Dear First Years,

Welcome to ADSA, and welcome to dentistry!

Starting a new degree, especially one that is particularly tough like dentistry or oral health, is undoubtedly exciting, yet can also be quite daunting. New course, new people, new environment – indeed, as first years, you are stepping into a whole new, and foreign, chapter of life. That is why ADSA publications has prepared a number of first year materials, including the First Year Booklet, O-week flyer and presentation to aid your transition.

The 2015 ADSA First Year Booklet is jam-packed with information to get the ball rolling for your first year. From useful resources to handy hints, the first year booklet has it all.

We hope this booklet, along with the presentations given by your ADSA university representatives may help you find your feet and adapt to university life as a new dental or oral health student.

In the meantime, enjoy your first year – make new friends, go out, explore & get involved. Watch out for all the awesome events ADSA has lined up throughout the year. Work hard, play hard. (Go to Convention!)

See you around & have fun!

All the best,

Cheryl X. Chen
Publications Officer
Australian Dental Students Association

About this guide
Dear students,

Congratulations on getting into your dentistry or oral health therapy/dental hygiene degree! It gives me great pleasure to welcome you to the wider Australian Dental Students Association (ADSA) fraternity.

On a personal note, I must say that the upcoming years will be immensely edifying and enriching to prepare you for a very rewarding career in health. The time you spend at your university will be indeed fun filled and I urge you to get involved with student linked extra-mural initiatives.

Amidst the tooth morphology wax carving and the enjoying the experience of delivery local anaesthesia to each other, the ADSA is the central national student body connecting all dentistry, dental hygiene and oral health therapy students. Since its inception in 2009, it represents over 3500 students from 12 different Universities around Australia. ADSA is strongly represented at each University and we support networks and linkages between dental schools.

In terms of events and opportunities, the ADSA has a multitude of activities and initiatives for 2015. Your ADSA University Representative is the first point of contact and would be informing you regularly about upcoming events. The biggest event for us is the 2015 national dental students' convention which is being held in Cairns this year and is definitely a week you will not forget! At convention we will elect the new committee and university representatives, and we encourage all students to get involved and help shape the future of dentistry in Australia!

You’ll meet the committee and university representatives later in this booklet and perhaps you’ll be inspired to get involved in the ADSA for 2015.

This booklet has a lot of information that will help you not just through the first few weeks of your course, but has some resources that will help your time at University. Make sure you keep in contact with your local student society and make friends with the ADSA University representative at your University.

To keep up to date with what’s happening at ADSA join our Facebook group, check out our website at www.adsa.org.au and follow us on twitter for the latest updates.

twitter.com/ADSAMedia
facebook.com/AusDSA
instagram.com/ADSA2015

We are here to provide valuable advice, up to date information on all things dentistry and help you to make some lifelong friends from all around Australia.

I look forward to getting to know you throughout the year, and best of luck with your studies.

Yours sincerely,

Mohit Tolani
President
Australian Dental Students Association

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### Executive Committee

- **President**: Mohit Tolani, Griffith University
- **Vice President**: Cathleen Dong, Charles Sturt University
- **Secretary**: Nibir Hossain, University of Sydney
- **Treasurer**: James Zvirblis, University of Sydney
- **Immediate Past President**: Audrey Irish, University of Sydney

### General Committee Officers

- **Sponsorship**: Cherie Yam, Griffith University
- **Publications**: Cheryl X. Chen, University of Queensland
- **Media & Community**: Nicole Contemplacion, Charles Sturt University
- **Rural**: Amika Bober, Charles Sturt University
- **Website**: Nathaniel Nowicki, University of Adelaide

### ADSA University Representatives

Each dental school has a representative officer that keeps them up to date with the activities of ADSA. If you have any questions or issues you would like to raise, please feel free to speak to your university’s representative.

For more information about the committee, visit www.adsa.org.au
Membership with your professional association is important throughout each and every stage of your career. Whether it is completing your studies and looking for your first job, becoming familiar with your professional obligations, accruing CPD hours or starting your own practice, the ADA exists to support dentists. On top of professional support it’s important you are represented and your future is protected. Stay connected with the ADA.

Membership includes;

- Employment advice and opportunities
- Networking
- Instant access to Continuing Professional Development
- Human Resources materials and advice
- Regular updates and information to support you in your profession
- The Australian Dental Journal and other clinical publications
- A range of lifestyle benefits

BEGIN YOUR CAREER WITH THE SUPPORT OF YOUR PROFESSIONAL ASSOCIATION

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First year can be quite a challenging time as we find ourselves constantly being inundated with new information day after day. We hope you find the following collection of resources helpful on your journey to becoming a dentist!

**USEFUL RESOURCES**

- **The Dental Trauma Guide**
  [dentaltraumaguide.org](http://dentaltraumaguide.org)
  An interactive guide for treating traumas.

- **The Tooth Morphology Lab**
  [www.leeds.ac.uk/dental/Oroface/TEETH/choice.html](http://www.leeds.ac.uk/dental/Oroface/TEETH/choice.html)
  Useful for revising tooth anatomy.

- **The Young Dentist**
  [theyoungdentist.com](http://theyoungdentist.com)
  A website where professional dentists and students worldwide come to share their knowledge and information about dentistry.

- **Anatomy of Orofacial Structures**
  by Richard W. Brand
  Illustrated textbook covering first year dental/oral anatomy, histology and embryology. Comes with flashcards!

- **Netter's Head and Neck Anatomy**
  by Neil S. Norton
  Key anatomy that's relevant to clinical practice.

- **Therapeutic Guidelines**
  [www.tg.org.au](http://www.tg.org.au)
  Therapeutic information for treating patients.

**TIPS FOR DENTAL SCHOOL**

Here are a few tips from your ADSA University Representatives to help you get through the year:

1. **Enjoy first year.** This is the year you get the longest holidays and lunch breaks. Use them to maintain friendships with non-dental friends and to get involved with everything that the university has to offer.

2. **Join the AUDSS (Adelaide University Dental Students Society)** they will take care of both your academic and social needs while in dental school. The Fresher BBQ is a great way to start the year and meet people in the years above you. For many of you living away from home the friends you will make will be like your family while you are in Adelaide. Bonus tip: Academic lectures often involve free food.

3. **Join the Facebook group of your cohort, & the AUDSS Facebook page.** It is a forum to share ideas, resources and often serves as reminders for both assignments and social events.

4. **Master the basics of clinic and lab in first year.** Taking the time to improve your mirror vision will prevent you from getting back problems later on in the course!

5. **Stay organised.** Falling behind is stressful and unnecessary. Leaving study or assignments to the last minute/SWOTVAC is not going to work through all 5 years.
CHARLES STURT UNIVERSITY
dentistry

1. Enjoy your First Year and make the most of it. The later years will only get harder! So get involved with clubs, campus events and the SDA.

2. Everyone is here to help you! The Orange campus is small - you will soon meet everyone and lecturers will know you by name. Make sure you take advice from the older years and always accept help and feedback from lecturers.

3. Make sure you are prepared for your labs and be efficient with your work in Sim Clinic. Good time management is crucial during First Year, and will pay dividends when uni gets busy towards the end of semester.

4. Practice good posture in Sim Clinic. You don't want a bad back before you even graduate!

5. The Orange winter can be quite harsh. Temperatures are in the negatives and there is even some occasional snow! So pack your Ugg boots, thermals and feature scarves - you will need it!

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CENTRAL QUEENSLAND UNIVERSITY
oral health

1. Behave professionally, especially while in your scrubs. Be aware of what you post on social media, as well as how you act on campus, as it represents the university and you as a practitioner.

2. Work hard and ask for help when you need it! Failing 1 of 8 subjects in a year can put you back an entire year! Plan your assignments and when you study as this will help with the stress involved.

3. Know your hygiene instruments and procedures – especially the features of the Gracey. Learn it right early on as if your life depends on it. Don't skip steps in sim clinic, the tutors know, and it will reflect in your work at the end.

4. Accept feedback with an open mind - tutors are there to help you, they all have different tips and ways of doing things, so find what works for you. Don't block out criticism, embrace it, as this is what helps you become a better practitioner.

5. Get your teeth into it! Join the course club! Get to know your seniors, attend events and dinners as they are there for you, join oral health promotion initiatives, and the Facebook page. You learn as much from others experiences as your own! We have all been in your shoes.

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CURTIN UNIVERSITY
oral health therapy

1. Time management is key! Keep up to date with your weekly tasks and try your utmost not to fall behind. There is a lot of content to work through and it is very difficult to catch up. Allocate at least 12 hours study time per course. If you are working part time or have family responsibilities, start thinking early on how you will manage everything whilst studying.

2. Ask for help early if you’re not coping! It is much easier to address problems early on in the term than a week before and assessment is due or before exams start. Contact the course coordinator, lecturer or student representative and ask for advice sooner rather than later. There is a lot of support available, all you have to do is ask.

3. Interact with your future colleagues! Join a Facebook group where course related matters, personal highs and lows, and student life in general can be discussed. Find out how everyone else is coping and support one another.

4. Order textbooks early! It is the easiest way to get contact details.

5. Team work as a student will teach you skills that are admirable in the workforce, so when someone is sick or running late is no problem. Excellent communication and conducting yourself in a professional manner in clinic and in the corridors on campus will not go unnoticed. Helping classmates with change-overs and in steri anyway does make the stress levels manageable. Remember: enjoy the journey whilst you are on your way to your destination. Welcome to University life and best of luck with your studies!
1 Make the most of your dental student life by attending as many GUDSA and ADSA events as possible. It’s really the best way to get to know your peers outside of the classroom. As you’ll soon find out, Dentistry can be draining (wait until you get to 2nd and 3rd year!), so it helps to have your friends along to help you go through the hard times together. Plus, since you’ll be spending so much time with one another, it really does make sense if everyone just gets along.

2 Facebook groups are the ultimate god-send! They can be a haven of sorts for sharing everything from exam questions, timetable changes and admin issues etc. Make sure you are part of your First year Griffith Dentistry Facebook group or if not, ask someone in the group to add you to it.

3 Be nice to your teachers and tutors. They don’t need to go the extra mile to help you succeed in your studies but they just might if you are respectful and listen to what they have to say. Also, take note of those yellow “Professionalism breach” slips they could give you if they see you misbehaving. Get too many of those and you could get in serious trouble (sometimes to the point of having to repeat the year). Don’t take Professionalism too lightly.

4 Don’t underestimate the benefit of actually attending your lectures. Yes, we all have those days where there’s an 8am lecture and you’ve woken up at 7:45am debating whether it’s actually worth getting out of bed. But trust me, there are some lecturers who near the end of a lecture, turn lecture capture off before going through exam hints and past exam questions (especially around the end of semester). Unless you have other friends who you know you can rely on for these, it’s probably best just to go to your lectures.

5 Remember to see your studies in dentistry as a part and not all of your university experience. Your studies will take up a large amount of your time, so try to strike that balance by making friends (in and out of dentistry), involving yourself in clubs/societies and other extra-curricular activities. This is something most students promise to themselves early on in the year, before they get caught up in their studies and forget about. My advice is that involving yourself in hobbies outside of dentistry will keep you SANE. You’ll see enough delirious dental students come end of semester!
1 **Credentialing**! It's a tedious process,... trust us, we have all been there! Try getting all the documents required before university starts or as soon as possible, to get it all out of the way. It is also a hurdle requirement for one of your first year subjects.

2 **Join BOHDS! (Bendigo Oral Health & Dentistry Society).** There are many social and academic events for members and it is a great way for you to meet new people in your own cohort as well as students in upper year levels. BOHDS has many exciting events lined up for new students including the O-Week program and camp.

3 **Support!** Academic demands are high, and for most of us, dentistry and oral health is completely different to what we have ever learnt before. Whilst things may get confusing; always remember there is a huge support network available for you to tap into. Whether this be students in your own cohort, lecturers or students in upper year levels, always feel free to ask for help. For many, studying at La Trobe also means moving away from home. You will also get a lot of support both socially and academically from residential services.

4 **Stay on top of things!** Keep up to date with your studies especially dental anatomy and skills taught in simulation clinic as there are exams for both in mid-year.

5 **Have fun and relax!** You will be spending the next 3-5 years with the people around you. Take the opportunity to get to know everyone in your year level. First year uni is a rewarding experience so be sure to get a good academic and social balance so you can make the most out of it.

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**UNIVERSITY OF MELBOURNE**

dentistry

1 **Networking, networking networking:** Get to know the people in your class and, more importantly, the upper year students. Knowing what to expect on a test and how to prepare for it is half the battle. Dental school can be really challenging - so, don’t forget to help each other out along the way by sharing notes and other resources.

2 **You can do anything! But not everything.** Try to find a healthy balance between school, fitness and your social life. Don’t take on more than you can handle, but don’t be caught studying on a Friday night either!

3 **Sleep is the most important part of recovery.** So make sure you get at least 8 hours of sleep so you can wake up and do it all over again. But get caught sleeping in class and your drooling face will be immortalised in an embarrassing picture on Facebook.

4 **If you fall (and you will), pick yourself up and try again tomorrow!** Certain clinical procedures can be difficult to master. Keep practising and be relentless until you get there!

5 **Do not skip class** - most of the key concepts you need to know as a clinician are thrown at you repeatedly by all the lecturers. They also often hint at specific concepts that you need to know for assessments. Skipping class and relying on lecture recordings is also a big no-no; you almost never have time to listen to them.

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**UNIVERSITY OF MELBOURNE**

oral health

1 **Figure out what style of studying works best for you** - listening to recordings, reading textbooks, watching online tutorials etc. Given the volume of information that you’re expected to know, the ‘last-minute-cramming’ technique that worked for you in high school and/or undergrad won’t cut it.

2 **Move out of your comfort zone and try something new.** Attend as many dental social events as you can, join clubs and societies that interest you and try at least one new sport!

3 **Avoid conflicts with peers, professors and hospital staff.** Learn to accept constructive criticism and use it for self-improvement. That being said, it’s important to hold your own and be confident in your abilities as well.

4 **Get organised** - get a diary and make a note of key dates, deadlines, assessment dates etc. With back-to-back classes and clinic, it’s easy to lose track of due dates.

5 **Stay active** - make some time to exercise and stay fit. The life of an oral health student can get quite sedentary; you spend most of your time either sitting in a lecture theatre or sitting in a chair treating patients. And, no one is immune to the ‘Freshman 15’.
1. Talk to dentistry students! In the first year you will have many classes with the dentistry students, make sure you interact with them as well as other BOH students. (They don’t bite).

2. Be organised. You may have to travel between 3 different locations in a day. Make sure you are prepared for the different types of classes on any particular day.

3. Listen to criticism. Your tutors give you feedback to help you, not to hurt you, so take it on and try to implement it.

4. Look for opportunities for experience in the working world. It will solidify your learning and help you see what you are working towards.

5. Don’t let uni dictate your life. It’s important to study in your own time, but it is also very important to exercise and socialise. Make sure you find a balance that works for you.

UNIVERSITY OF SYDNEY

1. Make use of everything the upper years give you whether it be advice from their experiences or any notes or old textbooks they may have. They’ve gone through it all before, so they’re a valuable resource.

2. Make the most of the limited time you have in sim clinic. Despite all the time you spend on the sciences in this course in first year, at the end of the day you’re going to be a dentist. Don’t be afraid to ask the tutors for help. A lot of them may also have their own handy tips and tricks which they use in their clinics for various things which you may find useful.

3. Know the faculty’s academic progression policy. This may seem scary but there are various policies they have for failing students if they don’t meet certain criteria so be aware of these to avoid nasty surprises at the end of the year.

4. Keep up to date each week with your lectures and head & neck anatomy so you’re not stressing out like crazy before exam period. There is so much content it is impossible to leave it all to cramming at the end of the year.

5. Have fun and get involved. Yes there’s a lot of work but it will also be an enjoyable 4 years. Get to know your peers, attend ALL the awesome social events that SUDA and your social reps have in store for you, and get active in dentistry sports, SUDA, charity events and of course the ADSA convention!
**UNIVERSITY OF SYDNEY**

**oral health**

1. **Turn up to all your lectures!** Lecturers often hint at and linger on specific slides that you ‘must know well’ which are generally what you end up being examined on at the end of the semester. Even if the lectures are recorded, spending the time listening and writing notes first-hand is always extremely beneficial. The recordings should only be used as a second-hand study tool.

2. **Know your style of studying, and be diligent about it.** It can take a little time to get used to University lectures and the pace at which they are delivered. Take the first two weeks to try out different methods, whether you’re going to use paper or prefer electronic, and then stick to the one that suits you best. Getting into the habit of revising lectures every week, and having an organised filing system at home will save you a lot of time and pressure!

3. **Use formative tests (practice exams that don’t count) as if they are actual exams** - they will be the number one study tool to help you prepare for exams - in terms of your understanding of the material and also the structure and timing of the exam.

4. **Explore the campus, clubs, societies, and make friends in other courses!** The BOH course is unlike any other undergraduate course. We’re mainly at the Hospital clinics and spend very little time on main campus - so when you are lucky enough to be there (mainly first year), make the most of it.

5. **BOH is a lot of fun!** So many graduates and current students would talk of how demanding the coursework is and how stressed out they become. While this is 100% true, don’t let it scare you before you even walk into your first lecture. You’ll soon realise that yes, it is challenging, but it’s also not impossible! As cliché as it sounds, your cohort really does become your second family and you pull each other through (with some parties, cruises, and lunches in between too).

**UNIVERSITY OF WESTERN AUSTRALIA**

**dentistry**

1. **Engage.** Get to know the people of different backgrounds in your year. Participate in ADSA and UDSS events and get to know the upper years in a more relaxed environment.

2. **Research.** Look at the prices of loupes; there are some affordable ones online for a few hundred dollars instead of a few thousand dollars. Read your timetables. Be prepared for amendments to them. Join the WA branch of the ADA and get a free copy of the Dental Therapeutic Guidelines book.

3. **Remember that while you are post-graduate students, you aren’t post-graduate dentists.** If issues like listed content in the unit guidebook hasn’t been covered, talk to your year representatives and go through the appropriate channels to resolve the matter.

4. **Be patient.** Dentistry requires a certain manual dexterity and proficiency with hand skills. These take time to develop and everyone is learning, so be forgiving with yourself while you practice. Collaborate to find how you can improve and share your experience with your colleagues.

5. **Balance.** In addition to study, take time for yourselves to recharge and unwind when you need it. Those breaks make you more productive than trying to power through.

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**WIN 1 of 5 two-week trips with Work the World to:**
- Sri Lanka
- Philippines
- Nepal
- Ghana
- Tanzania

Includes a $1250 Flight Centre voucher!

Visit mips.com.au to enter. T&Cs apply.
There are four major events organised by ADSA this year, as well as a whole host of exciting activities during Dental & Mental Health Weeks. For more information on how you can join in, please visit our website.

Also, be sure to watch out for our newly launched Awards program and university grants. Additionally, global outreach opportunities are available throughout the year - keep an eye out for updates!

As the peak representative body for dentistry and oral health students in Australia, ADSA is also actively advocating on behalf of these students in campaigns, media statements and representation in meetings throughout the year. ADSA's policies can also be found on the website.

You can keep updated with ADSA news on Facebook, Twitter, as well as Instagram, and by reading our quarterly newsletter Articulate. Follow us so you don’t miss out!

For more events, campaigns and news visit www.adsa.org.au

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**DENTAL STUDENTS CONVENTION**

**2015 ADSA CONVENTION**

**JAMES COOK UNIVERSITY, CAIRNS**

**7-12 July**

**WHAT IS CONVENTION?**

Conventioan is an amazing week of academic and social events, meeting other students, exploring a new city and learning about dentistry. This annual event brings together dentistry and oral health students from all over Australia and New Zealand.

**CAIRNS 2014**

This year, from July 7 - 12, the Australian Dental Students Convention will be hosted by James Cook University in Cairns. There will be some of Australia's best lecturers and an exciting social lineup, all within the Tropical North Queensland Paradise. Here's what you can expect:

- Outstanding lectures by guest speakers
- Diversified breakout sessions where you can seek your own interests in various dentistry specialisations
- Sensational seminars
- Hands on workshops
- Amazing social itinerary to network and connect
- Top notch accommodation at Novotel in Cairns

**PREVIOUS CONVENTIONS**

You can read the report from last year’s convention on the Gold Coast here: www.adsa.org.au/#!past-conventions/cejc

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**ADSA EVENTS**

**Orientation Week**
- meet your cohort & find out more about being a dental/oral health student

**Dental Aid Project**
- increase oral health awareness in under-developed regions

**Blood Drive Competition**
- donate blood with dental students from your university team

**Global Outreach Opportunities Update**

**Australian Dental Students Convention**
- network with students from all over Australia & New Zealand

**Dental Health Week**

**Mental Health Week**

**University Grants**

**Policies**

**Awards Program**

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GET INVOLVED 2015 / 20

GET INVOLVED 2015 / 21
How can chewing gum help your patients maintain oral health?

As you know, immediately after eating, plaque acids can attack teeth and initiate demineralisation of the tooth surface, which can weaken teeth and lead to decay over time.

Chewing sugarfree gum increases the production of salivary acid, which can help neutralise plaque acid, wash away food particles and remineralise tooth enamel to strengthen teeth. In fact, chewing sugarfree gum for 20 minutes after meals and snacks has been proven to help reduce tooth decay.7

Research shows that chewing sugarfree gum can help protect teeth in a number of ways:

Multiple clinical trials have consistently demonstrated the effect of chewing sugarfree gum in helping to reduce the incidence of dental caries.1,2 The Australian Dental Association (ADA), New Zealand Dental Association (NZDA) and the FDI World Dental Federation recognise the scientific evidence supporting the benefits of chewing EXTRA® sugar free gum.

Other oral care benefits of chewing sugarfree gum include:

- **Stimulate saliva flow:** By stimulating saliva production, chewing sugarfree gum can be an important defense mechanism to help protect teeth.3,4
- **Reduce plaque:** Chewing sugarfree gum has been associated with a reduction in the quantity and development of plaque on teeth, and a reduction in the acid-forming ability of plaque.5,6
- **Neutralise acids:** Salivary stimulation by chewing sugarfree gum after snacks or meals containing fermentable carbohydrate has been demonstrated to reduce the acidogenic potential of foods significantly.7,8
- **Remineralise enamel:** Stimulated salivary helps to restore minerals in tooth enamel, as levels of calcium and phosphate ions in the saliva increase due to stimulation caused by chewing gum.9,10,11
- **Clean the mouth of food debris:** Chewing sugarfree gum increases the rate of food debris clearance from teeth compared with not chewing gum during the initial 15 minutes after eating.12
- **Relieve dry mouth discomfort:** Stimulation of salivary flow caused by chewing gum can relieve some of the discomfort of xerostomia. In fact, chewing sugarfree gum has been shown to be one of the most preferred treatments for xerostomia.13,14,15


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For more information, contact: The EXTRA Oral Healthcare Program, extraoralcare@wrigley.com

For more photos and information on past events, visit www.adsa.org.au