to vouch for the profession and protect its future than the students who will become the next generation of dental professionals?"

MAISIE TOLMANN, Marquette '21, Legislative Associate

"I became involved in advocacy because I was curious and wanted to learn more. I was not a political science major, and I'm not an expert in politics; however, through my involvement, I have learned that you don't need to be either of those things to advocate for dentistry. Advocacy is about connecting with our representatives who are making decisions that impact our patients and our careers, yet they know little about the field of dentistry. Therefore, we must use our knowledge of dentistry to help them make informed decisions."

State legislative day

State legislative day is an event that helps us increase advocacy involvement every year. Marquette is fortunate to have this built into its curriculum as a graduation requirement. Our ASDA chapter isn't responsible for organizing the day, but we do make sure that students are prepared before the event. We host a lunch and learn to preview the lobbying points and answer any questions students may have. On the day of the event, the legislative committee serves as a resource to those who have questions throughout the day. Our goal is to help students understand the issues and be well-versed during all discussions. The committee grows after the event, as the general body sees advocacy in action.

Committee involvement

Enthusiastic team members keep the committee thriving. We have a four-chair committee that front-loads the events throughout the year. A unique aspect of the legislative committee at Marquette is that being a part of the committee isn't restricted to the position holders. Advocacy at its core requires general involvement. While efforts may be initiated by a single person, it's the group effort that makes a difference down the road. We do our best to find each person's passion and capitalize on that. From there, we have been able to generate a team I am proud to be a part of. ✎

6 Marquette students contributed to Contour's Advocacy edition 3 articles and 3 quotes.

THE ENSURING LASTING SMILES ACT

Promoting change for children with dental congenital anomalies



PATRICK CAMPBELL
Marquette '20

This past April, as part of the ADA Dentist and Student Lobby Day in Washington D.C., 1,000 dentists and dental students went to Capitol Hill to lobby for the Ensuring Lasting Smiles Act (ELISA), legislation that would help children with congenital anomalies. First- and second-year dental students learn about dental congenital anomalies such as ectodermal dysplasia, cleft lip and palate, skeletal and maxillofacial deformities, hypodontia and enamel hypoplasia. Third- and fourth-year students may even have the opportunity to treat patients with these anomalies.



This year we combined our annual Rock Paper Scissors with our ADPAC Fundraiser to increase attendance for both events. We hosted this at a local brewery and **over 50 students attended** and participated in the rock, paper, scissors tournament.





MARQUETTE ASDA PRESENTS

THE ANNUAL ADPAC FUNDRAISER, THE
ROCK PAPER SCISSORS TOURNAMENT

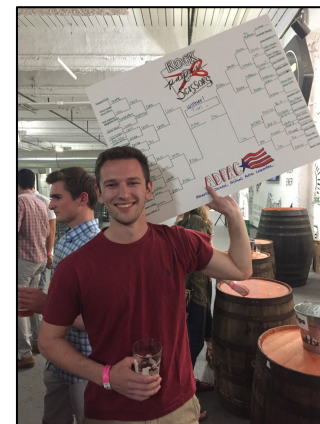
FRIDAY, JUNE 14
9-11PM @
MKE Brewery
(9th St location)

FIRST 64 TICKETS
are discounted, \$15
for ADPAC members,
\$20 non-members

ALL YOU CAN DRINK First place champion wins \$100! Runner-up and 3rd place prizes as well. See us for more info in the atrium at lunch from 6/5 - 6/14.



WIDPAC fundraiser included current WDA dentists and dental students participating in the score competition at a Packer's football watch party. **This event raised over \$500 for WIDPAC.**





Marquette ASDA's Family Feud is an annual tradition that brings "dental families" together. This past year, total attendance **DOUBLED** with **175 attendees**.



We were also able to bring past District 7 Trustee Tyler Robers to host as **Steve Harvey!**



Amazing Dental Race is a **D1 only event** - that introduces D1's to their new city via a grueling scavenger hunt that ends with a social. Teams comprised of 4 members each. This year, we boasted **48 attendees!**





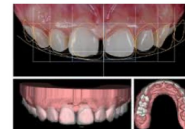
47 students meet **Monthly** for small group Practice Management Study Club sessions with local dentists off-campus.

Practice Management Study Club

Are you interested in participating in an *interactive small study group* to learn about career planning, building soft skills, team management, practice evaluations, building a team and many other practice management skills? If so, [ASDA Practice Management Committee](#) is holding an event for you! We have partnered with dentists in the community to bring a phenomenal study club .

First Study Club Information:

When: **Wednesday, July 17** Time: **6:00 – 8:30 PM** Where: **Delafield, WI**



Topics include:

- ***Transition From Student to Practice Owner***
- ***Practice Evaluations***
- ***Understanding Patients and Delivering Treatment Plans***
- ***Developing Efficient Systems for Effective Practice Optimization.***

Throughout the year we hosted **4 lunch and learns** dedicated to Practice Management with an average attendance of **101 attendees per lunch and learn!**



The committee's workshop series has generated sufficient interest in personal finance topics to increase **membership involvement from 8 members to 64 members**.

Average committee membership workshop attendances increased attendance to small group meetings **from 5 members to 25 members**. The room where each committee workshop was held, had a maximum occupancy of 25 people per room, so participants were able to apply for a spot at each workshop on a first come first serve basis.



Members were invited to lunch and learns with a professional financial planner, where topics such as **retirement, allocating funds** after graduating dental school, and suggestions for a **healthy investment portfolio**, were addressed.

A **Q&A session** followed each workshop presentation so that members would have the opportunity to ask questions regarding each and every topic presented. All skill levels were present.



League Leaderboard

OVERALL		MONTHLY		WEEKLY
RANK	USERNAME	% RETURN	MARKET VALUE	PORTFOLIO VALUE
1	 stocktray ›	7.47%	\$17,927.54	\$10,746.56
2	 lakehousedreami... ›	4.56%	\$8,744.96	\$10,455.82
3	 ChillinOnAnInve... ›	4.48%	\$10,276.69	\$10,447.70
4	 BigD6 ›	4.15%	\$7,023.72	\$10,415.29
5	 MoneyMiller\$ ›	3.48%	\$5,063.07	\$10,348.28

16 students partook in a simulated Invest-athon. We awarded the winner \$50 in a real stock of their choice!



PERSONAL FINANCE COMMITTEE
PRESENTS:

1st Annual Invest-athon

*Semester long investment simulation
workshop open to all experience levels
Come practice investing without spending
a dime!*

Most active investor wins free stock!

SEPTEMBER 12TH, 12:30-12:55
ROOM 194

All students are invited to join lunch club. Members participate in **weekly pot luck lunches**. This year we introduced **theme weeks** such as picnic, Italian, and comfort foods among others.



Every semester, student recipes are compiled into a **cookbook** that is then shared with members.

The final week of each semester is a **catered lunch**. Lunch club members vote on their favorite restaurant choice. This year Noodles & Co has been the favorite!



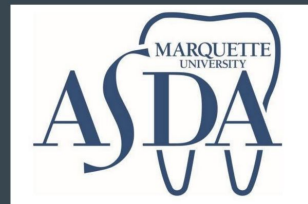


Teach Me How to Dentist gives D1's all the tricks and trades to surviving their first semester of dental school.

This year **9 D2 students** shared their insights and **over 90 D1 students** attended.

Teach Me How to Dentist

How to do D1 Year



Major Keys to Success

- Make time for yourself - don't lose your hobbies
- Get involved
- Make friends with some upperclassmen
- Be humble
- Failure does happen
- Don't get too stressed or worked up- there's someone willing to help





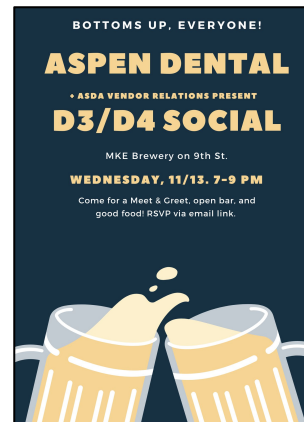
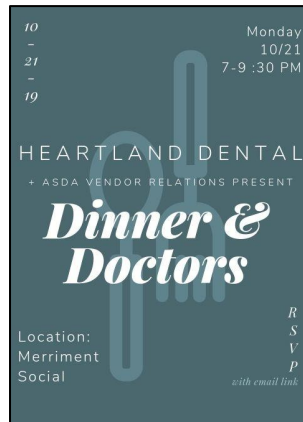
We increased the number of loupes vendors each year, totaling **9 loupes vendors this year!** Over **250 D1-D4 students and graduate residents** attended!

Our annual Vendor Fair brought in a **record net profit** this year with **43 vendors!** We added a sponsor tier of Platinum which gave sponsors the opportunity to present. Raffle prizes, a bar, and food galore were present at this event!



Outstanding Activities

No Vendor Lunch and Learns? No Problem



We partnered with vendors to host **over a dozen** sponsored events off campus to help expose dental students to other career options and financial products in dentistry.

We met all around Milwaukee, from breweries and restaurants to ice cream trucks!



Specialty Committee is comprised of **5 subcommittees**. As a committee, we delivered **6 unique events** connecting students to resources on the various specialties.



What to Look for When
Choosing an AEGD vs. a GPR.
78 students attended



Endo hands on: Students collected extracted teeth to allow students the opportunity to experience a root canal on a natural tooth before performing one on a patient. Established this as a yearly event.



Founded New Dental Anesthesiology subcommittee with **over 100** students attending the first lunch and learn!

Marquette ASDA's Health and Wellness committee hit a new record attendance this year for their **Back-to-School Volleyball Tournament!** Nearly **150 people** gathered on the shores of Lake Michigan to participate in the tournament. Our champions, The Nerve Blockers, took home the grand prize of Starbucks Gift Cards!



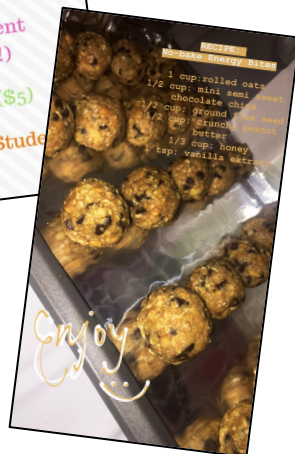
ASDA WELLNESS WEEK 2019

Tuesday: CANDLELIGHT YOGA at 7pm
in 194 (\$5)

Wednesday: VOLLEYBALL tournament
from 5-7pm at the Rec Center (free!)

Thursday: ZUMBA at 6:30pm in 194 (\$5)

Friday: FRESH FRUIT FRIDAY in Student
Services



We continued **Fresh Fruit Fridays** with new expanded our options to provide a variety of options of students.

Our very own, Ashley Chen (D3), has led **Booty/Ab Blaster classes** for her fellow students.

As a way to expand our palates, the Health and Wellness committee has worked with the Social Media committee to **feature healthy recipes** such as Power Protein Balls for our students to try!



This year, we specifically focused on intellectual wellness and mental health. The Health and Wellness committee consistently writes **"Positive Thoughts"** for our students that are left in a jar in the Student Services office to give students a positive boost throughout the week.



We offered yoga classes for our students. Marquette ASDA had the honor to work with Tonieh Welland, a certified yoga instructor who guided students through a **yoga and deep stretch class**, as well as a meditation that was specifically written for dental students.

AWARENESS

Professional school is hard. Dental school is hard, and it is so easy to burn out quickly and feel like we're running on fumes for the majority of our education. This exhaustion can contribute to anxiety, depression, eating disorders, and other mental health issues of which many students and faculty are not aware, are unaware of their prevalence, or don't even want to acknowledge.

ALLIANCE

Our faculty have been where we are, and many things may be the same, but there are plenty of aspects of dental school today that are different. Sometimes it can feel like faculty have no idea what we go through, and it's easy to develop an "us against them" mentality. We want to bridge the gap and open communication between faculty and students in order to bring understanding and alliance when tackling the stresses of dental school and understanding that school doesn't have to determine the value of life or occupy 100% of a student's day-to-day life.

ACCESSIBILITY

In today's academic world, it's rare to find a campus without some sort of counseling services. However, they are not always easily accessible to dental students. With a schedule that resembles that of a high schooler, dental students often only have 1 hour at lunch to try to make an appointment, sometimes on the other side of the campus. This is if the counseling office is even open during the lunch hour, or they don't have an appointment that runs late or they need to set up for early.



Solidarity Day was organized in part by Marquette D2 Amanda Waddle who serves as District 7 Health & Wellness Coordinator.

All Marquette students and several faculty members received solidarity ribbons. Both students and faculty were encouraged to wear their ribbon on Solidarity Day.

Wednesday, October 30th, 2019 was ASDA's **first annual Student Solidarity Day**. Dental students from District 7 took a stand to fight dental student suicide and support awareness, accessibility, and alliance when it comes to mental health and wellness throughout dental education.



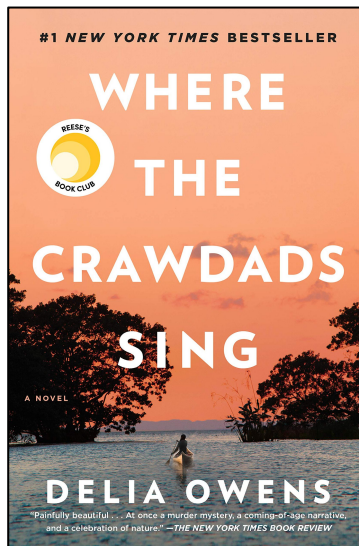
The dental school applied for the **Green Masters Program** through the Sustainable Business Council. This serves as a baseline for measuring how sustainable the school is currently in terms of building efficiency- energy, water, waste management, carbon, and community and educational outreach, workforce and governance.

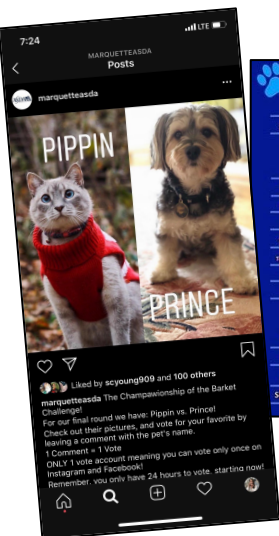


To reduce waste within the school, signs were hung up above garbage cans to promote correct recycling. We also worked with the simulation laboratory coordinators to purchase **reusable measuring equipment** for stone and water to replace one time use Dixie Cups.

Sustainability Committee partnered with Marquette main campus to make **up to 10 personal garden plots available for dental students** to use on campus.

This past semester, our book club has been an opportunity for Marquette dental students, across all classes, to enjoy each other and engage in discussion around non professional literature with all its implications. Having the space and time to reflect and discuss issues that surface in recreational reading, has deepened our connections with each other and informed our future professional careers.





The **first annual Barket Challenge** coincides with March Madness and features a pet bracket competition on social media. All proceeds benefit a local animal shelter.

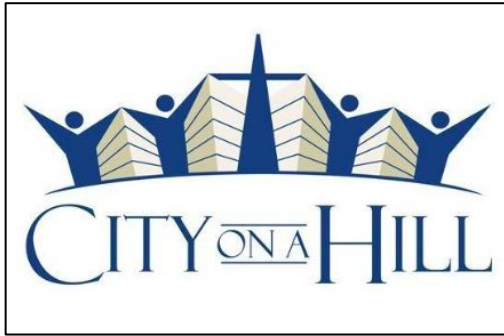


Neighborhood Health Outreach provides ASDA members opportunities to educate our community about the importance of oral hygiene and routine dental care. We have worked with homeless shelters, elderly care facilities and disability institutes to provide education and resources to improved dental care.

Valentines for the Elderly is a new event that will take place in February. Members will be able to make and deliver valentines to a nearby long term care facility.

Bright Smiles Drive is a collection of toothbrushes, toothpaste, chapstick etc for Life Navigators. This event promotes oral health literacy in adults and children with disabilities.

Share the Cheer is our holiday gift drive that is partnered with Journey House to provide five families with a better holiday season. Our **five clinics each sponsor a family** and fulfill their holiday wish list.



City on a Hill (COAH) is a monthly volunteer commitment to our local community. Partnering with this organization allows us to address the needs of neighbors who lack oral health education and resources by providing holistic services to meet their medical, nutritional, and social needs among others.

Every month, ASDA Community Service takes 2 new student volunteers to COAH, where we man a booth to serve our visitors. This leads us to:

- Match visitors with local dental clinics
- Instruct on proper oral hygiene techniques
- Hand out oral hygiene supplies
- Collaborate with our own Dr. Abena to accommodate those with no eligibility



Our annual Stache Bash event celebrates the month long perseverance of ASDA's hairiest members. In total, 23 contestants competed for 4 categorical crowns: "Dirtiest," "Hairiest," "Naughtiest," and "Man of Movember."

In total, **126 students** came to support the month long journey these men embarked on, and most importantly, we **raised \$515 for the Movember Foundation!**



Four contestants gave their best impressions as they competed for the hearts of MuSOD in one of the most widely attended dental school events: Marquette's Mr(s). Molar Pageant.

With **over 450 attendees and a \$1000 donation** to the charity of one judge's choice (this year it was the Milwaukee County Zoo,) Mr. Molar is truly one of the most successful ASDA events of the year that everyone in the school makes sure to mark on their calendar.

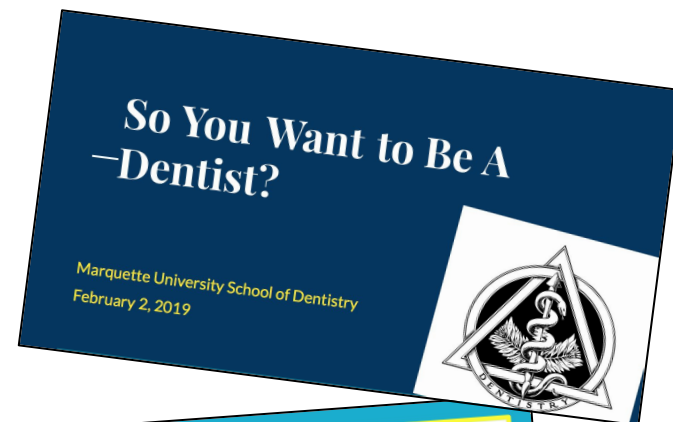




The day consisted of presentations about ASDA, life as a dental student, the application process, and how to become a stronger applicant. Pre-dental students also got to hear from specialists and residents from all the dental specialties!

This year **31 pre-dental students from 14 different colleges and universities** attended.

Marquette ASDA hosted pre-dental students for a day focused on getting a taste of the dental profession and what it is like to be a dental student.





This summer Marquette hosted pre-dental students for a weekend full of **networking**, **hands on experience**, and **informational sessions** on topics including the application process, DAT preparation, and admissions.

On day 1, students got practical experience taking radiographs on mannequins and participating in mock interviews.

On day 2, students got to test their hand skills in the sim lab where they learned to make impressions and casts as well as prep and restore teeth.



In the evening, students enjoyed a **boat cruise social**. Pre-dental students got to network and get a taste of life in Milwaukee outside of MUSoD.

Over **30 Marquette students volunteered** to make this day possible for the pre-dental participants.

The pre-dental committee has been committed to pre-dental outreach and continuous mentorship in a variety of ways.

Marquette students traveled to colleges and universities in Wisconsin to give brief presentations on ASDA and life as a dental student.

Pre-Dental Month kicked off with weekly **social media snapshots** every week. Pre-dental committee members highlighted their best tips and advice for students.



Involvement in the Pre-Dental Partners Program continues to increase. This year the program welcomed **131 participants from 11 states and 3 countries**. Pre-dental students are paired with current Marquette dental students. Mentors are encouraged to contact their partners at least monthly with pertinent pre-dental information.