Dear First Years,

The Australia Dental Student Association (ADSA) warmly welcomes you to dental school and ADSA community!

Starting a new degree, or even university for the first time is exciting but at the same time a bit scary at first. New course, new people, new environment – indeed, as first years, you are stepping into a whole new, and foreign, chapter of dental school. That is why ADSA publications has prepared some materials and resources to help you start your new adventure!

This booklet is flowing with information, tips and tricks to get you pumped for 1st year. There are handy resources to make your experience as a new dental and oral health student easier and more enjoyable.

There are plenty of opportunities for fun activities available for you guys throughout the year. Whether you are looking for a fun week out at the annual convention or a volunteer abroad experience, ADSA has it all. So keep an eye out for information in this booklet as well as the quarterly Articulate we publish.

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

In the meantime, be sure to make the most of the freedom and fun of 1st year, and get involved in ADSA and your university. If you would like to contribute and share your experience in our Articulate newsletter feel free to email me!

Keep smiling and show some teeth!

All the best,

Anna Jiang
Publications Officer
Australian Dental Students Association
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Dear First Year Students,

Welcome to dentistry, and welcome to ADSA!

Congratulations on achieving a place in your new degree! As a dental, oral health therapy and hygiene student, you are automatically received as a member of the nationwide Australian Dental Students Association (ADSA) and so, it gives me great pleasure to welcome you to our national association.

As the central national student body connecting all dentistry, dental hygiene and oral health therapy students, ADSA represents over 3500 from across 13 different universities nationwide. Since its inception in 2009, the ADSA has endeavoured to provide the student body with an avenue for advocacy and support for students’ professional development as well as their health and wellbeing.

In terms of events and opportunities, the ADSA has a multitude of activities and initiatives in line for 2016. From volunteering, to competitions, scholarships and more - it’s all out there! The biggest event for us is the 2016 National Dental Students’ Convention which is being held in Melbourne this year - be sure to head there in July for a week you will definitely not forget!

To keep up to date with what’s happening at ADSA, like our Facebook page and subscribe to our mailing list at www.adsa.org.au/subscribe. You can also follow us on Twitter and Instagram for the latest updates. Don’t forget to check out our website at www.adsa.org.au for all updated information on events, opportunities, scholarships and other useful resources in our newly launched Student Centre!

Remember: ADSA is here to provide valuable advice, up to date information on all things dentistry and help you make some lifelong friends from all around Australia. Keep in contact with your local student society, make friends with the ADSA rep at your university and watch out for all the awesome national events and opportunities ADSA has lined up throughout the year. Work hard, play hard. (Go to Convention!)

I look forward to getting to know you in the coming years. Good luck with this first one!

Yours sincerely,

Cheryl X. Chen

President
Australian Dental Students Association
Committee members are derived from each of the representing schools and their student societies to provide input and representation of students in their respective schools. The Committee always strive to obtain balance and understanding and cater for students from all participating universities.

Executive Committee

Cheryl X. Chen  
University of Queensland

Nicole Contemplacion  
Charles Sturt University

Liza (Nellie) Pretorius  
Central Queensland University

Laurence Doan  
University of Adelaide

Mohit Tolani  
Griffith University

General Committee Officers

Amanda Lin  
University of Queensland

Anna Peishan Jiang  
Griffith University

Amy (An Ting) Fan  
University of Queensland

Kaejenn Tchia  
James Cook University

Joshua Soh  
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
Upon graduating you will need to register with the Australian Health Practitioner Regulation Agency (AHPRA) in order to practice dentistry in Australia. AHPRA then sends this off to the dental board, where they handle all of the dentistry registrations, including: specialists, dental therapists, dental hygienists, oral health therapists and dental prosthetists. As a student you are also registered with the dental board. The board also develops standards and guidelines for all dental practitioners, handles complaints, investigations and disciplinary hearings, and approves accredited courses of study.

**DENTAL BOARD OF AUSTRALIA**
www.dentalboard.gov.au

The Australian Dental Council (ADC) is an independent accreditation authority that assesses programs of study, develops accreditation standards, policies and procedures for dental practitioner programs of study and makes recommendations to the Dental Board of Australia. They act in an advisory capacity and most importantly can say whether or not your program of study allows you to be a registered dentist or oral health practitioner.

**AUSTRALIAN DENTAL ASSOCIATION**
www.ada.org.au

The ADA is a professional membership organisation representing and assisting dentists Australia-wide, offering continuing professional development opportunities, staff training, representation, and a range of services to make student and professional life easier. The ADA is also involved in public oral health promotion, and promotes the ethics, art and science of dentistry in order to help members provide safe, high quality oral care. The Australian Dental Association has a monthly magazine and e-newsletter to keep members updated with news and updates within the profession and is worthwhile joining as a (free!) student member.

**AUSTRALIAN DENTAL & ORAL HEALTH THERAPISTS’ ASSOCIATION**
www.adohta.net.au

Similar to ADA, the Australian Dental and Oral Health Therapists’ Association is the peak national body representing dental therapists and oral health therapists. They provide leadership, collaboration and advocacy to enhance the profession and the oral health outcomes for the community.

**DENTAL HYGIENISTS’ ASSOCIATION OF AUSTRALIA**
www.dhaa.info

Similar to ADOHTA, the Dental Hygienists’ Association of Australia seek to support its members through leadership, advocacy, education and mentoring.
First year can be quite a challenging time as we find ourselves constantly being inundated with a new information day after day. We hope you find the following collection resources can helpful on your journey to becoming a dentist!

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

**The ADSA website**
[www.adsa.org.au](http://www.adsa.org.au)
Our website is the hub for news on student opportunities, events and initiatives. Check out our freshly launched Student Centre for a bunch of useful links and resources, as well as applicable updates and info on all things dentistry.

**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.

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

**General dentistry glossary and concepts**
[www.quizlet.com](http://www.quizlet.com/)
Great for testing your knowledge and basic definitions.

**Anatomy for Dental Medicine**
by Eric W Baker
Everything you need for your basic to advanced head and neck anatomy.
TIPS FOR DENTAL SCHOOL

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

1. Get involved with the AUDSS (Adelaide University Dental Students Society). Attend Fresher's BBQ, dent camp and Fresher's Basement Party, pub crawls and encourage your classmates to as well because they'll be a great place for grade bonding and also meeting the older years who you can milk information out of.

2. Discipline. When you say you'll summarise your lecture notes at the end of each week, do it. Otherwise it's going to pile up and there is no amount of swotvac that will help you overcome the sea of notes floating around your room.

3. Join the mentoring program. The Faculty of Health Sciences will run a Peer Mentoring Program which will have a lot of dentistry mentors during the first five weeks of uni commencement, it'll transition into the AUDSS buddy system, keep in regular contact with your peer mentor/buddy/both!

4. Get to know the city. It's very important to have a good support network and like where you live, it'll make a world of difference during those more difficult times. Adelaide's got some great niche places and markets every other week and good coffee from what I hear!

5. Learn to cook! Learn to cook proper meals whilst you're still living at home. If you don't your first year meals will be virtually inedible!
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.

Get involved!
Join and attend as many OSDA and ADSA events as possible. There are many benefits and is a great way to network with dental students from CSU and other dental schools.

Seek wisdom.
Take advice from the older years. They have been through it all before so their experiences are incredibly valuable to you.

Preparation is key.
Be PREPARED and ORGANISED in simulation clinic, read the respective notes before each session. This will allow you to manage your time efficiently and make your sessions less stressful.

Know your teeth!
Don't forget your tooth anatomy and tooth eruption dates. Important all throughout the degree and lecturers love

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.

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.

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.

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.

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.
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.

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.

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.

Order textbooks early! Delivery times differ, especially when textbooks are ordered online. Save yourself a lot of unnecessary stress by ensuring you have everything you need before the start of term.

Reward yourself! Taking the first steps on your career path is very exciting, but could also be extremely daunting. Ensure that you are eating healthy food, exercising, (trying to) get enough sleep, and rewarding yourself when a goal has been achieved. Maintaining balance in your life should keep you motivated and will hopefully keep 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!

Prepare before attending class
Complete weekly preparatory activities so that you’re on top of everything and contribute in class discussions; which tutors like when students participate.

Schedule assignments early.Try breaking up large assignments into smaller manageable parts and stick to completing them over time. This not only helps to reduce stress, but also allows time to ask questions and receive feedback before submission.

Utilize available Guild services.
Discounted course textbooks are available across the board including OHT textbooks which can save time and money. Guild offers printing services which can help you save a lot from printing lecture notes for all your units every week.

Seek feedback.
Academic teaching staff are available to help you with your studies, therefore ask for feedback on assessments and weekly activities and practical sessions, They are busy people therefore contact them in advance to know when they’re available to help you.

Start exam study early.
This is one of the best ways to ensure that you not only adequately prepare for your OHT units, but also reduce the stress when preparing for the remaining units and assessments closer to the exam period. It can also be helpful to have a study buddy/group especially nearing the exams.
Form a study group. As expected, there will be a lot of content which at first might seem overwhelming. Luckily, everyone around you is in the same boat. By forming a study group for exam revision and general study, getting others to explain concepts to you and teaching others is a win-win situation.

Don’t bog yourself down with the study too early on. It might sound like generic advice but if this is your first time starting university, it’s good to be open-minded about what your expectations of university should be. So every now and then, put down the books and mingle with others (whether in your dental cohort or not). Join a social sports team, hang out at the uni bar..you get the message.

Join GUDSA (Griffith University Dental Student’s Association) and get involved in as many events as possible. This kind of goes hand in hand with the previous point about dropping the books every now and then to broaden your dental experience at university. By getting involved in your dental student organisation, you get to network, chat to faculty, meet friends, go to parties..the list goes on. Get a group of friends to join so you have a group to go to all of the events with.

Chat to the dent students in the years above you. Trust me, they’ve gone through all of it before. So if you think you just need some advice and would prefer talking to a student rather than an academic, just ask! Many will be more than happy to help, so it doesn’t matter how “basic” your question may seem to you- it’s probably just revision for them!

Last but not least, be kind to your teachers. Aside from the obvious reasons (they write the exams, they mark the exams etc..), all of the academic staff at Griffith are eager to see you succeed and build your skills up as you gain confidence from being a novice to a competent practitioner. So be respectful, ask questions, show your motivation and hard work and you’ll be well on your way to becoming a successful dental student.
1 Form a study group. Studying by yourself can be a daunting task! Forming a study group with the peers you work well with can help direct and support your learning as a dental student. Taking advantage of home-group will not only help you form invaluable friendships but also provides an environment to discuss and advance in your studies. The contact with a senior student is also a great way to address any apprehension you may have about your current and future years in dentistry. Make sure to help each other out, and work together collaboratively to become great dentists. You never know how beneficial it can be until you reach test day and ultimately graduation day!

2 Get involved. Meet other classmates and potential future colleagues not only from your own university, but also from dental schools Australia-wide. Becoming involved and representing student organisations is a great way to excel and use your skills in areas outside of academia. Join JCUDSA and/or other associations such as RHINO or ADSA. Being involved in these associations comes with many benefits and you never know what opportunities can arise from simply joining a committee!

3 Live a balanced lifestyle. In dentistry, it seems that there is always an endless amount of work to do. With so much to get done, it is easy to neglect other aspects of our life. Make sure to have a balance in your life: socialise with your friends, take a study break and go to the beach, have an exercise routine. All of these things will refresh your mind, and make it easier to study.

4 Discover your surroundings. With so much studying to do, sometimes we forget the fact that we attend university in the beautiful tropics. Make sure to see as much as you can in Cairns and the surrounding area. The Great Barrier Reef is our next-door neighbour - Take a few day trips and see what the reef has to offer. Take a drive up to Cape Tribulation or enjoy one of the many near-by beaches. Try to enjoy the natural beauty of Cairns!

5 Talk to your professors. JCU has small class sizes compared to other universities in Australia, so it is much easier to talk and get to know your professors. Take advantage of their knowledge - they are there to help you to make sure you grasp important concepts. If you don't get a chance to talk to them before or after class, make an appointment with them. They will be more than willing to take time out of their day to help you.
Get involved. Try your best to get involved with our Bendigo Oral Health and Dentistry Society (BOHDS) events. We run a variety of events, from sports days, pub crawls and annual Ball. It’s a great way to make friends, with those in your cohort and make long lasting memories.

Be resourceful. Take advantage of the academic seminars and tutoring services our senior students conduct for you.

Join uni wide events. It’s a great opportunity to make friends. You’ll soon find out that at Bendigo you tend to run into the same people around campus, which in its own way makes our unique in a sense that we’re a integrated community of students.

There’s always help. Faculty staff and senior students are always open to questions relating practical skills, which many of you may not be familiar with, don’t worry because everything is explained thoroughly by your lecturers, who also give you quality feedback and there is ample time to improve, practice and master your skills.

Have fun and relax! La Trobe Dentistry is like ‘one big happy family’, everyone helps each other out, the lectures are very responsive to queries via emails or at lecturers. Also remember that everyone is in the same boat, don’t be afraid to reach out to one another and make the most of your time here in Bendigo.

Apply yourself! This Advanced Diploma course is compacted into two years, and relies on your prior knowledge from your Certificate III and Certificate IV Courses. Review your prior learning, especially in anatomy, terminology and radiography.

Be prepared. Preparation is the key to the day running smoothly. Come to class and clinic on time and prepared with the right equipment—you disadvantage not only yourself, but others if you are not organised.

Embrace every experience. Get involved with community events, volunteering opportunities and university events. It is a good way to network with different community groups, and integrate with other professionals.

Ask questions. If you need additional support or don’t understand something, speak up, someone else could be thinking the same question. Utilise the university services to assist in your learning.

Evaluate. At the end of each day, self evaluation is an important tool to recognise what you learnt, what you could of done better, or where you need to improve.
Don’t be discouraged!
First year may seem tough, don’t get bogged down if you aren’t getting amazing marks, dentistry is a challenging course and everyone learns at a different pace. Make the best use out of preclinical sessions to hone your practical skills before you get to work on real patients.

Be open-minded.
Lecturers, demonstrators and journal articles will have differing opinions on techniques and materials. It is best to stay open minded, take new views on board and in time you will discover what works best for you.

Stay on top, of your study load, because before you know it exam time will come around. A good way to achieve this through forming study groups, as being able to split the workload is always a huge help.

It’s all about balance.
Eat well, sleep well. If you start feeling overwhelmed, take some ‘me’ time.

Socialise.
One of the most important things to remember is to maintain a social life, don’t let study consume you. Go to all the events held by your dental society and ADSA. First year will fly by but the friends you make in dental school will be lifelong.

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.

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!

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.

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.

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. **Hang out with your peers.** You will see your fellow students more than your own families over the next 5 years, having good friends really helps so make the effort to attend the social events.

2. **Facebook is your best friend.** It is a great way to ask questions, share resources and even share interesting dental facts and pictures that your high school friends probably wouldn’t understand so start a page if you haven’t already.

3. **Join UQDSA (University of Queensland Dental Students’ Association) and discover the limitless social and academic activities that go on during the year.** Not only are they a great opportunity for you to network, it’s also a fantastic opportunity to ask around for hand-me-down notes. Making notes is a great way to learn but the curriculum hardly changes every year and there isn’t always time to write them for every lecture.

4. **Work experience or a job at a dental practice** will do wonders for your learning, especially in first year.

5. **Have patience and resilience.** You are all incredibly smart people but dentistry is very different to other degrees. You may not have the best dexterity skills and your tutors will be blunt about telling your that. Don’t let it get you down. Keep working at it until you are the best.
Time management. This is a hard degree and it only gets harder! UON has lots to offer – just email the learning development team and they can help with strategies for anything!

Ask. If you find you are struggling to understand something don’t be afraid to ask your lecturers – the only stupid question is the one you didn’t ask that comes up on the exam!

Talk to seniors. We’ve been where you are! So any question you feel may be a bit silly to ask a lecturer or if you just want to ask about our experience you can come and ask us.

Support network. Have a good study group for some friends that encourages you can make all the difference when it comes to stressful times such as exams.

Seek help, join UON. UON makes it easy to seek help. The counselling service that is on offer at UON is fantastic and is free to all students. It’s not a weakness to ask for help if you need it and we all want you to make it to the finish line.

Network. Network from the get go! Meet everyone and anyone in your course, tutors, colleagues, upper years! Everyone is doing the same course and more than happy to help because they’ve been through it! Plus it’s easier to get through it together, they might even pass down some useful tips and tricks for exams, as well as notes, past papers etc.

Study, study, study. This is postgraduate course, it’s going to be tough so stay on top of everything or else before you know it, it’s deadline after deadline and you’re forever sinking!

Make a study group. They are imperative in tasking through the massive bulk of info you will undoubtedly receive.

Don’t be shy. Never ever ever be shy to ask a question in class, no question is a stupid one. If something doesn’t make sense, ask for it to be clarified! Don’t be shy!

Stay active. InDentistry will be mentally exhausting but you also need to keep physically active. Find a balance between exercise and study so you don’t go insane.
1 Turn up to all your lectures! Lecturers quite 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.

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, 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 formatives (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 finals - 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 of how stressed out I would 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!

1 You’re not alone. Make some phone calls or talk to your fellow classmates. You don’t have to go through this alone.

2 Be kind. This includes to your classmates, the faculty members, and the staff. This will put you in a good mood and it might brighten up someone’s day.

3 Stay ahead. You are going to be exposed to a lot of material very quickly. If you make a habit of studying, you can break down lengthy subjects into little chunks.

4 Help is on it’s way. If you find yourself facing a difficult concept, don’t hesitate reach out for help. Every student has his or her own way of understanding content and sometimes their way of explaining things can make short work of challenging concepts.

5 It’s not all about uni work. If you already have a hobby you are passionate about, don’t lose track of it. Having an outlet that allows you to expand your mind and unwind after a productive week at school is very important.
Four major events have been organised by ADSA this year, as well as a whole host other exciting activities and initiatives scattered throughout there year. For more information on how you can join in, please visit our website: www.adsa.org.au.

Also, be sure to watch out for awards, scholarships, university grants and online competitions. Keep an eye out for updates and how to apply!

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. You can even get the news straight to you email - sign up at www.adsa.org.au/subscribe. Follow us so you don’t miss out!

For more events, campaigns and news visit www.adsa.org.au
WHAT IS CONVENTION?
Convention 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.

MELBOURNE 2016
This year, from July 5-10 the Australian Dental Students Convention will be hosted by La Trobe and University of Melbourne in the metropolitan; Melbourne. There will be some of Australia’s best lecturers and an exciting social lineup, all within the cultural captial of Australia. 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
- Explore the hub of shopping, music, food, culture and awesome Melbourne nightlife
- Top notch accomodation at Pegasus Apart Hotel

PREVIOUS CONVENTIONS
On February 8, 2016, R U OK Day is a community event aiming to support students’ health and wellbeing throughout dental school and into your future careers. Mental health is important to upkeep, especially in the full-on, jam-packed degrees that are dentistry and oral health therapy / hygiene. On R U OK day, ADSA provides free goodie vouchers for coffee or cakes for our students so that you can take some time off to reflect and start the all-important conversation on mental health in the dental field.

Running this year from August to September, the annual ADSA Blood Drive is an exciting initiative for all students to participate in! Compete against you fellow dental and oral health students from schools across the nation (and maybe even other health faculties) in the ADSA Blood Drive 2016. Who will win the crown? Let your competitive streak run loose and band together to donate the most blood in 2016!
2015 EVENTS

Clockwise from left: Live botox and dermal filler demonstration by Dr Myles Holt at 2015 Convention in James Cook University; ADSA President Mohit and Invited speaker A/Professor Leonie Short- discipline lead for Oral Health at Central Queensland University, Dr Tan Nguyen- Director of Coburg Hill Oral Care; 2015 Convention; 2015 Convention- Tjapukai Aboriginal Cultural Visit, with traditional artworks’. 2016 ADSA Committee Handover. Dental volunteering in India. Academic Workshop at Griffith University. Back to School Party at the 2015 ADSA Convention Cairns. R U OK Day at Charles Sturt University with Austin and Mai.

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