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NOV 2017 NEWSLETTER

Sometimes a little support is all you need! UQ dental students doing their part in the Health Students Blood Challenge



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Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

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THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

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Legible notes are good practice and support
a good defence – so does **MIPS**

PUBLICATION OFFICER'S REPORT

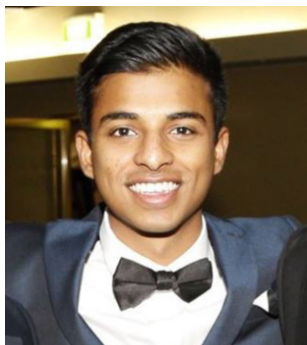
Dear ADSA students,

The end of another year of dental studies is just around the corner and for those of you who have already finished - well done! For the final year students – congratulations on graduating and on behalf of ADSA we wish you the best of luck in all your future endeavours!

Firstly, I would like to say a big thank you to Terence Lau, Publications subcommittee, for all his hard work this year! In this short and sweet November issue – you will find a wrap up of the year's happenings with the President's Report from Nicole, university updates from Melbourne, Sydney, Newcastle and Western Australia. You will also find community updates from Cindy and rural updates from Sheryl.

Enjoy the summer break and make the most of the precious and valuable time off! To all the students entering the real world of dentistry, good luck! Most importantly, remember to keep smiling :)

Yours Sincerely,



Tasleem Khan
Publications Officer
Australian Dental Students Association

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PRESIDENT'S REPORT



Hey everyone!

Firstly, I am proud to introduce our newly elected President for 2018, Jeffrey Ding. Jeffrey is a La Trobe 4th year dental student and his background with ADSA was in sponsorship this year. Having seen Jeffrey work incredibly hard this year, I am confident Jeffrey will continue to nurture the growth of the ADSA.

Secondly, I'd like to update you all on the progress ADSA has made during 2017. We've had an incredible year and with all the student involvement and enthusiasm, we have been able to achieve the following:

- The development of a highly successful academic branch to ADSA - ADSA Talks
- Strengthened ties with professional partners - now at an advisory capacity in terms of future developments and student engagement
- ADSA is now incorporated for tax purposes and committee protection
- Implementation of subcommittees - improved team satisfaction and has increased ADSA productivity
- Design Officer role - greater branding and branding consistency, has made us more well known amongst students and sponsors
- Oral Health Officer role - has allowed for greater communication between ADSA and BOH students for wider student engagement
- Separation of the Media and Community Officer role due to the growth of each portfolio
- Convention BOH stream - to be more inclusive of BOH students
- 6 day convention instead of 5 - gave delegates a day off to rest, increased mingling/ bonding amongst delegates, improved delegate satisfaction
- Development of relations with the New Zealand Dental Student's Association (NZDSA), the International Association of Dental Student's (IADS) and the Asia Pacific Dental Student's Association (APDSA).

As I wrap up my term, I'd like to thank you, the students, for having me as the ADSA President for 2017 - it has been an absolute pleasure! A massive thank you to my general committee fam - these guys made my job that much easier and special. Thank you to our professional partners and sponsors - you've all helped put ADSA on the map and it's been awesome working with you all!

I hope everyone has had a great year and that next year is even bigger and better for you all. Catch you guys at #ADSAPerth2018 ;)

Best Wishes,

Nicole Contemplacion
President
Australian Dental Students Association

UNIVERSITY UPDATES

UNIVERSITY OF MELBOURNE



THE UNIVERSITY OF
MELBOURNE



However, Melbourne University isn't all about fun and games. We hosted a very successful mentor night where we invited dentists from different specialties to talk about their experiences and provide us with their best advice. Another highlight from the year was another win against La Trobe University at the annual DSV Cup – it was a close one this year so huge kudos to La Trobe for bringing such fierce competition!



It's been a busy academic year for the students at Melbourne University. Luckily, the Melbourne Dental Students' Society was there to keep students sane with several successful social gatherings. Notable events from first semester include the annual pub crawl and dent camp. In second semester, the DDS2s threw a cocktail party at the Black Rabbit and it was also a smashing success.



The last main event of the year was in September where we hosted the annual Grand Dental Ball at the RACV Club with sweeping city views! But we couldn't just leave it there – MDSS also hosted an end of semester celebration just in time before SWOTVAC where everyone buckled down for final examinations.

Hilarie Ng
University of Melbourne ADSA Rep

UNIVERSITY OF QUEENSLAND



UQ has certainly had a busy year! Semester 1 saw us in the midst of change as UQ School of Dentistry formed the Alliance with Queensland Health Metro North Oral Health Services. We welcomed the incoming first years with a Welcome BBQ and the annual Meet and Greet. Third years started seeing their first patients in clinics and fourth years came to the realisation that we should probably know what we're doing by now. We sailed into the second half of the semester with our ShipREKT Boat Cruise, followed by our first ever Poker and Board Games Night.

In semester 2 (after recovering from convention), second years started seeing patients for check-



ups and cleans and the fifth years entered their last semester of dental school EVER. UQ smashed Griffith in the MIPS Soccer Cup for another year in a row, further staking our claim as the superior

dental school. In August, the "Once Upon a Time" dental ball, our biggest event of the year, was held at Cloudland. The decorations were on point and the beverages were flowing as students and staff mingled over a night of delicious food

and entertainment. The revival of UQDSA Sports Day in September was a huge success and we're already excited for next year! UQ students also rolled up their sleeves during semester 2 to donate blood as part of the ADSA Blood Challenge, contributing 35 donations to save up to 105 lives!

Over the course of the year, UQ students have also been participating in an array of sporting opportunities including interfaculty competitions and inter-year sporting events. Together with ADSA



and many other organisations, the student committee has created a fabulous academic program including a range of topics from clinical dentistry tips to new grad pathways to volunteering opportunities.

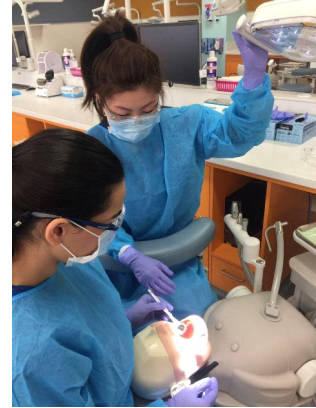
Amy Fan
University of Queensland ADSA Rep

UNIVERSITY OF NEWCASTLE



The University of Newcastle (UON) offers the Bachelor of Oral Health Therapy (BOHT), being the first degree in New South Wales to offer adult scope. The Oral Health Faculty and their students are conscious of events to expose high school students to what our degree has to offer. These events include Harmony Day, Dental Health Week and R U OK Day in association with ADSA. High school students were very excited to know what it was like to wear clinical gowns, glasses, gloves and use a mouth mirror to take a look in Charlie the simulation head's mouth! The University of Newcastle Oral Health Student Society (UNOHS) also sponsored Harmony Day's event, where BOHT students enjoyed a free lunch and wrote inspiring phrases celebrating Harmony Day. Dental Health Week was also a success, where first year students utilised

their creative minds to create wonderful and colourful posters. R U OK Day was another successful event, with many students asking each other how they're going and raising awareness on mental health whilst studying BOHT. Everyone was delighted with their free ADSA coffee voucher! After all these fun events, the cohort cannot wait to see the semester finish with the fantastic BOHT Diamond Ball at the end of November!



Queenie Pang
University of Newcastle ADSA Rep

UNIVERSITY OF WESTERN AUSTRALIA



In 2017, the UWA social, sport and education calendar has been both busy and fulfilling. The year began with the highly anticipated 'Prime and Bond' event, an annual highlight that has for many years facilitated new relationships between the first years and the senior students. Next, we had our first 'Family Fun Day', which showcased our modern facilities to the UWA School of Dentistry alumni. The event was enjoyed by all and is sure to become a regular feature of the social calendar.

Many past graduates attended with their families and marvelled at the state-of-the-art technology within our dental school. Later in the year, we also had the 'Swan Valley Wine Tour', the 'GV Black's Cocktail event' and an entertaining Quiz night! All were well attended and felt to be an overwhelming success. The education team have been busy this year planning various new initiatives and fundraisers. An ongoing venture that has only recently been made available to students and has proved



popular from the outset is known as the 'Journal Club'. Dedicated to critically analysing journal articles amongst peers, this new club will supplement the knowledge that has traditionally been provided through lectures. The excitement of completing the year is palpable in the atmosphere as we near the end of the 2017 academic calendar. All students, particularly the final years have now set their eyes toward the 'UWA Dental Dinner', which

for many will be a bitter-sweet end to university life before embarking on an exciting new journey.

Monisha Vijayan
University of Western
Australia ADSA Rep

UNIVERSITY OF SYDNEY



It has been an exciting year so far at the University of Sydney, and with 2017 nearly gone, there certainly has been no shortage of memories cultivated. Let's take a look at some of this year's highlights... This year the annual Roland Bryant Cup (RBC) was held in Orange where USyd faced off in a number of different sporting events against our rivals at Charles Sturt University (CSU). Unfortunately, USyd missed out on taking the cup home but it still certainly was a great weekend in the mountains filled with friendly competition with the students of CSU. Only months later, our friends at CSU visited Sydney as our co-hosts for the 2017 ADSA Convention. Dental and BOH Students from across the country gathered for education, socialisation, and adventure at the University of Sydney during the 6-day convention organised by the two schools. It was certainly one of the most widely anticipated, and enjoyed events of the year. USyd couldn't be happier to have enjoyed it with students from across the country. It was an exciting year for USyd Dental students in the world of sports as well - although we missed out on the RBC cup; the USyd Dental Team in the Men's Rugby league, did us

proud during QuadFac sport this year (against Pharmacy, Veterinary Science, and Medicine). Despite the risks of broken wrists or fingers, we had an excellent turnout for the team, and the men of Dentistry took the cup home in a final nailbiting match against Medicine. In academic news, the Canadian Board Exams were held in Sydney on November 18-19 at Westmead Hospital. These exams are open to all Canadian and Australian students, and even advertised by ADSA for students who are interested in working in the great white north of Canada sometime in the future. As the year comes to a close, don't forget to remember some of the great times you had this year. It's been an exciting year at the University of Sydney, and whether you are a student here or elsewhere, we hope that you've been able to share in some of these memories with us too.

Lorynn Rae
University of Sydney ADSA Rep



COMMUNITY UPDATES

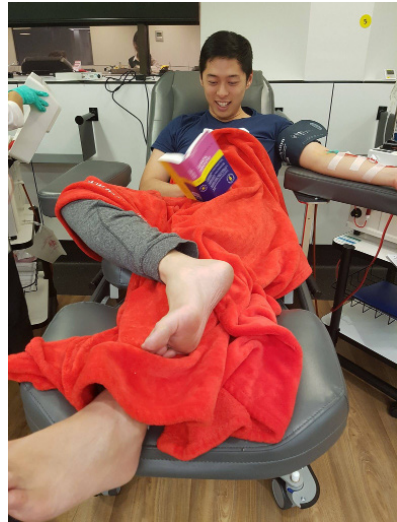
What a fantastic few months it's been! We've had our two biggest community events take place – the Health Students Blood Challenge and R U OK? Day – and both were a fantastic success.

Health Students Blood Challenge

From 24th July – 17th September, Australian dental and oral health students, medical students and pharmacy students rolled up their sleeves and donated blood to help top up stocks at the Australian Red Cross Blood Service during these cold winter months. Although the Cup went to AMSA, ADSA members were definitely a force to be reckoned with, with a whopping 152 donations and 456 lives saved over these 3 months! Special mention goes to UQ, whose donations made up 23% of ADSA's total tally. For all the

results, head to <https://adsa.org.au/events/blood-drive/>

While the challenge may be over, the Blood Service is in need of donations year round so that they can continue to help the 1 in 3 Australians who will need a blood donation in their lifetime. Visit <https://www.donate-blood.com.au/make-an-appointment> to find out if you're eligible and to make an appointment today!

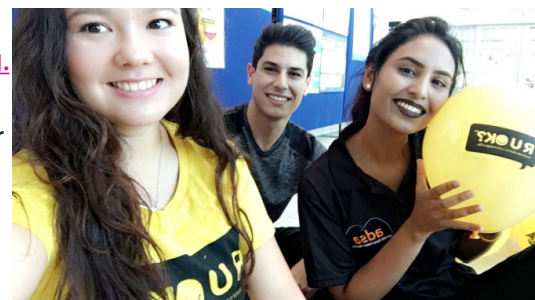


R U OK? DAY

R U OK? Day activities took place on the 14th September at each university, with ADSA providing free snacks and coffees to give students a chance to wind down and start a meaningful conversation with a friend. We also took the opportunity to highlight the mental and physical stresses that widely affect us in the dental profession. Wellness Week launched as a social media campaign, with articles on mindfulness, ergonomics and more! Head over

to <https://adsa.org.au/2017/09/18/wellness-week/> for a recap and a list of mental health organisations.

Remember, if you are struggling with any aspect of life, don't be afraid to seek help.



Volunteering

We've introduced a brand new Volunteering Portal on our website where you can find the latest local and overseas volunteering opportunities! There, you can sign up to our

volunteers database, which will ensure you get emailed about any new opportunities that spring up in your area. Why not register today? <https://adsa.org.au/student-centre/volunteering/>



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RURAL UPDATES

By Sheryl George, ADSA Rural Officer

ADSA at the NRHSN Council 2017

ADSA was represented in the 2017 National Rural Health Students Network Council meeting. The two-day council meeting was held in Melbourne, and was attended by representatives of rural health clubs from 28 different universities across the country.

It was a great opportunity to hear from several inspiring speakers of both medical and allied health backgrounds, who have thrived in their professions in rural and remote areas. ADSA was able to build contacts from various different health backgrounds and work together to improve the health outcomes in rural and remote Australia.

The Department of Health also addressed the council and projected their ongoing support to improving student support within rural and remote areas. Two papers were passed at the council, the Climate Change Position Paper and Indigenous Health Position Paper, both aimed to voice the concerns of students with the current global issues. It was great to see the impact that our students can make on a grand scale, when we unite and voice

our concerns as one.

ADSA will continually support the work of NRHSN and associated rural health clubs, and we urge our dental students to share their rural experience with us. ADSA is committed to the number of dental and oral health students who participate in rural health activities. We urge each student to get involved in your local rural health clubs.

Please contact the university representatives to find out more.

Sheryl George



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