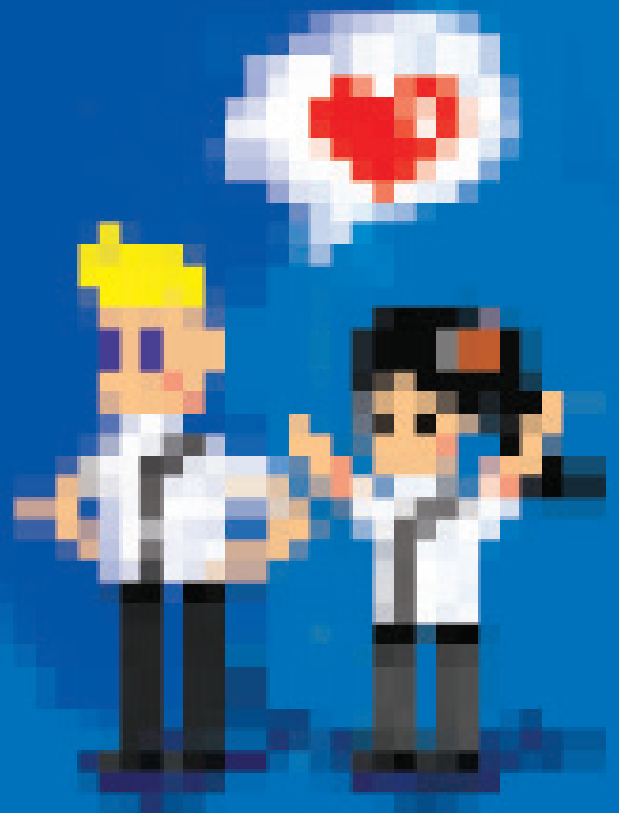


Australian Dental Students Association

First Year Booklet 2017

NEW
PLAYERS



Booklet designed by
Lina Zhou
ADSA Design Officer
Elizabeth Lim
Design Subcommittee
Contents collaged by

About this Guide

Dear First Years,

Congratulations on starting your first year of dental school! The Australian Dental Student's Association (ADSA) warmly welcomes you to the ADSA community!

I am sure you are all excited to start your dentistry degree and this publication has been designed to assist you in your transition to a new degree or even to university for the first time.

You will find tips to tackle your first year provided by current students at your dental school who have been there and done that! The booklet also contains other information and resources that will be beneficial to you not only in your first year but for the rest of your degree as well as after graduating.

Remember that ADSA is here to help you throughout the course, not only on the academic side, but socially and emotionally as well. Keep an eye out for events and opportunities by following our social media, and reading the quarterly newsletter, Articulate, on the website. If you would like to contribute to these publications and share your experiences, please feel free to email me!

Good luck this year and I look forward to getting to know you in the coming years.

Yours sincerely,

Tasleem Khan

Publications Officer
Australian Dental Students Association



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A Message

From the President

Welcome!

What's up Freshers! Welcome to the wonderful world of dentistry and welcome to ADSA!

First of all, congratulations on entering this new and exciting chapter of your life! Being a dental, oral therapy or hygiene student, you are automatically a member of the Australian Dental Students Association (ADSA), so I'd like to give you a warm welcome to the dental community.

Being in first year is a daunting and exciting experience all at the same time. Some survival tips to make it through the year:

- Join your local student society
- Make new friends and network with students in older year groups (these guys will be your support network and will advise you on what lies ahead)
- Learn as much as you can, where you can (i.e. learning at convention)
- Throw some fun into the mix and try to keep a balanced lifestyle
- Stay up to date with ADSA
- Continue your hobbies and pursue your interests (this is what keeps you happy)
- Keep physically active
- Stay organised

ADSA has expanded over the years, and now we represent over 3500 students from 13 different universities nationwide. Our purpose is to serve and support you, through your gruelling educational journey and self growth, to become a dental professional.

How we accomplish this is by running an array of events and opportunities throughout the year, from competitions and scholarships to educational seminars and volunteering destinations. Our largest event is the Annual Dental Student Convention, which will be held in Sydney this year. Come and join students from all over Australia from **3rd til 9th July**, for a week that you may (or may not) remember!

To stay in the know, like us on Facebook, follow us on Twitter and Instagram, and register your shiny new ADSA membership card at www.adsa.org.au/membershipcard. Don't forget, ADSA is here to provide valuable advice, up to date information on all things dentistry, and we're here to help you make some lifelong friends from all around the country.

Make 2017 your year - get organised, get pumped, and get involved! Good luck this year, and I hope to party with you at the Sydney Convention!

All the best,

Nicole Contemplacion

President



Get to Know Your ADSA COMMITTEE

Committee members are just like you and me, students from various dental schools around Australia. The committee represents all dental schools around Australia. The committee represents all dental students, and we work to advocate student issues, supports students welfare and help influence the future of our profession.



NICOLE CONTEMPLACION
President
Charles Sturt University



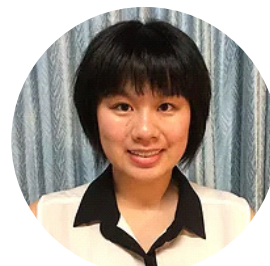
LAURENCE DOAN
Vice President
University of Adelaide



GEORGE WHITE
Treasurer
Charles Sturt University



HAZEL WRIGHT
Secretary
Griffith University



CHERYL CHEN
Immediate Past President
University of Queensland

▲ Executive Committee

▼ General Committee

This year ADSA has proudly expanded to bring in two new roles: Design Officer and Oral Health Officer! Welcome to the team, Lina and Josie!



JEFFREY DING
Sponsorship
La Trobe University



SHERYL GEORGE
Rural
La Trobe University



JIMMY FAN
Website
La Trobe University



CINDY ZHOU
Media & Community
University of Queensland



TASLEEM KHAN
Publications
Charles Sturt University



LINA ZHOU
Design
University of Queensland



JOSIE ABOUMRAD
Oral Health
University of Newcastle

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.



LINH HYUNH
*University of
Adelaide*



**ARAN
RAVISHANKER**
Charles Sturt University



JACKIE LEWIS
*Central Queensland
University*



**JADE
MARTENS**
Curtin University



KASHFIA JAMALI
James Cook University



MADARA MAPA
La Trobe University



**KRISZTINA
PLAGANYI**
RMIT



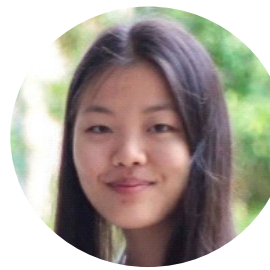
HILARIE NG
*University of
Melbourne*



**AMY MIGO
CHEN**
University of Otago



VICTOR VO
Griffith University



AMY FAN
*University of
Queensland*



QUEENIE PANG
University of Newcastle



MONISHA VIJAYAN
*University of Western
Australia*



LORYNN WESTAD
University of Sydney

ORGANISATIONS IN DENTISTRY



Dental
Board of Australia

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.

www.dentalboard.gov.au



Australian
Dental
Council

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.

www.adc.org.au



AUSTRALIAN DENTAL
ASSOCIATION

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**. See more information on Page 09.

www.ada.org.au



AUSTRALIAN DENTAL and ORAL HEALTH THERAPISTS' ASSOC Inc.

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.

www.adohta.net.au



Similar to ADOHTA, the Dental Hygienists' Association of Australia seek to support its members through leadership, advocacy, education and mentoring.

www.dhqa.info



BEGIN YOUR CAREER WITH THE SUPPORT OF YOUR PROFESSIONAL ASSOCIATION

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.

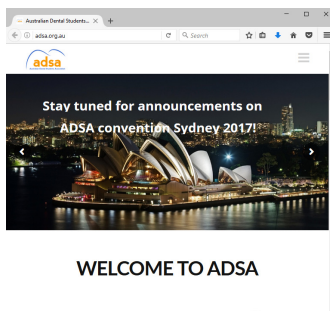
Membership includes:

- 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

TO UPDATE YOUR MEMBERSHIP STATUS, CONTACT THE ADA IN YOUR STATE OR TERRITORY

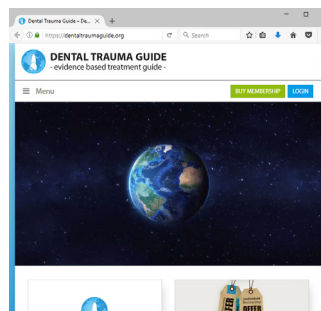
USEFUL RESOURCES

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 resources can helpful on your journey to becoming a dentist!



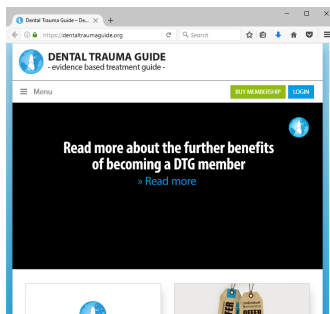
The ADSA Website www.ADSA.org.au

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.



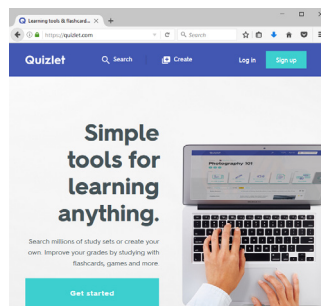
The Dental Trauma Guide dentaltraumaguide.org

An interactive guide for treating traumas.



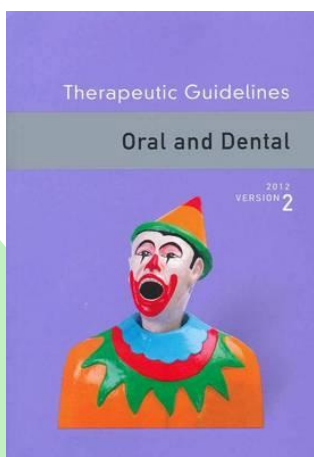
The Young Dentist theyoungdentist.com

A website where professional dentists and students worldwide come to share their knowledge and information about dentistry.



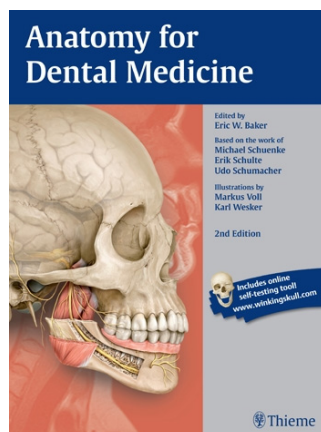
General dentistry Glossary and concepts www.Quizlet.com/

Great for testing your knowledge and basic definitions.



Therapeutic Guidelines www.tg.org.au

Therapeutic information for treating patients.



Anatomy for Dental medicine By Eric W Baker

Everything you need for your basic to advanced head and neck anatomy.

TIPS TO SURVIVE DENTAL SCHOOL

Here are a few tips from your ADSA university representatives to help you get through the year



THE UNIVERSITY
of ADELAIDE

University of Adelaide

Dentistry

<http://www.audss.org.au/>

1 Get involved in the AUDSS. It is an invaluable way to forge new friendships and have some great experiences. Simply going to events such as Freshers BBQ, camp and Balls, or our ever frequent parties, pubcrawls, sports competitions, it's a sure fire way to have a fun time in BDS/BOH.

2 Meet as many of the upper Years as you can. Take the time to have a chat and ask them about their experiences – everyone wants to meet you and everyone has a lot of valuable material to share if they like you.

3 The phrases 'confirm clinically' and 'depends on the purpose' are brilliant for assessing any photos the staff give you. Makes you look automatically smarter without actually giving any information.

4 Study groups are invaluable. Not just to leech information off your smarter friends, but for social support. Nothing like a good group freak out over knowing nothing during SWOTVAC.

5 Get to know Adelaide. Adelaide is a beautiful city filled with great parks, beaches, places to eat. If you are able, take a trip to the German town of Hahndorf or Kangaroo Island or the gorgeous vineyards in the Barossa as 1st year is the perfect time to do it.





Charles Sturt University

Dentistry

1 It's a small campus, meet the people in your year group and in other courses. O-Week has great opportunities to meet the other people in your year group and the first years in the other courses. Orange has a small campus so you can meet people very easily. Break the ice and chat to people in your dorm, in your lectures and around campus.

2 Talk to students in the years above you. The students in the years above you can be your greatest resource. They've been to the lectures you will go to, they've done the dental tech lab projects you will do, and they've experienced what that first week in Simulation clinic is like. Don't be afraid to approach them and ask for advice.

3 Get involved with the events held by clubs and student associations on campus. There's plenty to get involved with on this small campus. The Student Dental Association organises a Wine Mixer and Dentistry Commencement Ball in first term to name a few. These are events you should definitely attend. There are a range of sporting, cultural, religious and interest-related clubs on campus. You can join the clubs on Clubs Day. Get involved in the range of events and matches they hold throughout the year..

4 It's a great way to take a break from your busy timetable and meet more people on campus.

5 Don't buy all the required textbooks, brand new. The subject outlines will suggest purchasing certain textbooks, some of which are prescribed texts but it may not be necessary to purchase all of them. Talk to students in the years above as some may have digital copies of the textbooks you need. You can also check on the Student Dental Association page as students may be selling old textbooks.



6 Explore Orange in your free time. There's more to see than you might think in Orange and surrounding towns. There are a range of shops, restaurants and cafés in town. You can take a hike up Mount Canobolas, visit fruit and berry farms, head out to wine tasting, or explore the Ophir reserve – an old gold mine, and its waterfall to name a few.

CSU student dental association page – keep up to date with student related news, ask questions, find textbooks for sale
<https://www.facebook.com/groups/254134111341017/>

Student Representative Committee profile – updates and news about events for all students on campus
<https://www.facebook.com/csuosrc?fref=ts>

Student Representative Committee page
<https://www.facebook.com/groups/orang-esrc/>

Interact2 - updates and news about your subject and the dentistry faculty
<https://idp.csu.edu.au/idp/Authn/UserPass-word>

Charles Sturt University

Oral Health

- 1 Behave professionally, especially while in your scrubs.
- 2 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.
- 3 Work hard and ask for help when you need it! Failing a subject can put you back an entire year!

4 Know your hygiene instruments and procedures- especially the features of the Gracey. Learn it early on as if your life depends on it.

5 Don't skip steps in simulation 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. This will help you become a better practitioner.

6 Join the course club! Get to know your seniors, attend events and dinners, join oral health promotion initiatives, and the Facebook page. You can learn as much from others experiences as your own! We have all been in your shoes.



RMIT

Oral Health

1 Be prepared: don't go to lectures not being prepared, make sure you look over notes or any pre-readings the night before so you have a bit of knowledge going into the class.

2 Plan your study sessions: as you sit down to study make a study session plan for what needs to be done, how long it should take and tick off what you do as you go this will keep you on track and create a productive study session.

3 Take time for yourself: take regular breaks while studying to keep your mind fresh and give yourself some time off so you can destress and have some fun even if it's reading a book or watching an episode of your favourite show.

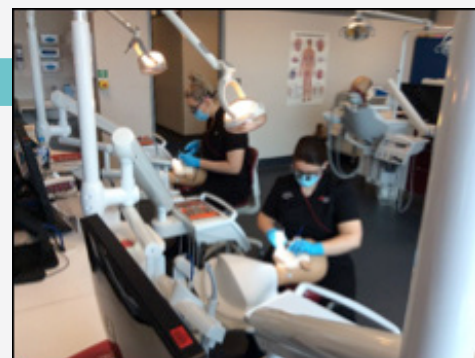
4 Don't be scared to talk to people: talk to your cohort and form study groups and your cohort will understand issues or troubles you may be having and they provide a good support system. Talk to other past students and ask for help with work or how they coped with particular units and what past exams were like.

5 Be positive: try to stay positive even if it seems hard, it's hard to be productive whilst stressed so take a break and just breath tomorrow will be a new day.

6 Ask for past student contact details to get in touch for textbook exchange or other information.

7 To help you settle in whilst studying oral hygiene make sure to introduce yourself to people in your class and take some stuff you may need to leave in your locker such as emergency snacks, extra clinical clothes just in case you forget yours at home and any extra belongings that you don't need to carry with you every day but will need that can be left in your locker.

8 Hard work pays off and be proud of yourself if you accomplish anything even if it's a small accomplishment





Central Queensland University

Oral Health

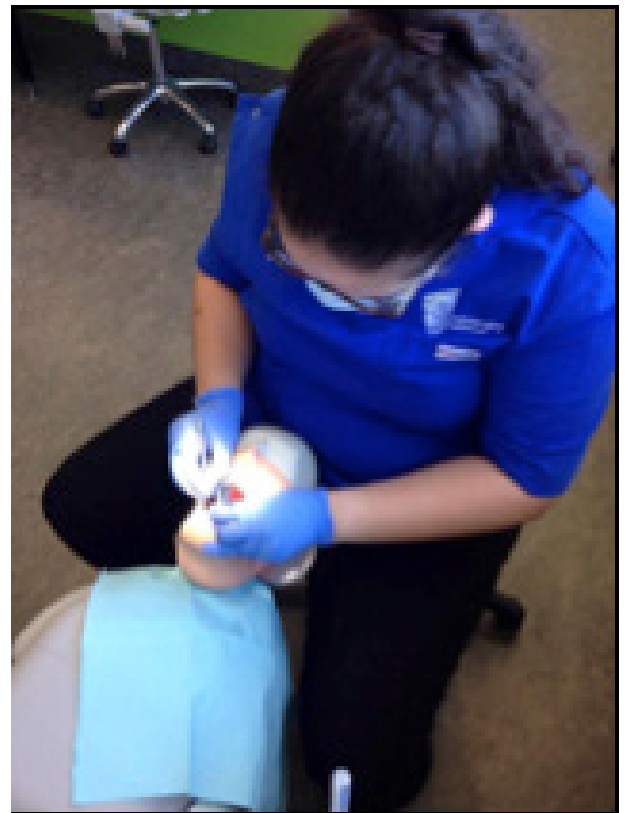
1 Be organised - from buying textbooks early to uniforms. Handy tip - if you want to save money on textbooks I recommend looking online on ebay or even at some of our FB groups either 'CQU Textbook Selling And Exchange Group' or 'Rockhampton Oral Health Student Association'. The links to the pages are below.

2 If it's your first year at university or first time studying at CQ University & you don't know what do OR have a lot of questions, there's always support around. At CQU we have student mentors who help first years get through their first year of study whether that's pointing them in the right direction for help to helping you navigate your way through Moodle & UCROO. Good news I'm one of them! To find out more information check out the website below and you can even join my student mentor group.

3 Network with other students in your degree - This may be a bit hard at first as most of you will be studying via distance/correspondence. I recommend chatting to other students via email & even on Facebook as there is a group created each year level to discuss things to asking questions. The link of the group is below if not search for ORAL HEALTH @ CQU - GRAD 2019.

4 Be creative with the way you study - At CQU all exams are either short answer or essay questions. So I recommend finding what study style best suits you whether that's reading, writing, or even flash cards. If you get stuck in a rut and it's not sinking in I suggest mixing it up and trying a different way or even changing how long you study for from long sessions to shorter sessions. Also there are handy apps to keep you focused. One I have used every now and again is 'Forest'. To find out more about 'Forest' check out the website below.

5 Last tip is to look after yourself - University can get stressful at times so here are some handy tips eat well, sleep well, stay fit and don't forget to give yourself a break from study every now and again



CQU Textbook Selling and Exchange Group

<https://www.facebook.com/groups/CQUText-booksForSale/>

Rockhampton Oral Health Student Association

<https://www.facebook.com/groups/656817301051836/>

<https://www.forestapp.cc/en/>

<https://www.facebook.com/groups/1573484299333010/>

<https://www.cqu.edu.au/student-life/new-students/student-support/student-mentors>



Curtin University

Oral Health

1 Get too know your mentors. You will have hopefully met your mentors at the Curtin O'day over a lovely lunch. Keep your mentor as a favourite contact in your emails. These guys know there stuff, if you ever need help send them an email, even if you're just wondering if Angazi cafe has better food than George's kebabs. No question is too silly.

2 Gain experience outside of uni where possible. Embrace any opportunity you come across within the dental industry over your next 3 years. This may be trying to gain work as a dental assistant or simply volunteering with DHAA for one of there many awesome events. But remember too still form good habits and not to take any shortcuts.

3 Learn your anatomy and eruption dates. You won't have time to be memorising these before your final exam in 3rd year. Use what extra time you have in your 1st year to get to know these like the back of your hand. Just give yourself one tooth per week and know it inside and out. You'll thank yourself for this later on.

4 Set up a facebook page and use it. Social media has become an amazing tool. Set up a private facebook group and add all your cohort members too it. This is such an easy way too

communicate amongst yourselves. Use it too ask questions about where your next lecture is, as it can change last minute at OHCWA. Or use it as an online study group before a test, quizzing one another. Or simply to organise a big lunch gathering with everyone.

5 Maintain Balance. This is my most important tip. Work hard then play hard. Take a step away from the books and enjoy your uni experience. Perhaps not the night before your Foundations of Oral Health exam, but once every now and then reward yourself for all the hard work you've been putting in. This is the year where you get long holidays and see a lunch break, take advantage of this.

6 Curtin has no online exchange page, however the 2nd hand book store on the bentley campus is a great place to buy cheap textbooks, and keep in contact with your course coordinator too see if any recent grads are selling their old uni-forms.

7 Get to know everyone in your cohort, as over the next 2-3 years, these guys will become your family.





Griffith University

Dentistry

<http://www.gudsa.org/>

<https://www.facebook.com/GUDSADent/>

1 Manage your time and plan ahead! Give yourself enough time to prepare for every assessment so you're not overly stressed and freaking out.

2 Ask for help! If you're ever feeling stressed or overwhelmed, remember that your friends, students from the years above, lecturers and tutors are always ready to give you advice and support, to get you through each and every challenge dentistry throws your way.

3 Get involved! Make the most out of your university experience, especially in first year. Not only does GUDSA (Griffith University Dental Students' Association) hold plenty of sporting and social events throughout the year, there's also the chance for you to showcase your performing talents in our very own Dent Revue.

4 Strike a balance between university and life outside of university. While studying is im-

portant, don't let it consume all of your time. It's great to step away from the books from time to time and come back reenergized. Explore all that the Coast has to offer!

5 Don't be too hard on yourself. Getting a lower grade than you expected can be disappointing, but take it as a learning experience and you'll bounce back and improve. Stay positive!



James Cook University

Dentistry

1 Your journey has just started, there will be plenty of challenges ahead but always remember: it gets better.

2 Attend all your lectures; no matter how tired you are.

3 Surround yourself with peers with similar goals and interests

4 Share the work load. Break up the topic, learn it, and teach others. Conversations make it easier to remember.



Photos by: Andrew Domadius

JCU Dentistry

<https://www.facebook.com/groups/JCU.Dentistry/JCUDentistryClassof2021>

JCU Dentistry Class of 2021

<https://www.facebook.com/groups/241296846272731>



THE UNIVERSITY OF
MELBOURNE

University of Melbourne

Dentistry

Melbourne Dentistry: <https://www.facebook.com/groups/2218284899/>

University of Melbourne Doctor of Dental Surgery Class of 2020:

<https://www.facebook.com/groups/510972275779633/>

1 Help each other out – the work load in dental school is huge and it really helps to split up studying and notes with a study group or with the whole class. It's not a competition here, you're all going to get through!

2 Don't get discouraged – everyone learns at a different pace.

3 Don't be hard on yourself if you're not amazing at cutting preps on the first go – you will get better!

4 Socialize – make the most of dental school and build strong connections with your classmates and mentors that will help you throughout your personal and professional career.

5 Balance – don't spend all your time studying and nothing else – you'll most likely burn out. Make sure to eat well, stay active, and get enough sleep and if you're feeling overwhelmed, let yourself take a break for some "me" time. You'll be fine! I promise!

6 Understanding is key – rote memorization won't work in dental school as well as it did in undergrad so it's all about studying smart, not hard.



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'.



La Trobe University

Dentistry & Oral Health

1 Network and communicate with older years – Older years provide loads of tips and tricks to get through first year. They are also handy when it comes to obtaining textbooks.

2 Form study groups and share notes – It's not year 12 anymore and you're not in competition, so definitely work together! It's effective, efficient and a lot less stressful! Study groups are also great way to do many of the small online quizzes in first semester.

3 Join BOHDS – BOHDS is the student society for dentistry and oral health students! BOHDS not only organizes the best social events for the year (Camp, Ball, Cocktail party) but also academic programs such as Lunch & Learn and 'BOHDS Help' tailored towards making your life in first year so much easier!

4 Do not waste Lab Time! – Practical exams are the biggest hurdles many first years struggle with in passing first year! Use your lab time wisely and practice, practice, practice!

5 Use the resources available – The library is definitely an invaluable resource the university has to offer. Textbooks, peer learning advisers, friendly library staff, what's not to love? It's also a great place to study and organize group study sessions.

6 Routine – for a lot of people this may sound boring, but for me personally, it really helped me settle in and organize my day. I made sure that I had time to socialise and relax, study but also take care of my health and get in some exercise.

I certainly had days I strayed from the plan, but overall it was a working system.

7 Taking opportunities – Don't be shy and join in where you can! For example, I took a great opportunity to go on a ski trip with other residents (some from my courses, some from other courses), I not only made new friends but it really helped me settle into the new life.



Bendigo Oral Health and Dentistry Society (BOHDS)

<https://www.facebook.com/bohds/?fref=ts>

2nd hand exchange

<https://www.facebook.com/groups/514715591904953/>

UNIVERSITY
of
OTAGO

Te Whare Wānanga o Ōtāgo

University of Otago

Dentistry

2017 marks the beginning of a new collaborative relationship between the New Zealand Dental Students' Association (NZDSA) and the Australian Dental Students Association.

The University of Otago was established in 1896, with the Faculty of Dentistry (Te Kaupeka P niho in Te Reo Maori) founded shortly thereafter in 1907. Based in the humble city of Dunedin, we are the only dental school in New Zealand, but our work is acknowledged internationally – ranking 12th best in the world (2016 QS World University Subject Rankings), offering degrees in dental surgery, oral health, and dental technology.

The NZDSA was founded in 1912, with the aim of supporting and advocating for students, fostering a positive learning environment, and enriching the student experience. We hope that in 2017, and the years ahead, our collaboration will serve to further enhance the experiences of both our Associations.

Clifford Lee

President

New Zealand Dental Students' Association



1 Open up. Dental degrees don't come easy. If you're having trouble, talk to someone about it. Your seniors know exactly what you're going through, and can give you tailored advice. In NZ, we have a buddy system, the NZDSA Welfare Exec, and student support officers to lend you a hand (or ear).

2 Keep in touch. Keep abreast of news and updates by following your university and association on social media (ours is NZDentSA on Facebook). If you don't have a class page, make one. You'll probably want to know if that 8am lecture tomorrow gets cancelled!

3 Find your nook. We're building a new dental school here, a pity it's right next door with the sounds of construction setting everyone's teeth on edge. Find a spot where you can plug yourself in and get stuff done without distraction. You'll be grateful come assignment crunch time (they always seem to be due around the same time).

4 Don't overpay for resources. Don't jump ahead to buy your recommended texts – ask your upperclassmen. The textbooks will often be available at the university library or online through their website. Kiwis – you're set to get full access to e-Den, a state-of-the-art dental e-learning system run by the UK National Health Service.

5 Milk your sim clinics for all they're worth. It's nothing like the real thing, but those plastic teeth (or Simodonts) are the closest you're going to get until next year. Keep asking for more replacement teeth and drill as much as you can, so that when you're actually doing it on a patient, it'll be slightly less nerve-wracking!





THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

University of Queensland

Dentistry

1 Enjoy first year. It is a time for you to attend as many events as you can and meet as many people as you can. Join a few of UQ's 190+ clubs and societies for a balanced social calendar.

2 Join UQDSA. The University of Queensland Dental Students Association (UQDSA) organises amazing social and academic events specifically for dentistry students, and membership comes with various discounts for local vendors.

3 Take advantage of being at St Lucia. Make the most of the daily barbecues, diverse wildlife, UQ Sport facilities, and UQ Union's free meals every week. You'll miss it once you're gone!

4 Stay organised. Plan your weeks in advance and keep track of all your activities and deadlines throughout the year. They say that you should start studying for finals before the jacarandas start blooming.

5 Ask for help if you need it. Dentistry is a demanding degree and you may encounter many difficulties throughout your five years, so remember to ask for help if you need it. Your mentors are always happy to help, whether you're after study tips or café recommendations. Consider UQ SHOC if you need any free advice or Student Services for counselling.

The University of Queensland Dental Students Association

<http://www.facebook.com/page/uqdsa>

UQ Textbook Exchange

<https://www.facebook.com/uqtextbookexchange/>



University of Western Australia

Dentistry

<https://www.facebook.com/UWADSS/>

1 Maintain a healthy work-life balance. Dentistry can be very taxing on your mind and body, make sure you eat and exercise well so that you don't get burned out.

2 Make good use of your postgraduate mentor. Your mentors have been in the exact same position as you. They know how daunting it can be to start the dentistry course. Don't hesitate to ask them as many questions as you want, they are more than happy to help you!

3 Start studying early. When you first start, there will be a lot of new content presented to you. Make sure you stay on top of everything, otherwise you'll start falling behind very quickly. Save yourself all the extra stress by forming study groups and starting your study early.

4 Make friends with everyone in your class. You'll be seeing the same people for the next 4 years, so it's best to get to know them well! Help each other out so that all of you can succeed together.

5 Attend the dentistry events by UDSS. The rigours of dentistry can take their toll on you. So, remember to take a break once in a while to have fun. UDSS events are also a great way to meet dental students from other years!





THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

University of Newcastle

Oral Health

<https://www.facebook.com/UNOHS-University-of-Newcastle-Oral-Health-Student-Society-316158998546959/?fref=ts>

1 Be friends with your cohort and other students around the campus. Having friends in your cohort and campus can be one of the best things while studying BOHT. You will be able to discuss about lectures, tutorials, assignments and upcoming exams. Many students come from Sydney or Newcastle, so Central Coast is a good place to hang out and explore after uni together!

2 Talk to your professors and tutors. They are the ones that know what they want in your assignments, and what is in the exam. Do not be afraid to email or talk to them to clarify lecture or tutorial notes, or ask advice on stress management and organisation. They want to help you do your best to pass the course.

3 The UON Central Coast Campus Library is amazing. This is the place to relax, study, and look for help and resources. The library has staff to help you with your referencing, research and spellchecking your assignments if you book a time with them. There are also study spots for you to focus and revise your notes, and a cafe to refresh and relax you. All in one place.

4 Join societies, take opportunities. The University of Newcastle Oral Health Student Society (UNOHS) is the society for BOHT students. Many opportunities rise from this society, as it de-

velops an individual's leadership, teamwork, communication and organisation skills. Joining a society will help you develop more friendships, and give you the opportunities to participate in fun activities, such as end of semester dinners and volunteering!

5 Take care of yourself. Studying BOHT can be stressful at times, when assignments and exams pile up on you. But do not forget that many people are there to help you through uni, and that your peers will support each other to get through every course. Being healthy is important, so remember to get enough sleep after assignment hand-ins and exams, and remember to relax. There is also the student hub centre, medical clinic and counsellor's office if you need help with anything. There is also the Yourimbah Office, to alert you of any discounts and events around uni. UON Central Coast Campus is very resourceful, so make good use of it!

The textbook exchange page can be found when you join UON Blackboard courses each semester. Otherwise, emailing your course co-ordinator or year co-ordinator will direct you to the right textbooks. The Co-op shop located on campus also helps you find the right textbooks for your courses.





THE UNIVERSITY OF
SYDNEY

Sydney University

Dentistry
<http://suda.org.au/>

1 Breathe. Regardless of what you have done as your undergrad, or before dentistry; dental school is a beast all of its own. You will have challenges that you will encounter, and you will sometimes doubt your ability to be successful.

2 work, and you don't have a lot of spare time to allocate in dental school. Think about what you need to do, but consider quality time vs quantity of time. For example, if you know you're going to study for 3 hours and you usually lose focus after that, don't push through a 6 hour study session.

3 Help each other. Ok, we're all competitive to an extent. It's why we're here, we've worked hard, we've battled curves, we've strategized through classes – all with the goal of dental school

at the forefront our mind. Congratulations!! You're here – but now it's time to take a bit of a step back from the intensity of your investment in individual, personal success-- and work together.

4 Study in groups once in a while. Related to the above point, helping each other; if you only study alone, now is the time to reconsider. Dentistry is a challenge; I cannot emphasize this point enough.

5 Study early. Now I don't mean study 100% of the time, every day, all semester – but keep up with the information in a relative manner. Depending on your course there will be some content heavy periods, and if you're lucky, some less content dense windows of hope; use your time wisely.

Oral Health

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.

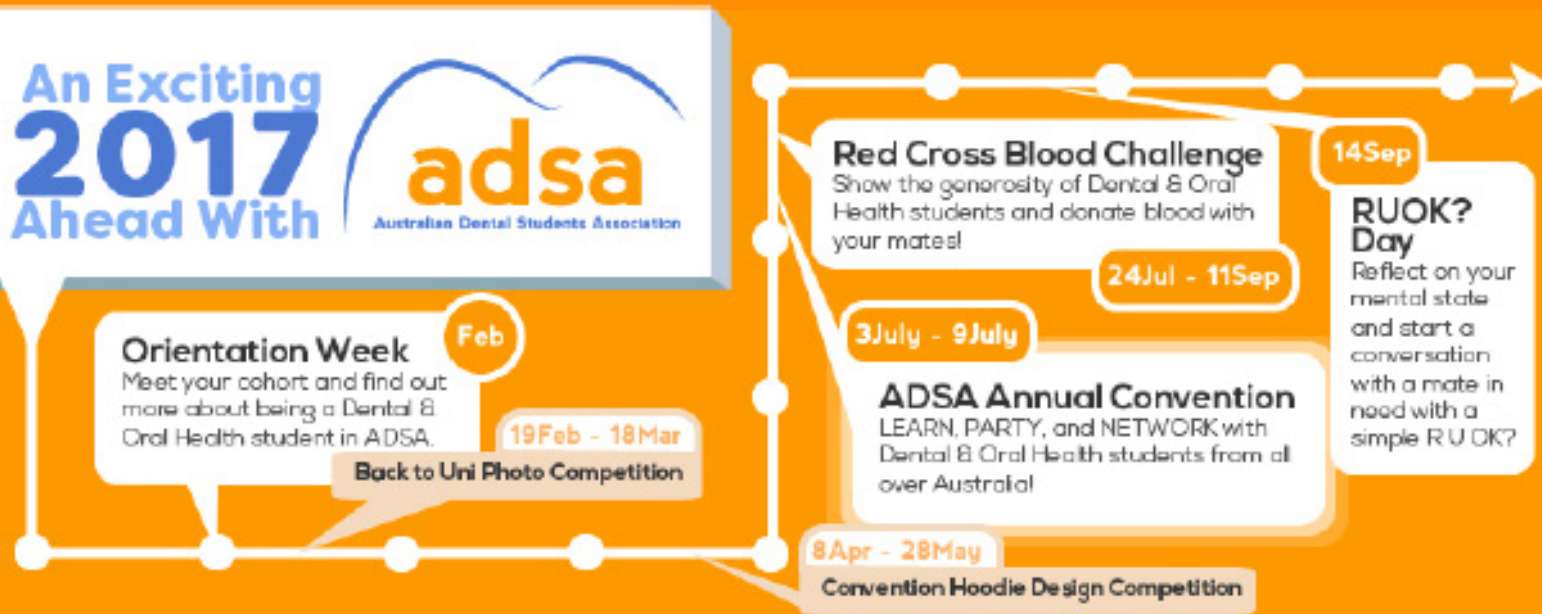
3 Stay ahead. You are going to be exposed to a lot of material very quickly. If you make a habit of studying, you can break down lengthy subjects into little chunks.

4 Help is on its 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.



COMMUNITY EVENTS



Meet your fellow dental and oral health students in ADSA's O-week activities! Ever wondered what other universities get up to? Follow us on snapchat at AusDSA to see what your colleagues from around the country do to get ready for uni. Watch out for our O-week video too, where you'll learn more about all the amazing things that ADSA has to offer. Enter our #ADSABack-toUni2017 competition for your chance to win some awesome prizes. Entries open on the **19th February**, but to stay up to date, make sure you're following us on Facebook and Instagram at AusDSA!

- **R U Ok? Day**
September 14th 2017

Where students come together to support each other's health and wellbeing as we tackle dental/oral health school together!

- **ADSA Annual Blood Drive**
July to September

We're out to prove that dentists and oral health therapists really are life-savers! Roll up your sleeves and compete against fellow allied health students (medicine, pharmacy and paramedic students) in the Health Students Blood Challenge Cup. Help us keep the cup from the win last year!

DENTAL STUDENT CONVENTION

2017 ADSA convention

Hosted by Charles Sturt University and University of Sydney, Sydney

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.

Sydney 2017

This year, from **July 3-9 2017** the Australian Dental Students Convention will be hosted by the University of Sydney in the metropolitan; Sydney. There will be some of Australia's best lecturers and an exciting social line-up. 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 Sydney nightlife



