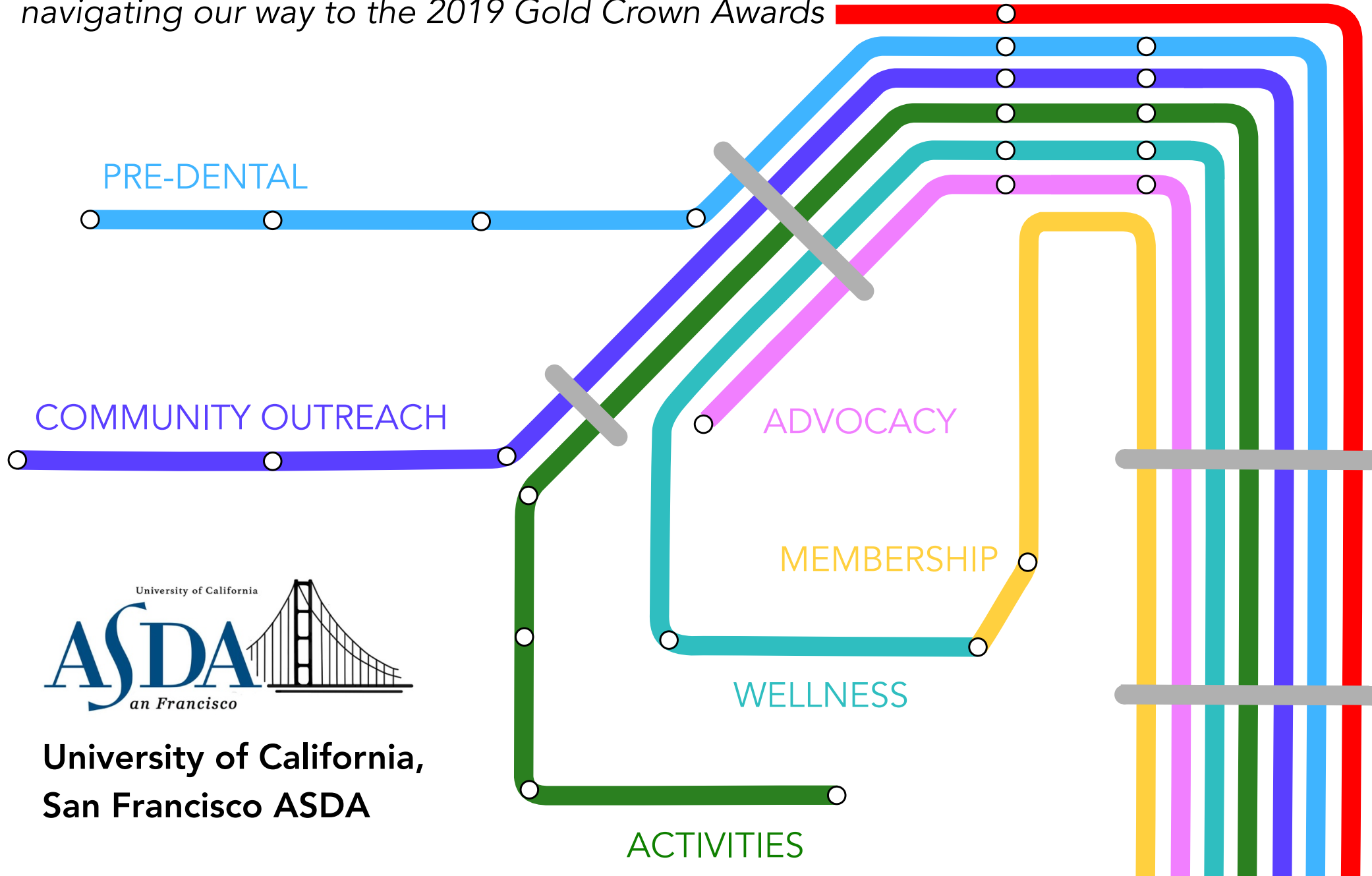


# UCSF metro

*navigating our way to the 2019 Gold Crown Awards*



University of California,  
San Francisco ASDA

# Letter from the Chapter President

Upon reflection of all we have accomplished this past year, it is my pleasure to report that UCSF School of Dentistry's ASDA Chapter was able to successfully embody the vision of ASDA. As a continuation of our long line of previous chapter leaders, we continue to hold pride in the efforts put into making our UCSF ASDA community **more valuable to students, faculty, and all those involved in our profession**.

Earlier in the year, our Executive Cabinet along with all 26 of our student leaders were able to come together and decide on three major focal points we feel will best advance our chapter and emphasize the presence of ASDA in our community.

1. Improving the **well-being** of all members at UCSF
2. Emphasizing **camaraderie** within our Chapter Board to effectively and efficiently increase quality events and meet the needs of our ASDA members
3. Increasing **ASDA exposure** to a greater audience within our community

In order to fulfill ASDA's mission statement, we must first begin with the focus on each individual's well-being and their unique presence in this profession. Our definition of improving well-being spans from offering an environment that supports the development of mental health, to promoting personal development through networking, to aiding each individual in realizing the unique talents they possess and the special place they hold in our community. Multiple events were consistently held each quarter to promote well-being through self-awareness and realization that support can be found within our UCSF ASDA family.

Camaraderie within our Chapter Board was crucial to the success of our year. We felt that chapter development can only be effectively accomplished through continual restructuring and progressing forward with the work that has already been tirelessly dedicated by our past leaders. I am speechless toward the amount of passion and devotion I see in our student leaders. Early on, we were able to keep an open line of communication despite our massive board consisting of 26 leaders. I saw that my colleagues were able to support one another unconditionally despite their already active lives. "The best teams don't wait for leaders to appreciate—they recognize one another's great work regularly" is a quote I feel best represents our leadership this past year. Through camaraderie, we were then able to provide more meaningful and invaluable experiences for the rest of our UCSF community.

ASDA exposure was an area in the past we felt our chapter lacked and had room for improvement. This year has proven that our family can extend to all walks of life and is inclusive of all those around. We generated new initiatives to form stronger relationships with our advanced-standing students, and actively sought support from our faculty and administrative members. Exposure is vital to the progress of our chapter because we feel that the energy found within ASDA is only beneficial if we are able to share it with all those involved in organized dentistry.

Our UCSF Chapter has been able to propel ourselves to new levels every year and I am amazed at the amount of growth I have seen in such a short amount of time. Although we are not an auto-enrolled chapter, I am proud to say that our presence in the UCSF community has increased dramatically this year. The combined efforts of our passionate leaders have brought our UCSF ASDA Chapter to this incredible state. Our 2019 year is one that has allowed us to expand outside of our box and tailor our chapter more genuinely to the needs of our community. We hope to continually unravel this true meaning behind ASDA within our chapter and look forward to the boundless future ahead.



A handwritten signature in black ink, appearing to read 'Jessica Van', written over a horizontal line.

Jessica Van,  
UCSF ASDA Chapter President



# Most Improved Chapter

This past year can proudly be summed up in two words: **impactful** and **unforgettable**. In our UCSF community, ASDA has not only grown in quantity of our efforts but also the quality of how we are able to **convey ASDA's mission**. Right before our eyes, we have witnessed leaders rising to their place in this community and finding their unique paths in this profession. We are proud to say that ASDA has played a large role in enriching the dental experiences of our members and have sparked great interest in organized dentistry. This can be demonstrated by the **significant growth** within our chapter. Although we do not have the advantage of being an auto-enrolled chapter, UCSF has gathered a strong ASDA presence with its **91 registered members and 26 board members**. We were able to offer an abundance of opportunities for personal and professional growth to our members. **33 Lunch and Learns** of diverse subject matters took place in 2019, a 68% growth from the previous year, and **2 vendor fairs** that were equally fun and engaging. In addition, our chapter was able to offer scholarships that subsidized the cost of conferences for **43 attendees to the National Leadership Conference and Annual Session**. This is the most that we have ever sent! However, this year was extra special because we sent our **first IDP student to NLC** and had a **record number of IDP representation at District 11 Conference** with 7 attendees. Our efforts of early engagement with the IDP program paid off as we witness an increase in the participation from our advance-standing colleagues. Our ASDA family has definitely grown.

We are extremely proud of our devoted leaders and their desire to improve our ASDA chapter. This year, we **applied to three national ASDA grants** in an effort to offer more unique and **quality** events to UCSF. With the Membership Outreach grant, we hosted “Jive After Five,” a brand new event consisting of breakout rooms that highlights the different pillars of ASDA. Of those pillars, we have made significant strides with our vision of the **“Year of Wellness.”** We felt that in order to fulfill ASDA's mission statement, we must make well-being a top priority for our students. From “Days of Gratitude” social media campaign to “Watercolor Your Bodily State” paint night, we sought to create opportunities that will remind students to focus on the emotional, physical, intellectual, occupational, and environmental dimensions of their lives. Not only do we want to promote wellness for our students, we share the same sentiment for our community-at-large. Our **13 community service projects** were able to reach people that are often overlooked and underserved like those of the geriatric and special needs community. In exchange for life skills and knowledge, we hope our efforts ultimately contribute to a healthier and happier community. For the growth and dedication of our ASDA chapter, we believe that our chapter is deserving of ASDA's title of **Most Improved Chapter**. On behalf of the ASDA family at UCSF, we would like to thank ASDA for all the doors it has opened for us and our colleagues. Thank you for your consideration in the ASDA 2019 Gold Crown Awards.



# MEMBERSHIP ○

## Encourages member involvement and has significant participation from members

- **NEW!** Earlier ASDA Fever Exposure to First Year Students – ASDA worked with Office of Admissions to introduce ASDA to 100% of the D1 class. Through multiple school fairs, Fever Week festivities, and first annual “Jive After Five,” we were able to establish a strong ASDA present in our community especially to the first year dental students.
- **NEW!** New Board Positions – External Affairs position created to expand networking efforts.
- **IMPROVED!** Member Participation of ASDA Events– 100% of ASDA members have attended at least 2 events throughout the year.
- **IMPROVED!** Conference Attendees – Between the national and district conferences (D11 Conference, Annual Session, and National Leadership Conference), our conference attendance grew by 33% with 65 attendees in 2019 and 43 attendees in 2018. All conference and transportation fees were subsidized.

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

- **NEW!** Jive After Five – Utilizing the ASDA Membership Outreach Grant, this new event comprised of 4 breakout rooms highlighting different pillars of ASDA: Wellness. Advocacy, Community Service, and General ASDA Information. 69 students RSVP'd for the event with 72% attendance. Of the attendees, 93% of them were first year students.
- **IMPROVED!** International Dentist Program Orientation – An introductory ASDA presentation was held exclusively for newly matriculated international dentists. 26 of 28 IDP students attended orientation.
- **IMPROVED!** ASDA Fever Week – Our membership drive at the beginning of the school year captured the interest of approximately 174 dental students, mostly from the first year dental class. Although our school does allow for auto enrollment, 25% of the student population are ASDA members. The following are the events from our ASDA Fever Week.
  - Ergonomics Lunch and Learn with UCSF physical therapy students
  - Trivia Night with Aspen Dental
  - Meet the Chapter and sign up for ASDA sub-committees
  - ASDA New Member Raffle
- **IMPROVED!** Better Membership Benefits & Incentives – To engage a broader range of students, we offered new and more unique prizes that are more relevant to a student's lifestyle, such as Apple AirPods, FIGS gift cards, and whitening kits. About 90% of the prizes/incentives were donated from vendors and sponsors.
- **IMPROVED!** Registered Student Organization Fairs – ASDA was represented at 3 inter-professional organization fairs held at UCSF, 2 more than 2018.

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

- **NEW!** IDP3 Welcome Lunch – 95% of IDP students attended the first-ever “Welcome Lunch” which is held exclusively for the IDP program.
- **NEW!** Conference Attendances – In 2019, we sent our first IDP student to National Leadership Conference in Chicago and had record number of IDP students present at District 11 conference with 7 in attendance.
- **IMPROVED!** IDP Membership – 6 IDP students enrolled into ASDA membership

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

- **NEW!** ASDA Cares Banner – A banner titled “ASDA Cares” contains written statements from dental students of why community service is important and hung at events.
- **NEW!** Class GroupMe Notifications – 100% of the first and second year dental students utilize the Group Me application where they receive notifications and reminders of ASDA events.

- **NEW!** Recap Videos – Our chapter adopted a new form of communication which involves capturing footage during ASDA events and posting recap videos on Facebook. Within the last 6 months of 2019, 5 videos were created and promoted.
- **IMPROVED!** Facebook – Over 75 new posts were created and posted on Facebook groups. Our Facebook page (facebook.com/asdaucsf/) has 729 Total Likes and 770 Followers.
- **IMPROVED!** Instagram – Our growing social media presence is growing! We have 870 Instagram followers that are enjoying our 127 fresh posts.
- **IMPROVED!** Newsletter – Newsletter gained approximately 15 pages in length compared to last year's issues. This year, we had 55 contributing authors! In addition to great, in-depth content, we also modernized the overall newsletter to include new page designs.

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

- **NEW!** Earlier Executive Cabinet Elections – Executive cabinet are elected in March to allow overlap for past leaders to be able to mentor the newly elected.
- **NEW!** Committee Check-Ins – President and Vice President perform routine check-ins with each committee on a one-to-one basis outside of monthly board meetings.
- **NEW!** Vision Board– Newly elected board members created a unified vision board to illustrate ambitions for the year and how other committees can collaboratively work with them to achieve their goals.
- **IMPROVED!** Annual Leadership Retreat – Hosted leadership development training for board members where we were successful in laying out personal and chapter goals for the upcoming year. 100% of board members attended the retreat..
- **IMPROVED!** End-of-the Year Banquet – Past and new board members are paired together at the banquet to facilitate conversations about their positions, ideas, and areas of improvement. 33 of 37 board members or 90% of past and present board members attended.
- **IMPROVED!** Google Drive – Shared Google Drive was reorganized to hold all important documents that are vital for transparency and transition between boards. Almost all ASDA-related documents are stored on the Google Drive.
- **IMPROVED!** Transition Documents – 100% of past board members completed logging in their events along with their evaluations. Feedback was passed on to current board members.

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

- **IMPROVED!** ASDA Banner – ASDA banner displayed at all events.
- **IMPROVED!** ASDA Logo – ASDA Logo is present on all materials such as flyers and newsletters.

## Organizes events with the local and/or state dental society such as Signing Day to help fourth-year students transition to the ADA

- **NEW!** ADA FDI World Dental Congress – Active UCSF presence at ADA conference due to ASDA promotion on social media. At least 42 dental students attended the conference while 17 served as general volunteers to the event.

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

- **NEW!** End-of-Year Advocacy Lunch and Learn – Legislative Liaisons presented on advocacy initiatives to educate student body on topics like Student Loan Programs and Ensuring Lasting Smiles Act. 51 students attended.
- **IMPROVED!** Conference Reflections – 100% of conference attendees contribute a reflection piece to the chapter newsletter to share what they have learned from national conferences,

## **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!** Midlevel Providers with Dr. Elizabeth Mertz Lunch and Learn (Physical) – Dental sociologist, Dr. Elizabeth Mertz, discusses the pros and cons of mid-level providers and how they can impact our profession. Although controversial, students were able to learn about a potential solution on access to care and how it may impact our careers as future dentist. 35 students actively participated on the discussion and attended this lunch and learn.
- **NEW!** A Discussion with Mary Otto Dinner and Learn – Mary Otto, famous for her book, “Teeth” spoke about the dental health crisis in America. The talk was followed by a question-and-answer session to facilitate discussion about various relevant issues. 150 students, faculty, and specialty residents from all disciplines of UCSF appeared to meet the author and learn. The School of Dentistry, Medicine, and Pharmacy were in attendance making it one of ASDA's biggest events of the year.
- **NEW!** End-of-Year Advocacy Lunch and Learn – Chapter and District Legislative Liaisons, May Hao ('22) and Brad Morgan ('22) respectively, presented on advocacy initiatives that were highlighted at Annual Session, State Lobby Day, and National Lobby Day. Our student body learned about ASDA's policies on topics like Student Loan Programs and Ensuring Lasting Smiles Act. 51 students attended the Lunch and Learn.
- **NEW!** Advocacy Improv – As part of Jive After Five event, ASDA staged a debate to present different perspectives of hot topics within dental legislations. Some of the topics include: sugar tax, dental therapists, and licensure reform. This event garnished the interest of 49 students.
- **IMPROVED!** Molar Bear Campaign – Approximately 60 students had a chance to take pictures with the Molar Bear, a representation of ASDA's advocacy branch, and provide a quote to why advocacy is important to them. A video compilation of students sharing their definition of advocacy was created and shared.
- **IMPROVED!** Preparation for Annual Session – Executive board members organized a meeting to introduce and discuss important measures that will be voted on at ASDA's House of Delegates. After the meeting, a Google Form was sent to gauge students' stance on the measures reviewed at the meeting.

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

- **IMPROVED!** California State Lobby Day – 3 ASDA members represented UCSF at State Lobby Day held at California's state capitol in Sacramento.
- **IMPROVED!** National Lobby Day – 12 UCSF students traveled to Washington D.C. to lobby for issues of dentistry such as health insurance reform, silver diamine fluoride, and student debt. This was an increase in participation compared to the year before which had 8 participants, a 30% increase. In addition, 2 UCSF students were scholarship recipients from the District 11 Advocacy & Public Health Meeting and had transportation and boarding fees subsidized.
- **IMPROVED!** District 11 Advocacy & Public Health Meeting – 42 ASDA members attended the District 11 Advocacy & Public Health Meeting, a 71% increase in attendance compared to the 12 students that attended the meeting in 2018. The attendees were diverse with 22 D1s, 16 D2s, 2 D3s, and 2 D4s.

## **Involved with state and/or local dental society**

- **NEW!** ADA FDI World Dental Congress – Active UCSF presence at the ADA FDI World Dental Congress conference due to ASDA promotion on social media that encourage UCSF students to attend. At least 42 dental students appeared conference while 17 served as general volunteers to the event.
- **NEW!** San Francisco Dental Society Meet-Up – The meeting was open to students, alumni, and members of the San Francisco Dental Society. The evening consisted of networking and education on the tri-partite system. 12 dental students attended this meet-up organized by ASDA board member, Arielle Miller ('22).
- **IMPROVED!** CDA Dental Board of California Quarterly Meeting– ASDA member and current District Legislative Liaison, Brad Morgan ('22) sat on CDA Dental Board of California meeting in Sacramento and discussed state initiatives of CDA with other members of the board.

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

- **IMPROVED!** California House of Delegates Meeting – We had 2 representatives attend the California Dental Association House of Delegates on behalf of UCSF and served on the councils. Of the two representatives, one was a voting member.

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

- **IMPROVED!** “Dental Board of California” – Brad Morgan ('22) contributes an article to UCSF's newsletter “ASDA Cusp” about his experience at the CDA's Dental Board of California quarterly meeting. In addition to discussing his experience, he educates readers on current issues facing dentistry and encourages them to be involved with advocacy efforts.

## **Conducts successful ADPAC drives**

- **NEW!** The Future is Bright Neon Party– UCSF supported neighboring dental school, University of the Pacific, in an end-of-the-year party to hold their annual ADPAC Drive by promoting and attending the event. An estimated 50 participants from both schools contributed to the ADPAC drive in this collaboration event

ADVOCACY ○



# ACTIVITIES

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

- **IMPROVED!** Faculty Presence- Increased faculty participation as speakers and audience members.
- **IMPROVED!** Interdisciplinary Collaboration – Collaboration with other UCSF health professional schools for events like Mary Otto Meet and Greet and physical therapy ergonomics presentation.
- **IMPROVED!** California Dental Society – ASDA offered workshop lectures to our students during Business Symposium events by working with our state dental society to obtain speakers.

**Develops mentorship programs for members**

- **NEW!** Ethical Dilemma Discussion Session with 4 UCSF faculty members- This open discussion was offered to ALL students in clarifying common ethical issues that can occur in clinic. Faculty panelists offered mentorship to students transitioning to clinic. 34 students, mostly D3s, attended.
- **NEW!** B&B Dental NBDE Test Prep Session- 70% of the first-year class taking the NBDE this year was in attendance for this first ever group webinar with representatives from B&B Test Prep Services. In addition, ASDA members in attendance were offered mentorship relationships with upperclassmen ASDA members for guidance on board exams.
- **IMPROVED!** West Pac Health with Dr. John Quinn- 193% of those who RSVP'd were in attendance as Dr. John M. Quinn stresses the importance of disability insurance and shares his own personal experience. Students exchanged contact information with Dr. Quinn and have set up meetings with him on topics relating to disability insurance or advice on how to approach the issue..

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

- **IMPROVED!** Vendor Fairs – We offered two vendor fairs in 2019, Annual Expo Day and Business Symposium, which were both major hits for our members. Details are listed below.
- **IMPROVED!** Lunch and Learns – 33 Lunch and Learns were offered to the general student body in 2019 that offered a wide variety of topics and services. This is a 68% growth from 2018.

**Provides social activities**

- **NEW!** Aspen Dental Social- This social supplemented ASDA Fever week events and allowed students to network after clinic and classes in a more relaxed environment. 150% attendance was recorded in comparison to the RSVP attendance
- **NEW!** Familia Dental Social -Familia Dental sponsored a social after our Business Symposium. Over food and drinks, students mingled with company representatives and other ASDA members.
- **IMPROVED!** Dental Dreams Socials- Multiple networking opportunities allowed students to interact with representatives about reimbursement, practice locations, and finances. Students were able to build new relationships with those from other class levels and gain perspective from others. An average of 80% attendance was recorded for all Dental Dream Socials.
- **IMPROVED!** ASDA Easter Egg Hunt- An egg hunt was staged for ASDA members outside the dental center. 41 participants socialized and went hunting for eggs filled with treats and tyodont teeth.

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

- **IMPROVED!** Annual Business Symposium Day- An interactive conference comprised of ADA-sponsored talks centered on debt/wealth management, state of the dental profession, and new dental technology. The conference consisted of a vendor fair for students to gain exposure to industry professionals and brand ambassadors that aided in educational and professional careers.
- **IMPROVED!** Introduction to Clinic Lunch and Learn (2 Part Series)- D4 students were invited to discuss tips and tricks on transitioning into clinic by sharing their personal experiences at UCSF. Previous sessions were held with only faculty members but students expressed they were more

interested in perspectives from more recent students transitioning, therefore, the event was tailored this year to follow these suggestions. 40 ASDA members and other students were in attendance.

- **IMPROVED!** ASDA Leadership Retreat – All ASDA members were invited to this annual leadership retreat. For the first time, this retreat was held at a venue off-campus and offered an environment where leaders were able to form organic relationships with one another. 100% of board members were in attendance.

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

- **NEW!** Heartland Dental Social with UCSF and UoP ASDA Chapters- Allowed members from both chapters to connect and form relationships for future ASDA collaborations and events.
- **NEW!** Mary Otto Author Event- Campus-wide discussion with Mary Otto, author of “Teeth”, was hosted to discuss the topic of dentistry in America's healthcare system. Students from UoP were invited to attend the event along with surroundings universities.
- **NEW!** The Future is Bright Neon Party (mentioned under Advocacy)– Our ASDA chapter attended and supported UoP in their end-of-the-year party to promote ADPAC membership.

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

- **NEW!** Welcome Lunch for IDP Students- Introduced our ASDA chapter to new and current IDP students interested in becoming more involved with organized dentistry. Lunch and an informational session were provided to help students better identify ASDA leaders for further navigation through our dental education and careers.
- **NEW!** Student Panels for Non-Traditional Students- ASDA members attended student panels at universities that are offering post-baccalaureate programs at San Francisco State and CSU East Bay which often have non-traditional students. Mentorship opportunities were offered towards personal statement, DAT prep, and any admissions-related advice.

**Organizes activities that are unique and original**

- **NEW!** ASDA Wrap-up Party- An end-of-the-year member appreciation party showcased memorable events throughout the year. In addition, new chapter board members and UCSF ASDA visions for the following year were introduced. 122% of those who RSVP'd were in attendance.
- **NEW!** Water Color Your Bodily State (listed under Wellness)- The first half of the event was a meditation led by the Headspace App. After meditation, students were provided canvas paper and watercolors and instructed to draw an outline of their body. They were then given time to color their drawing any color they felt was fitting for every part of the body, depending on how they were feeling at the moment. This unique wellness was very popular and focuses on wellness.

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

- **NEW!** Virtus Financial Partners Dinner and Learn – Representatives partnered with us to host to sponsor a financial planning workshop. It was aimed at prepare ASDA members for future financial decisions and negotiations.
- **IMPROVED!** Annual Expo Day- ASDA organized the largest vendor fair on UCSF campus by inviting 19 vendors to our campus. A profit of \$18,528 from exclusive Lunch & Learn opportunities for our vendors and vendor fees were earned. 100% of donated prizes were received by current ASDA members. Re-used 75% of event decor & supplies from the previous year to save funds & repurpose materials to reduce waste. The large turn-out of 160 students contributed to its success.
- **IMPROVED!** ASDA Annual Business Symposium Day- This symposium offered students valuable information about the business aspect of dentistry. New features were implemented for easier packaging options and gift organizing for vendors to provide to students. Total revenue of \$12,000 was gained and utilized for offering more organized dentistry experiences to our members through national conference attendance later in the year.

# 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!** Denim Day (Emotional) – We tackled sexual assault awareness for the first time through the celebration of Denim Day. Denim patches prepared and delivered to dental students who stand in support of sexual assault victims. At least 125 faculty and students participated by wearing denim or wearing denim patches.
- **NEW!** No Stress Origami Night (Emotional) – Dinner and origami supplies/instructions were provided for students to relax, socialize, and use manual dexterity in a fun environmental. Successful first-time event with 25 participants.
- **NEW!** Yoga in the Park with Jamba Juice (Environmental) – Students were invited to bring a yoga mat to the Golden Gate park where we held a guided yoga session. Jamba Juice was the tasty reward after the work out. 4 people have taken advantage of this new event.
- **NEW!** Coffee and Donuts on Us! (Physical) – Free coffee and donuts were placed in the dental lounge during finals week as a “pick-me-up.” With all the food gone, 32 people took a break with us during finals week.
- **NEW!** Watercolor your Bodily State (Emotional) – As part of Jive After Five, this was a two part event comprising of a meditation led by Headspace App. After the meditation, students engaged in a watercolor exercise where they were given the freedom to draw anything that they were feeling at the moment. 24 students felt relaxed and renewed after the exercise.
- **IMPROVED!** Wellness Presentation + Exercise at D1 Orientation – 100% of first year dental students received an ASDA Wellness presentation that promotes UCSF on-campus resources and all of the five common dimensions of wellness from the Wellness Initiative. Additionally, they all participated in an interactive mindfulness activity.
- **IMPROVED!** Physical Therapy Lunch and Learn (Occupational) – 9 UCSF Physical therapy students taught dental students about ergonomics, biomechanics, self-massaging methods, and self care for a long dental career. Lunch was provided along with small wellness goodie bags for the 62 attendees.
- **IMPROVED!** Back-To-School Breakfast Bar (Physical) – On the first day of school a wellness breakfast was sponsored by ASDA and available to the entire student body. Healthy food options like fruits, protein bars, and bagels were served. 50% more people attended this year's Breakfast Bar compared to last year with 94 people students attending the event.
- **IMPROVED!** Awakened Mind Meditation Session (Physical) – ASDA reached out to Awakened Mind, a meditation center in San Francisco, to offer a free guided meditation class for students. 10 students enjoyed a relaxing experience from this meditation.

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

- **NEW!** Mental Health Awareness Month Challenge – Throughout the month of May, our Wellness Chair, Claire Skach ('21), created a mental health campaign to post mental health facts and resources. Posts were made available to 100% of the dental students at UCSF via Facebook group pages. Student involvement was encouraged as they were asked to comment with a wellness activity they partake in. Raffles were held for the 16 participants.

- **IMPROVED!** ASDA Wellness Month – Events like the Back-To-School Breakfast Bar and promotion of District 11 Wellness Challenge were organized to place importance wellness from the very beginning.
- **IMPROVED!** Newsletter Contributions (listed below) – One article centered around Wellness is published in every ASDA “UCSF Cusp” newsletter. We had 3 Wellness articles for the 3 quarterly newsletters.

**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!** Mental Health: Depression on the Rise in the U.S. – Four dental students were invited to present their research on depression and its impact within the dental community. Evidence-based research highlighted the need to focus on mental health. 49 students were part of this important discussion, making it one of the most popular Lunch and Learns we had this past year.
- **NEW!** Denim Day (listed above) – ASDA promoted Denim Day for sexual assault awareness and provided a list of resources that are available to UCSF students on and off campus.
- **IMPROVED!** Newsletter Contributions – Informative articles about wellness are featured in each “UCSF Cusp” Newsletter
  - “Spartan” written by Kevin Hahn ('22) – Spring 2019 Issue - The article highlights the “arduous” event that is famous for its tough 25+ obstacles and the benefits he received from participating. It encourages readers to join the UCSF Spartan team.
  - “Wellness Recipe” written by Molly O'Hare ('21) – Winter 2019 Issue - Avid marathon runner, Molly O' Hare, shares why self-care in the form of exercise are important for a healthy personal and professional life.
  - “How Does UCSF ASDA Help With Student Wellness?” by Bianca Miguel ('22) – Fall 2019 Issue – As the first article of the new school year, this article sets out to encourage members to take part in the Wellness Committee and be involved with ASDA's wellness initiatives.

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

- **IMPROVED!** District 11 Wellness Challenge – Wellness chair promoted participation of the district wellness challenge by sharing instructions on how to sign up to all members of the UCSF dental community on Facebook and in each class page.
- **IMPROVED!** National ASDA Wellness Month – UCSF chapter shared the same mission of spreading wellness to student body by planning events like the breakfast bar and promoting post like that of the District 11 Wellness Challenge in the month of September.

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

- **IMPROVED!** Wellness Chair – Bianca Miguel ('22) is currently serving as ASDA Wellness Chair and has planned at least one event per quarter.
- **IMPROVED!** Wellness Committee – A committee of 10 dental students meet to plan events promoting and creating wellness events. 80% of the committee are first year dental students which is promising for the future of UCSF ASDA wellness endeavors.

# COMMUNITY OUTREACH ○

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

- **NEW!** How to Work with People with Developmental and Intellectual Disability Lunch and Learn – Dr. Gwen Essex, Ronnie Azizo ('22), and Jenny Gao ('22) were invited to present on the important topic of servicing individuals of developmental and intellectual disability. This Lunch and Learn was held before our ArcSF community service event (listed below) where we had the opportunity to work with the special needs community. This promoted awareness to the potential obstacles that one might and how we can be better at communicating to those with disabilities. 15 students participated in this training.
- **NEW!** The Arc SF– This is our first year working with The Arc SF, an organization dedicated to individuals with intellectual and developmental disabilities. We have hosted 3 dental events with Arc SF where we performed oral health screenings, toothbrush prophyls, and distributed oral hygiene kits to patients.
- **NEW!** Oral Cancer Walk – Over 20 ASDA members attended the 5K walk to raise awareness and money for the Oral Cancer Foundation. \$500 were fundraised and donated to the organization.
- **NEW!** Friends of the Urban Forest – 6 ASDA members participated in tree planting with Friends of the Urban Forest that helps care for street trees and sidewalk gardens in San Francisco. 75 total trees were planted in the Inner Sunset community, 11 of them were planted by UCSF ASDA.
- **NEW!** Snuggles for Homeless Animals –30 blankets were made by hand from dental student volunteers and donated to the local animal shelter, SF Society for Prevention of Cruelty to Animals, in preparation for the winter days. This new and creative event was spearheaded by our first year dental students and was successful in attracting 25 people to donate their time for a good cause.
- **NEW!** Community Room – As part of Jive After Five (listed under Membership), a breakout community-service-themed breakout room taught by faculty member, Dr. Gwen Essex, on the importance of giving back to the community, especially to vulnerable people of older age and disability.
- **IMPROVED!** Card Making for Hospitalized Kids – This event had tripled the amount of attendance from previous years and were able to make over 120 Halloween cards for pediatric patients at local hospitals, including UCSF Helen Diller Medical Center.
- **IMPROVED!** Tzu Chi Mobile Clinic– Continuing our partnership with Tzu Chi Mobile clinic that was developed last year, we have volunteered with this organization two times this year, doubling the number of visits. An average of 8 volunteers were present at each session.

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

- **NEW!** How to Work with People with Developmental and Intellectual Disability Lunch and Learn (listed above) – Since some of our students want more exposure to patients with special needs, ASDA sponsored this event to better prepare students for handling this population of patients that is often overlooked. A survey was administered to all 15 participants before and after the Lunch and Learn – 100% of them feel that they are more confident in seeing patients with special needs and more comfortable to attend future The Arc SF (listed above) events.
- **IMPROVED!** Increased number of community service events (listed on this page) – Our community service team worked harder to organize more opportunities to build a stronger community of service. In 2019, we have hosted 13 events that promote value of community, compared to the 9 in 2018, which is a 30% growth.

## Increased awareness of underserved populations

- **NEW!** Senior Oral Health Outreach – The geriatric oral health commonly go unnoticed. To bring more awareness to the needs of this community, this service event is held at a senior center where
- 11 students performed oral screenings and gave educational presentations on dental hygiene to accommodate their needs.
- **NEW!** Senior Brush Up – In collaboration with ADEA, this event also allows students to work with the geriatric community. Oral health screenings, dental hygiene kits, and oral health instructions were distributed by 9 students.
- **NEW!** The Arc SF (listed above) – Volunteering at The Arc SF gave students the valuable opportunity to work with adults that vary in degree of developmental and intellectual disabilities.
- **IMPROVED!** Tzu Chi Mobile Clinic (listed above) – Students assisted dentist in providing treatment to those that Tzu Chi Mobile clinic aids, the homeless, the unemployed, and other individuals who are unable to obtain dentistry otherwise. 8 average dental students attend each clinic session.

## Participates in the ASDA National Week of Service

- **NEW!** Friends of the Urban Forest (listed above) – UCSF chapter chose to celebrate ASDA National Week of Service and kick off the new school year with a brand new community service with a tree-planting project. In total, 75 trees were planted around San Francisco which made for a healthier and healthier community.

## Provides leadership opportunity for organizing community outreach efforts within the chapter leadership structure

- **NEW!** Community Service Interns – We introduced new community service interns which consist of 4 D1s who are interested in growing with ASDA and potentially taking on a leadership position as community service chairs. They are tasked to organize outreach events along the Community Service Chairs.
- **IMPROVED!** Community Service Chairs – We have 2 community service chairs that are working to provide more service opportunities, Buriniratt Thanasuwat ('22) and Brian Kwon ('22).
- **IMPROVED!** Community Service Committee – In addition to the community service interns, we have 24 general members who attend community service meetings and help execute events created by community service chairs and interns.

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

- **NEW!** Oral Cancer Walk– Over 20 ASDA members attended the 5K walk to raise awareness and donated \$500 to the Oral Cancer Foundation. This event was also special because it was in collaboration with the Student National Dentist Association.
- **NEW!** The Arc SF– This is our first year working with The Arc SF, an organization dedicated to individuals with intellectual and developmental disabilities. We were able to organize 3 separate oral health screenings events where we served about 50 special needs patients with the help of 32 dental volunteers, 35% of ASDA members.

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

- **NEW!** Community Service Committee Facebook Group– A Facebook group was created for all UCSF ASDA community members to communicate and update community-at-large
- **IMPROVED!** Social Media Recruitment– All community service events were promoted on all UCSF ASDA social media and reaches 100% of dental students via Facebook.

# PRE-DENTAL

## Recruits pre dental members for national ASDA membership

- **IMPROVED** ASDA Pre-Dental Benefits- Pre-Dental chairs developed a benefits package that are exclusive for pre-dental members. This includes free workshops throughout the year (ex. Waxing Workshop), one-on-one mentorship from ASDA members, and exclusive networking events (ex. Dine with Dental Students.) Incentives add value and recruits pre-dental membership.
- **IMPROVED!** Day in Dentistry – This annual all-day event was successful in recruiting 11 pre-dental ASDA members through marketing efforts. 3 dental students sign-up on the day of the event.
- Pre-dental ASDA membership – University of California, San Francisco ASDA Pre-Dental membership totaled in 11 members.

## Introduces pre dentals to dental school and organized dentistry (ASDA and ADA)

- **NEW!** Dine with Dental Students – ASDA dental members hosted a pizza party for pre-dental students who signed up for Pre-Dental membership. 10 pre-dental students had valuable one-on-one face time with many of our dental students as they offered mentorship and valuable insight on how they were able to navigate the AADSAS application process.
- **IMPROVED!** Day in Dentistry – 61 pre-dental students from around the Bay Area expressed interest in this event. 70% of them attended Day in Dentistry and were immersed in a full schedule of events as follows: 1) Intro to UCSF dental school 2) Benefits of Pre-Dental ASDA membership 3) What is ASDA? 3) Dental Admissions Process Info Session 4) campus tours, and a 5) Sim Lab portion.
- **IMPROVED!** Admit Day – Hosted 77 newly admitted dental students for an all-day event that encourages active student involvement on campus. In collaboration with the Office of Admissions, speakers and panelist gave students a taste of what it would be like to attend dental school at UCSF. Presentations about campus organizations, recreational pass, and housing were offered. A separate presentation on ASDA was given to engage these students into organized dentistry and encourage them to take part in ASDA once they matriculate into dental school.
- **IMPROVED!** District 11 Conference Pre-Dental Presentations – At the District 11 Conference, UCSF Pre-Dental chairs, Zahur Subedar ('22) and Greg Pavlos ('22) served as Q&A panelists, presented on AADSAS Application "Aha!" moments, and shared DAT Tips & Tricks for the pre-dental audience.

## Provides leadership opportunities for pre dental

- **IMPROVED!** District 11 Pre-Dental Co-Chair – Our chapter promoted the district position of Pre-Dental Co-Chair at chapter events and reached out to promising prospects.
- **IMPROVED!** Student Coordinators at Community Dental Clinic – At ASDA info sessions and workshops, leadership opportunities were shared to pre-dental students. At our Community Dental Clinic, several pre-dental students were referred to apply for internships at the student-run dental clinic (ex: Social Media Intern and Supplies Intern)

## Organized a Pre dental Day or workshops for pre dental on getting into dental school and hands-on activities

- **NEW!** Pre-Dental Tour of UCSF Student Panelists – This outreach tour brings UCSF dental students to the campuses of pre-dental students. Prepared content is tailored to the requests of the its audience members and range in topics. Approximately 135 pre-dental have been reached through these efforts.
  - University of California, Berkeley – 4 D1s and 1 D4 attended a Pre-Dental Society meeting at UC Berkley to offer tips in gaining dental school acceptances.
  - University of California, Davis – 2 ASDA members attended the UC Davis Conference and set up a table representing UCSF ASDA.
  - California State University, East Bay – Panelists comprising of 9 D1s drove to CSU East Bay to do a Q&A for their Post-Baccalaureate Program.
  - San Francisco State University – 5 dental students that had a background with Post-Baccalaureate programs provided a workshop on personal statement and DAT test-taking tips
- **IMPROVED!** Waxing Workshop – 34 pre-dental students attended the Waxing Workshop to develop manual dexterity. This hands-on activity was led by current dental students.
- **IMPROVED!** Day in Dentistry (listed above) – This day was filled with events that provides support for our pre-dental members in terms of valuable information about dental school. In addition, a Sim Lab portion further engaged participants as they practice restoring typodont teeth with composite. Using hand instruments and the curing lights, pre-dentals were excited to fill their first restoration.

## Offers networking, social and community service events for pre dentals

- **NEW!** Dine with Dental Students – Social pizza party invited pre-dental with ASDA membership to socialize with current dental students. Due to a larger ratio of dental students, there were plenty of opportunities to have one-on-one time with experienced dental students. We also conducted a raffle for application fee waivers, whitening kits, and electric toothbrushes.
- **IMPROVED!** UCSF ASDA Facebook- For all the latest events and developments, pre-dental students are directed to our Facebook page for more ASDA which has 770 followers
- **IMPROVED!** Updated List of Pre-Dental Societies and Post-Baccalaureate Programs- Our pre-dental chairs reached out to neighboring pre-dental societies and post-baccalaureate to gather an updated list of contact information in order to better advertise pre-dental events and open communication lines between the schools

## Serves as mentors to pre dentals

- **IMPROVED!** Presentation Contact Information Follow-Up- After every ASDA pre-dental presentation, speakers and presenters leave behind their contact information to open the lines of communication and room for mentorship. We have received a lot of Facebook messages and emails from pre-dental attendees and have matched them to a UCSF dental mentor in the Pre-Dental committee.
- **IMPROVED!** Pre-Dental Committee – We currently have 23 members in the Pre-Dental committee. They are a team of mentors that assist pre-dentals with the application process.

## Promotes national ASDA Pre dental Month

- **IMPROVED!** Social Media Recruitment – Our Pre-Dental Chairs were promoting pre-dental membership in the month of October. They were successful in recruiting 9 pre-dentals while they were promoting their Day in Dentistry event in November. They utilized their updated emailing list to effectively reach out to pre-dental societies.





# ***Join us as we journey through the highlights and achievements of 2019!***

## **Community Service**

- \* The Arc SF
- \* Friends of the Urban Forest
- \* Snuggles for Homeless Animals
- \* Oral Cancer Walk
- \* Tzu Chi Mobile Clinic

## **Membership**

- \* ASDA Fever Week
- \* IDP Participation
- \* D11 Conference
- \* Annual Session
- \* National Leadership conference
- \* ASDA Leadership Retreat
- \* Board Members

## **Advocacy**

- \* Mary Otto, Author of “Teeth”
- \* California State Lobby Day
- \* National Lobby Day
- \* Molar Bear Campaign
- \* Advocacy Publications

## **Wellness**

- \* Physical Therapy Lunch and Learn
- \* No Stress Origami Night
- \* Year of Wellness
- \* Wellness Publications

## **Pre-Dental**

- \* Day in Dentistry
- \* Waxing Night \* Social Media
- \* Pre-Dental Tour

## **Activities**

- \* Expo Day
- \* Business Symposium
- \* Lunch and Learns
- \* Socials and Networking

## **Communications**

- \* Newsletter
- \* Waxing Night
- \* Videos
- \* ASDA Branding



# Community Service

1/10/19 | 5/3/19 | 11/5/19

50 patients screened  
32 Dental student volunteers

# THE ARC SF

Achievement center for adults  
with developmental  
disabilities to promote  
independence and success





## Community Service

6 MEMBERS

11 TREES PLANTED  
BY UCSF ASD

75 TOTAL TREES  
PLANTED



# FRIENDS OF THE URBAN FOREST





UCSF ASDA

# *Snuggles for Homeless Animals - Dog Blanket Drive*

NEW EVENT! 25 DENTAL STUDENTS  
30 BLANKETS DONATED TO SF SOCIETY FOR PREVENTION OF  
CRUELTY TO ANIMALS





## Community Service



### *Oral Cancer Walk*

APRIL 28, 2019

- 5K WALK
- RAISED \$75
- 20+ MEMBERS ATTENDED
- OVER \$500 DONATED





UCSF ASDA

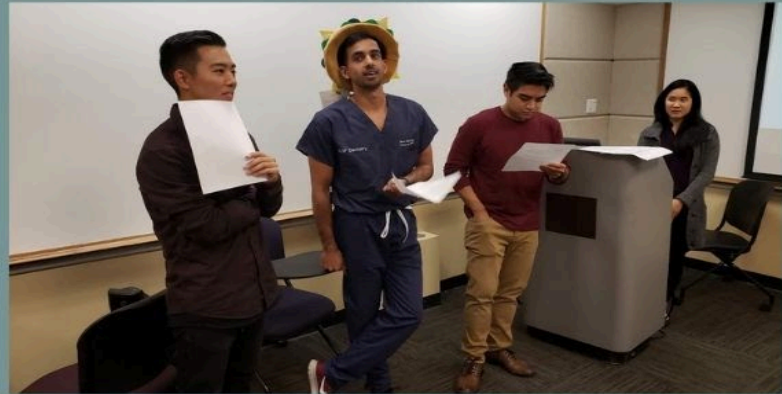
# TZU CHI Mobile Clinic

- Improved event!
- Bi-yearly event
- Average 8 ASDA members
- 20+ patients
- Helping out those in need through mobile clinics



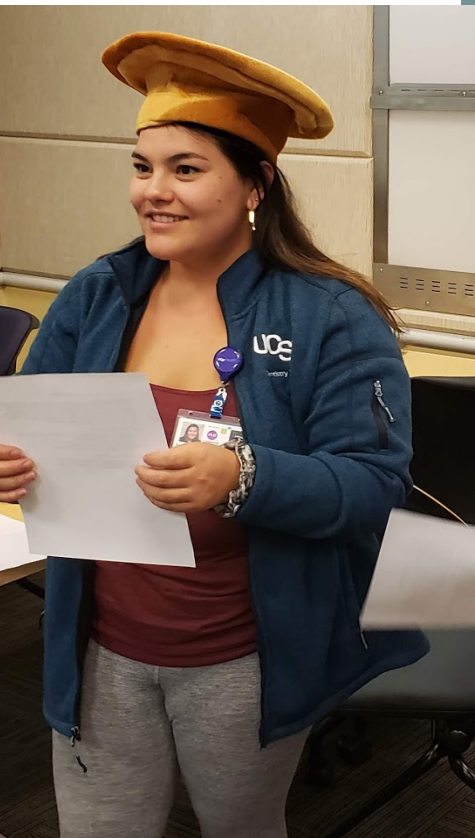


## Membership



# ASDA Fever week

- 5 events to start off the new academic year
- Worked with Office of Admissions to introduce ASDA to 100% of D1 class
- First time implementing Jive After Five





## Membership



**Our ASDA Family has grown as we welcome International Dentist Program colleagues. Active participation of IDP students has truly enriched our community with their presence.**

**This year, we sent our first IDP student to National Leadership Conference in Chicago and had a record number of IDP attendees to the District 11 Conference.**





## Membership



2019 - SAN FRANCISCO

# D11 Conference

*33 ASDA Members*

*Record number IDP students: 7 participants*

*Great time networking with other D11 ASDA Members*







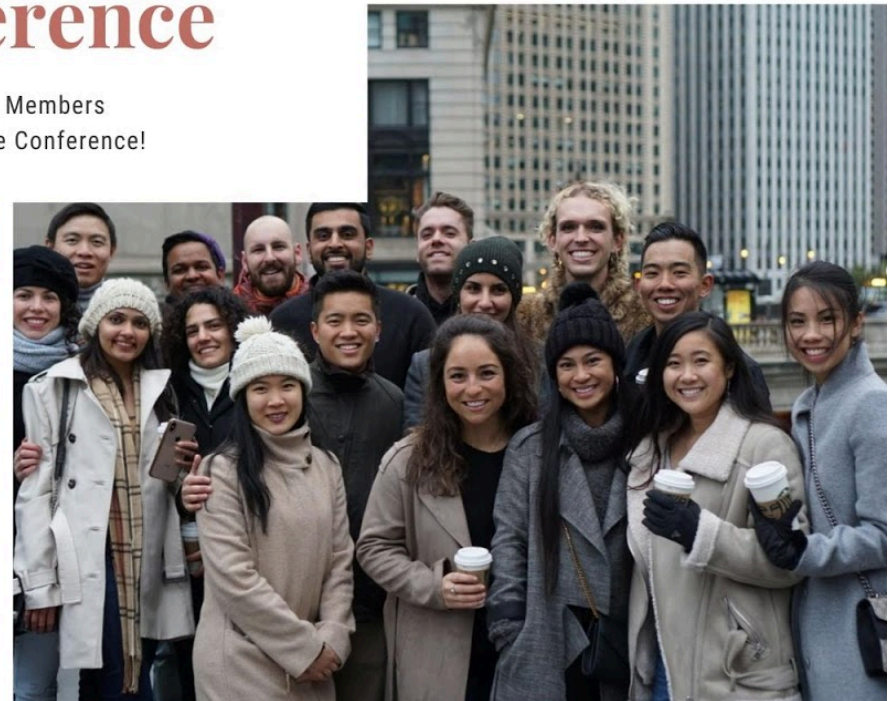
## Membership



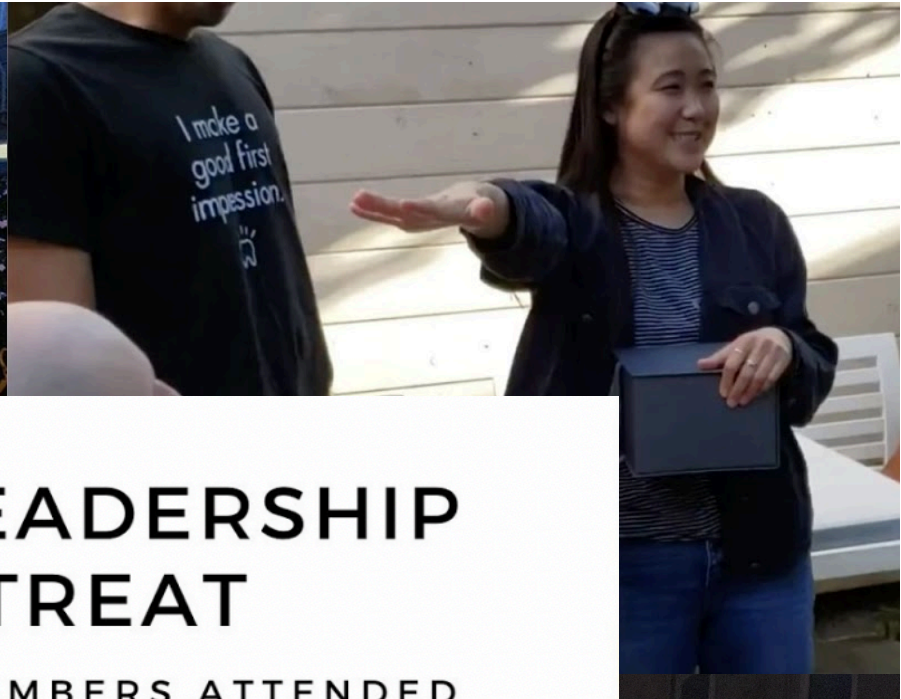
2019 - CHICAGO

# National Leadership Conference

15 ASDA Members  
A Memorable Conference!







## ASDA LEADERSHIP RETREAT

-15 BOARD MEMBERS ATTENDED  
-LEADERSHIP DEVELOPMENT  
TRAINING TO LAY OUT CHAPTER  
GOALS FOR UPCOMING YEAR

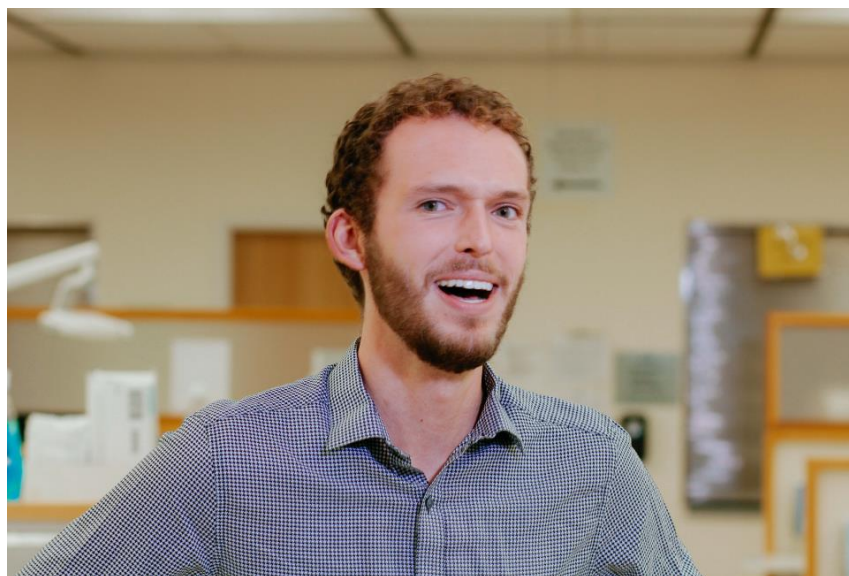




### Meet our Committee Chairs!



President	Jessica Van
Vice-President	Theresa Bui
Treasurer	Kevin Hahn
Secretary	Tiffany La
Legislative Liaison	May Hao
Communications Chair	Lincoln Nguyen & Jessica Ho
Membership	Arielle Miller
Fundraising Chair	Navi Dhillon & Brett Wantanabe
Pre-dental Chair	Greg Pavlos & Zahur Subedar
External Relations	Richard Le
Newsletter	Kate Lovell
Historian	Tom Bill & Ashley Han
Wellness Chair	Bianca Miguel
Community Service	Brian Kwon & Burin Thanasuwat
Lunch N' Learn	Nick Hwang
Jr. Newsletter	Brian Vinh Hong
D1 Rep	Hanna Nguyen



# 2019 ASDA Quarterly Newsletters

## Communications



## ASDA CUSP

- We got a makeover!
- 3 quarterly newsletters
- 55 contributing authors
- Electronically delivered to 100% of every class via Facebook Pages



# Communications

Find us on  
social!



## FACEBOOK

@asdaucsf

-730 likes

-771 followers

-16 hour response time



## INSTAGRAM

@ucsf asda

-870 followers

-127 posts

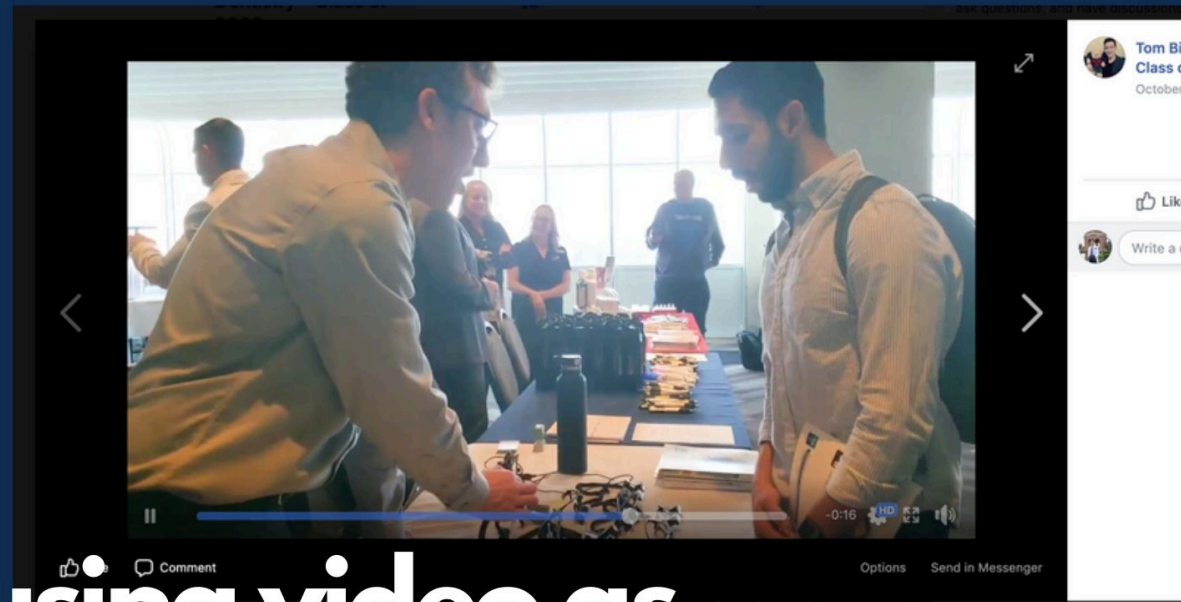
## WEBSITE

[www.asdaucsf.org](http://www.asdaucsf.org)

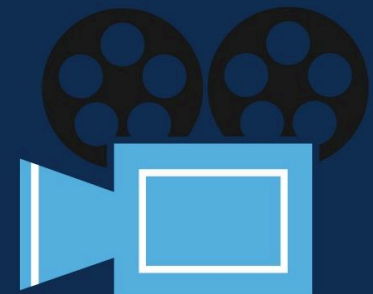


# UCSF ASDA COMMUNICATIONS

## VIDEOS

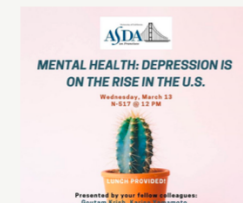
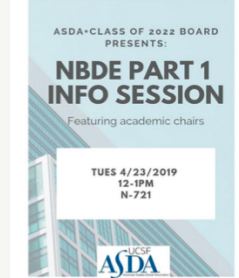
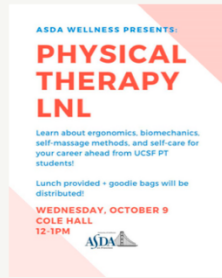
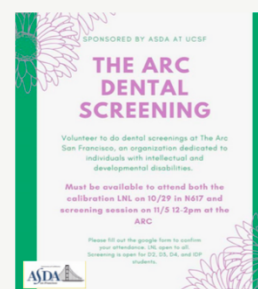
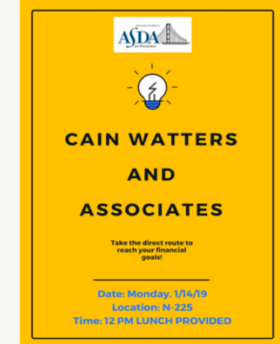
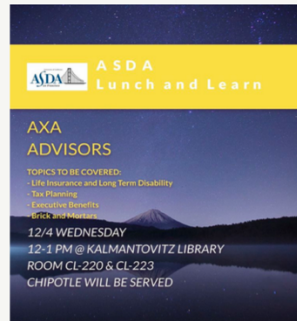


We are using video as  
communicatino tool  
routinely to advertise  
events + send recaps



# Communications

Consistent usage of ASDA branding with ASDA logo on all marketing flyers.







# MARY OTTO: AUTHOR OF "TEETH"

-200 STUDENTS, FACULTY, AND RESIDENTS FROM ALL DISCIPLINES OF UCSF CAME TOGETHER TO DISCUSS DENTAL HEALTH CRISIS  
-BOOK SIGNING, Q&A AND DISCUSSION

I've learned so much from Mary Otto's book, but even more so from meeting her in person. I see these issues in a new light, particularly after starting clinic and opening up these conversations."

-Priyanka Srivastava,  
Class of 2021





***UCSF ASDA had 3 student representatives attend California State Lobby Day.***



***Pictured are UCSF finest advocates:  
Nevetha Mathialagan- Former Chapter Legislative Liaison  
May Hao - Current Chapter Legislative Liaison  
Brad Morgan- District 11 Legislative Liaison***

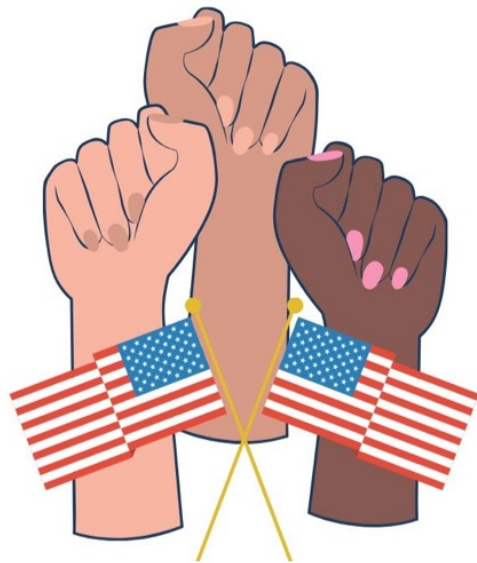




# Advocacy



UCSF ASDA sent a record 12 people to DC for National Lobby Day



San Francisco--->  
Washington D.C.  
Bound

UCSF ADVOCACY

# 2019 SAN FRANCISCO MOLAR BEAR



**MOLAR BEAR CAME INTO TOWN AND VISITED 60 UCSF DENTAL STUDENTS, BRINGING AWARENESS TO ASDA'S PILLAR OF ADVOCACY. EACH PERSON VOICED THEIR OPINION OF WHY ADVOCACY IS IMPORTANT + AN ADVOCACY VIDEO WAS CREATED.**



MAY

Our field of dentistry has come a long way since the first dental college was opened in 1840. Although we continually advocate for our profession, it is nowhere near perfect. Everyone within our field: dentists, dental techs, dental hygienists, and yes you, dental students, alike, has a voice, and can speak to issues such as reimbursement rates, adding silver diamine fluoride as a Medi-Cal benefit, and stopping sugar industry's influence on the community to decrease the incidence of caries. Just the other day, Mary Otto, the author of Teeth, visited UCSF and evoked insightful thoughts about how separation of dentistry and medicine in history impacts how dentistry is seen today, and about how it is not necessarily the lack of dental workforce, but the distribution that contributes to the gap within dentistry, among many other stories. Our hope is to bring awareness to these issues, because we believe that is the first step to change.

H A O

UCSF ASDA LEGISLATIVE  
LIAISON '19 - '20

UCSF ASDA CUSP  
DECEMBER - 2019



BRAD MORGAN  
ASDA DT1 LEGISLATIVE  
LIAISON '19-'20



We as dental students have equally tremendous power to influence oral health policy through the Dental Board as we would through the state legislature. After bills are written and signed into law, it's up to DBC to ensure that those laws are interpreted properly and administered in order to achieve the intended consequence(s) of the legislation. The text of the legislation often allows for lots of room for interpretation! This is where we have a chance to influence policy a second time before it affects the way dental professionals conduct themselves lawfully in the state.

"DENTAL STUDENTS HAVE  
EQUALLY TREMENDOUS POWER  
TO INFLUENCE ORAL HEALTH  
POLICY THROUGH THE DENTAL  
BOARD AS WE WOULD THROUGH  
THE STATE LEGISLATURE"

2  
contributions  
to chapter  
"ASDA  
Cusp"  
Newsletter  
about  
advocacy

/31

...we started by reviewing the budget of the Board: nearly \$15 million was appropriated (essentially, "budgeted out") to the State Dental Fund for DBC to perform its yearly duties. Next, we heard from the Dental Assisting Council, who reports to DBC. They discussed issues regarding educational program approvals (17 new training programs have been approved in 2019) and written RDA exam pass rates (the combined pass rate is as low as 55%)! After that, we reviewed the applications for state elective facial cosmetic surgery permits; these do exactly what they say: allow licensed oral and maxillofacial surgeons to perform elective cosmetic surgery procedures including rhinoplasty (nose jobs)! Next time you're looking for a nose job, consider asking your oral surgeon?



UCSF ASDA CUSP  
DECEMBER - 2019

## WHERE WE ARE NOW

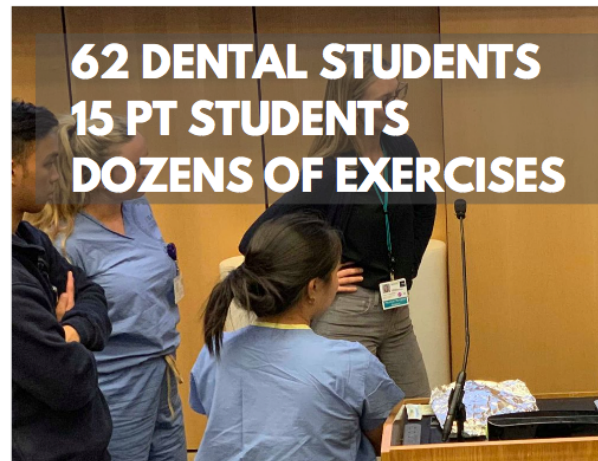
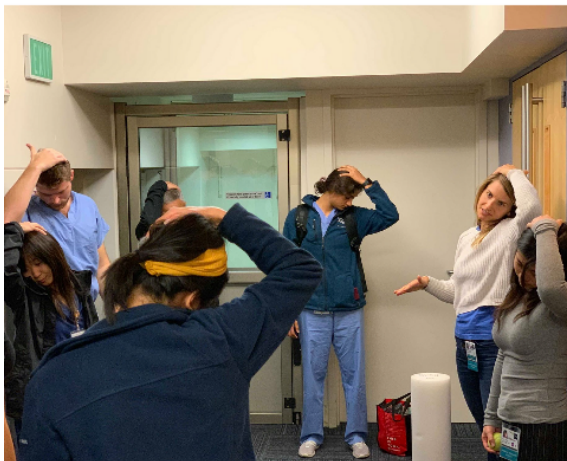
Finally, we ended with the "hottest" and most contentious topics of the meeting: unprofessional conduct, opioids, and licensure. DBC approved language to classify unprofessional conduct to include "failure to perform an exam and review radiographs...for orthodontia prior to treatment," and prohibited patients from signing away their right to complain to DBC about their dentist or dental treatment (yes, some companies actually got away with silencing patient complaints like this). This change was spearheaded by CDA after direct to consumer organizations (DCO's) like Smile Direct Club were engaging in practices in their offices that did not meet the standard of care delivered by dentists in traditional brick-and-mortar practices. CDA's advocacy was incredibly important on this issue in order to protect consumers, because DCO's like Smile Direct Club have fought and continue to fight these regulations through all three branches of the state government.

As for opioids, the Board discussed utilization of a system to monitor opioid prescriptions called the Controlled Substance Utilization, Review and Evaluation System (CURES). Their goal is for all dentists who prescribe controlled substances like opioids to enter and track those prescriptions via this online portal so that dentists statewide can limit the number and length of exposures to opioids in California. Lastly, we heard a report on the various licensure pathways currently available in California (portfolio, WREBs, and residency) and approved standards for the ADEX exam to begin its offering in the next couple years at dental schools across the state. The ADEX exam is similar but not identical to WREBs; it utilizes a "patient-centered curriculum integrate format," or PC-CIF, and includes an objective structured clinical exam (OSCE) component--which ASDA has approved as one of our acceptable licensure pathways--but the exam does maintain clinical treatment on a live patient (notably, restorative, prosthodontics).

Chapter and District  
Legislative Liaisons are  
active contributors to our  
newsletter, promoting  
ASDA policies to our  
student body.



## Wellness





## Wellness



# DENIM DAY

- 125 DENTAL STUDENTS AND FACULTY STOOD FOR SEXUAL ASSAULT AWARENESS AND IN SUPPORT FOR VICTIMS
- DENTAL PATCHES AND PINS DISTRIBUTED TO PARTICIPANTS



## Wellness



### *No Stress Origami Night*



- RELAXING NEW EVENT!
- 25 DENTAL STUDENTS







# WELLNESS

TAKE CARE OF YOUR BODY AND MIND

**100% OF ASDA MEMBERS HAVE  
ATTENDED AT LEAST 2  
WELLNESS EVENT THIS YEAR**

**This year, our chapter focused on the “Year of Wellness” as we placed health in the forefront. Our enthusiasm and commitment to this cause is featured in all of our newsletters this year!**

**This year, our chapter focused on the “Year of Wellness” as we placed health in the forefront. Our enthusiasm and commitment to this cause is featured in all of our newsletters this year!**

# UCSF ASDA WELLNESS

"THE SELF-CARE AND THE HABITS THAT WE CREATED WILL FOLLOW US INTO OUR PROFESSIONAL LIVES"

When I encounter busy times in school, (finals, test cases, etc.) I wake up earlier to run or I go to the gym during lunch and I can do this because, I have made myself a priority. This is a lesson that I have been learned over and over again throughout my intense academic schedules over the past 6 years or so. I will never succumb to a hectic schedule or let school take over my life

and you know why? All that we have is our health. I know this is a cliché and overused phrase, however, it could not be truer. When we graduate and the classes are behind us, the self-care and the habits that we created will follow us into our professional lives. I have chosen to commit myself to my health and to doing something that makes me happy and fulfilled.

## Making Yourself a Priority

# Making Yourself

During professional school it becomes easy to forget to take care of yourself. With exams, externships, shadowing, clubs and events, the priority of wellness and self-care dwindles. Having heard the stories of a relentless biomedical science curriculum during the first year, I was extremely anxious to begin my time at UCSF. However, I knew that I would not compromise one thing, fitness. For me, a workout regimen is not a compromise or a really even an option, it is a necessity. Having had a very active childhood, being a dancer, swimmer and track athlete, exercise was very much so ingrained in me. When I entered college, when there were no more extracurriculars, I realized that this was something that I had

# WELLNESS RECIPE

WRITTEN BY MOLLY O'HARE ('21)

"AN ARDUOUS 8+ MILE COURSE IN MONTEREY, CALIF. WITH AN 1800-FOOT ELEVATION CHANGE AND INTERSPERSED WITH 25+ OBSTACLES LIKE 16-FOOT ROPE CLIMBS, 400-POUND TIRE FLIPS, AND SPEAR THROWS."

What I didn't know was that this wasn't just any obstacle course, it was a Spartan Super Race, an arduous 8+ mile course in Monterey, CA with an 1800-foot elevation change and interspersed with 25+ obstacles like 16-foot rope climbs, 400-pound tire flips, and spear throws. Any failed obstacle would result in a penalty set of 30 VO2 max-inducing burpees (if you don't know, a full body exercise combining squats, jumping jacks, and push-ups into one).

I think we'd all agree that it was not an easy race by any means, as we did our fair share of burpees and pushing through mid-race cramps (who knew a packet of mustard would save the day? Google it if you don't believe me). But, besides a good excuse to keep up a solid workout regimen for the better part of five months and spend some quality time outside of school with my Spartan teammates, I also pushed my own boundaries and found a stronger, more meaningful sense of camaraderie with each of my fellow UCSF Spartans. The best part? We've already signed up for two more UCSF Spartan races this calendar year.

# Kevin Hahn

Reflecting back, it's incredible how fast the first year of dental school flew by, though it did not always seem that way in the moment. A plethora of blood vessels, nerves, and muscles for anatomy lab practical exams during our fall quarter, the seemingly endless number of microbiota and the corresponding pharmacological agents necessary to combat them during winter quarter, and the opportunity throughout to pick up our handpieces and prepare our first class II fillings and full gold crowns were just a small number of the many stressful academic rites of passage that would foster the friendships among members of the UCSF School of Dentistry Class of 2022. So, in an attempt to participate in something beyond the walls of the dental school, it didn't come as much of a surprise when I said, "Sure!" to Brie Wu when she asked me to join herself and 8 of my other classmates for a "fun R-mile obstacle course" of sorts.



**160**  
**ATTENDEES**



**EXPO DAY 2019**



**\$18,000**  
**FUNDRAISED**

**19**  
**VENDORS**

**Expo Day is the largest vendor fair on UCSF campus and the only dental vendor fair offered to students.**

# BUSINESS SYMPOSIUM



- **8 breakout rooms with topics centered around business management**
- **Vendor fair that fundraised \$12,000 to our chapter**
- **43 students attended the event**
- **Open to University of the Pacific dental school**





## Activities



33 Lunch and Learn opportunities were offered to our ASDA members which is 68% percent more than the previous year!





## Activities



LEADERSHIP AND PERSONAL  
DEVELOPMENT

# NETWORKING AND SOCIALS

UCSF ASDA CHAPTER



CONSISTENT  
MEMBER  
INVOLVEMENT IN  
ASDA ORGANIZED  
SOCIALS  
THROUGHOUT THE  
YEAR.



# ASDA DAY IN DENTISTRY

40+ PRE-DENTAL STUDENTS  
30+ DENTAL STUDENTS  
WAXING TUTORIALS  
ONE ON ONE INTERVIEW PREPS  
Q&A PANEL





Pre-Dental



## ***ASDA Waxing Night***

***34 pre-dentals practiced manual dexterity through waxing activities led by UCSF dental students.***



# “Pre-Dental Tour of UCSF Student Panelists”



UCSF ASDA is on the road and visited the following campuses so far!



CAL STATE  
EAST BAY





Thank you for reviewing our Gold Crown Award Application.  
UCSF ASDA looks forward to seeing you in St. Louis, MO!



**ST. LOUIS, MO**