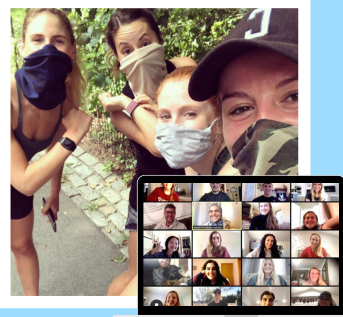




COLUMBIA ASDA CONNECTS



1 COMMUNITY SERVICE

In a time marked by financial hardship, our chapter stepped up to help our community. We held a **canned food drive** for the Food Bank of NY, and a **clothing drive**, where we collected over 200 pounds of clothing for St. Mary's Church. We hosted a **Virtual 5K**, where 30 runners participated to benefit the *Black Trans Femmes in the Arts*, an **OHI workshop** for D1 students, and had 70 students participate in our **Give Kids a Smile** program.



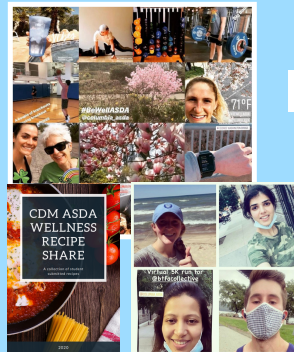
2 ACTIVISM

Our chapter was compelled to combat racial violence and make a contribution to the anti-racism movement as dental students. Through our **BLM T-shirt Competition** and **Virtual 5K**, we raised \$600 and \$500 respectively, to support the *Black Trans Protestors Emergency Fund*, *For the Gwords*, *The Black Trans Travel Fund*, and *The Okra Project*. We also hosted **Proud Voices**, a virtual discussion about the unique challenges faced by people of color who are also LGBTQ+.



3 WELLNESS

During the extraordinary circumstances brought on by the pandemic, our chapter saw the need to support our members in physical, mental, and emotional wellness. To cover the dimensions of wellness, our chapter hosted a **Virtual Workout Week**, a **Virtual Cooking Class** hosted by one of our members, the **Mile a Day Challenge**, and a **Wellness Webinar Series**. We collected pictures for our **Best Fall Themed Apartments Contest**, held a **Recipe Share** and created an **E-Book Cookbook** to embrace the quarantine! We also received the \$500 **Wellness grant from National ASDA**.



4 D1 MENTORSHIP

Since the Class of 2024 began their dental school careers remotely, our chapter took a special interest in first year mentorship. We held numerous virtual events to foster a welcoming and supportive environment. On average, these events were attended by 45% of the D1 class and included webinars on the following topics: **What Would I Have Done Differently in my D1 Year?**, **Anki Workshop**, **Moving to NYC Q&A**, and **Q&A sessions** before each block's exams.



5 ADVOCACY

CDM's Advocacy Committee has received the **ASDA LGN Grant** 2 years in a row! The Advocacy team kicked off summer with a **Student Loans Talk** with podcaster Travis Hornsby. During Advocacy Month, we held an **Advocacy Awareness social media campaign** (including a **Voter Registration Drive competition**), competed in the **ASDA Action Alert Drive** (for which we placed second nationally), and used our grant to hold a creative **"AdvoCare Packages"** event, whereby students were sent goodies and an Advocacy Folder from which they could discuss current advocacy topics from the comfort of their own home! Lastly, the **2020 Legislative Liaison of the Year (District 1-3) award** went to our chapter's Legislative Liaison.



6 SOCIAL MEDIA

To ease the solitary experience of virtual learning, our chapter made it a priority to be more active on social media platforms so that all members can be aware of current initiatives, Zoom events, and outreach opportunities. We debuted a chapter website which includes a calendar showcasing all chapter, district, and national events. We **posted 62 times** and have shown a **25% increase in followers since 2019**. Our posts included **15 Member Spotlights** from current students and alumni, and **committee takeovers** such as the *Words of Wisdom Wednesday* by our Advocacy committee, as well as a **weekly "Get to Know You"** video series of our members.

7 PRE-DENTAL OUTREACH

New this year is our chapter's Pre-dental Instagram which garnered **527 followers** in just 3 months. Weekly post series include: *MondayFAQ*, *DATuesday*, *ThursdayTips*, *FridayFeatures* that provide tips on testing, applications and interviews. Other pre-dental programming included webinars like **Introduction to Specialties** and **Dental School Decision Guide**. We also offered **virtual mock interviews** to pre-dental students who are facing an unprecedented application cycle.

8 STUDENT SOLIDARITY

To emphasize our shared student experience despite our physical distance this year, our chapter hosted informative events including webinars on **NYC Living**, **Student Loans 101**, and **Financial Wellness**. We also had **virtual information sessions** to share student wisdom for the **D2 year** and the **INBDE**, which was attended by 489 students. The Advanced Standing committee, a group of internationally trained dentists who join the D2 class, organized a **mentor/mentee initiative** of their own.

9 PROFESSIONAL DEVELOPMENT

Our chapter continued to provide programming to cultivate professional development beyond the classroom. We hosted webinars on **Enamel Erosion**, **Incorporating Facial Aesthetics**, and **Minimizing Malpractice Exposures**. We organized an in-person **lunch and learn** with *Midwest Dental* an appointment-based **Vendor fair**, and a **D1 Leadership Retreat**. The Advanced Standing committee hosted webinars on **Understanding Sleep Apnea**, **Successful Start-Up Practices** and **Pediatric Dentistry 101**.

10 SOCIAL ENGAGEMENT

With social distancing and limitations on gathering, our chapter still held a variety of events, providing many opportunities for members to get engaged in new ways. On campus events included a **Scavenger Hunt**, a **Potluck Dinner**, and **Valentine's Day Rose Grams**, where our chapter delivered 200 roses to students and faculty and raised \$400. Virtual events ranged from **Happy Hours** and **Class Mixers** to a **Murder Mystery Challenge**, a school-wide **Halloween Costume Contest** and **Secret Santa!** Over **15 members** attended **NLC** and over **50 members** attended our **District 2 Conference**.