

Tournament of Tails raised \$3,045 for the WVU Tobacco Cessation fund. Students and faculty entered their dogs in a bracket style tournament, all participants donated money to enter. Our Social Media Chair, Paru Gopalan kept track of the votes to advance the next participant. This was the second successful year.

Faculty Thank you Video During the first few weeks when the WVU Dental School was not in operation, our staff and faculty tended to emergency patients. Various students made videos to show support and thank the faculty who were still working, and the videos were compiled by past president Brook Dolin to make one large movie. The video was posted on Facebook and sent out via email to faculty.

Newsletter This is the first year WVU ASDA has had a newsletter. During COVID, we wanted to make sure there was not a lack of communication between the members, so we developed the WVU Cassette. Each month a newsletter was sent out, highlighting students in and outside of the classroom, an interview with a new faculty member, and many resources for mental health websites. It also featured how to apply for absentee ballots and different voting laws during the election.

Loupes fair WVU ASDA holds an annual loupes fair for all students; specifically, first year students but open to all students. Due to restrictions from COVID-19, we had to adjust how we planned it. Instead of having every vendor come individually, the loupes fair committee organized for vendors to visit our campus and host an outdoor/socially distant loupes fair for the first-year students. Each vendor had their own sanitation supplies and social distancing guidelines were followed.

Wellness challenge on Instagram WVU ASDA encouraged members to submit pictures to be featured on the Instagram page. This challenge not only amped our social media but encouraged students to adventure outside to enhance physical wellness.

Business and finance course Since WVU does not have a business course that teaches you all aspects of running your own business, different types of insurances, etc., we created one. With the help of a State Farm agent, Current President Savannah Bryner put together an 8-week course that occurred for 1 hour every Thursday evenings. 3rd and 4th years were invited to attend for free. Each week was a different topic presented by a guest speaker in that field.

Feel Good Fridays To keep students safe, the wellness committee decided to limit in person activities. Feel Good Fridays is a post on Instagram (on Fridays) about one of our wonderful students, who answer questions about challenges and how they overcame them, hobbies and tips and tricks they use in dental school!

ASDA Bingo For wellness month, ASDA Wellness bingo (an Instagram challenge) was created. The bingo board consisted of activities encompassing ASDA's five pillars: Emotional. Physical. Intellectual. Occupational. Environmental. Members were encouraged to post their finished BINGO board!

Wellness Flyers The wellness committee came together to make various flyers to offer resources to promote a culture of wellbeing throughout the WVU School of Dentistry community. Nutritional wellness, activities and mental health flyers were made to show students that they are not alone during these trying times.