



FIRST YEAR HANDBOOK





ABOUT THIS GUIDE

First of all, on behalf of your new ADSA family, congratulations on entering the crazy world of dentistry and oral health! There are so many new opportunities to explore, and plenty of new people to meet, so we've put together this little handbook to introduce you to a few of them!

This booklet contains a wealth of useful resources for those times where you don't quite understand what your lecturer is talking about, or if you just want to do some extra reading to see what you could be getting yourself into in the future. Your resident ADSA University Representatives have also kindly provided some tips and tricks to make your transition into dentistry and university life just that little bit smoother.

Don't forget to keep up to date with all the ADSA publications to come, including the Articulate, and with all the fun events planned throughout the year including the National ADSA Convention to be hosted in Adelaide this year!

Be sure to make the most of this year and get involved in as much as you can, as these years will probably be some of the most hectic but rewarding years of your life! Good luck, study hard, and most importantly, have fun!

Wishing you all the best,

Han Pham
ADSA Publications Officer



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ADSA PRESIDENT'S WELCOME

Congratulations on entering a new and exciting chapter of your life as a dental student! I warmly welcome you to Australian Dental Students' Association family!

Having attended my first ADSA Convention in Sydney in 2017 and subsequently been the 2018 Convenor in Perth, this organisation holds a very special place in my heart and it's such an honour to represent you as the 2019 President alongside the rest of our ADSA team. It truly is a unique and tightly-knit community through which I have met so many phenomenally inspiring and like-minded dental professionals-to-be.



As a dental student, you are automatically an ADSA member. Our purpose is to support you through your rewarding journey of self growth and maturation into dental professionals. Our team prides itself on being approachable and having your best interests at heart, so if ever you feel like you need a helping hand to get you through dental school, please don't hesitate to send us a message and we'll see what we can do to set you in the right direction. Above all else, we aim to ensure that you are never alone in your dental school journey.

We work closely with your local dental student society to complement the resources and opportunities with which they provide students. We run nationwide events throughout the year that help to unite the dental professionals of the future, with our biggest event this year being the Annual Dental Students' Convention to be held in Adelaide, so I look forward to meeting you there! This year is also a very special year for ADSA, as it marks 10 years since its evolution from the Australian Dental Students' Convention Committee, so we have some festivities in store throughout the year.

I hope that your reading of this booklet helps to kickstart a fabulous few years with ADSA to nurture you throughout your degree and that you will find some value in the words of wisdom kindly provided by your friendly local ADSA Representative in the following pages.

Make sure that 2019 is memorable. Learn lots, find ways to be involved and really make the most of wonderful cohorts that surround you on the local and national scales!

Emma Turner

2019 ADSA President



ADA PRESIDENT'S WELCOME

Welcome to the dental profession.

You are taking your first steps towards a progressive, knowledge-rich and caring vocation that will provide you, I believe, with a fulfilling professional and personal life.

You are beginning your studies at a time when a great deal of change is coming to dentistry, full of both challenges and rewards, but there is great deal more to look forward to than to fear.

Impressive clinical advances are an almost weekly occurrence as we learn more and more about how critically important oral health is to everyone's overall health, and how preventative care can make a profound difference to treatment options down the track or even the need for them at all. Whether you end up working in a private or public setting, the growth in available treatment options is exciting with new technology allowing you to learn about and use them, even if you are on the other side of the world.

The professional landscape is changing quickly too, and as your professional body, the Australian Dental Association is working hard to ensure a fair and equitable environment for you to work in, and in which your patients can be treated.

Membership of the ADA is complimentary for you as a student and we would love you to join us, and take advantage of the extensive resources we provide to our members. You can find out everything you need to know about joining by going to ada.org.au.

Wishing you all the very best for the years of studying ahead.

A handwritten signature in black ink, reading 'Carmelo Bonanno', with a horizontal line underneath.

Dr Carmelo Bonanno
ADA President



adsa

Australian Dental Students' Association



The Australian Dental Students' Association is the only national body representing and connecting dental, oral health and dental hygiene students from over 13 different universities around Australia and New Zealand.

Our goals are to facilitate communication and camaraderie between dental schools and dental students, advocate for the interests and welfare of dental students, and promote positive changes in dental education.

EDUCATIONAL

ADSA TALKS
ADSA CONVENTION
ONLINE STUDENT CENTRE
ADVOCACY



SOCIAL

ADSA CONVENTION



COMMUNITY

BLOOD DRIVE
R U OK? DAY
TERRACYCLE ZERO WASTE INITIATIVE
VOLUNTEERING OPPORTUNITIES
MONTHLY SOCIAL MEDIA CAMPAIGNS
SCHOLARSHIPS
AWARDS
PARTNERSHIPS WITH OTHER ORGANISATIONS



www.adsa.org.au



Australian Dental Students' Association



@AUSDSA



@adsamedia



ausdsa

EXECUTIVE COMMITTEE

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.

EMMA TURNER

University of Western Australia



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JENNIFER TRAN

La Trobe University



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PHILLIP NGUYEN
La Trobe University



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RYAN WONG
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RURAL OFFICER

HAN PHAM
La Trobe University



**PUBLICATIONS
OFFICER**

PETER HO
La Trobe University



**SPONSORSHIP
OFFICER**

University of Adelaide

- Try to attend as many of the events provided by the AUDSS, both social and academic. It's a great way to meet new people especially from the other year levels. It gives you a chance to destress and have fun. At the academic events you get to learn something new or something from a different perspective, plus there's always lots of free food!
- Friends from other year levels are great as a source of guidance and support. Most are happy to share their past study materials which can be very beneficial
- Study groups are invaluable. You get to bounce ideas off each other, take advantage of everybody's strengths, and improve each others' weaknesses. It also acts a social support group and helps encourage you to study!
- Be friendly to the DAs. Just simply asking for their name goes a long way. It makes it a lot easier then having to call them "Oil" or "um... hey!". It's great when you can go to clinic, see a DA you are familiar with and ask them about their week or weekend. At the very least just be courteous.
- University is about learning. Be honest with yourself and others and learn from your mistakes. Don't expect to be immediately amazing at everything you do but take advantage of everything the school has to offer.



Mikoele
Montano



Griffith University

- Try form study groups with a group of friends that have the same work ethic as yourself! It is the most efficient way to go through all the content and it lightens the workload- it also makes studying more enjoyable too!
- Pre-read! Even if you just skim through the lecture notes beforehand, I found pre-reading helped me retain certain points easier and helped me stay focused throughout the lecture.
- Try get involved with as many of the GUDSA activities as you can, it's a good way to meet people from different years! Meeting people from different year levels is invaluable as they have so much advice and learning material to share! GUDSA also offers a few academic workshops.
- If you have transferred from another degree and have any credits for certain subjects, you should consider taking on as many second-year subjects as you can – this will help to lighten your load for the following year!
- Download the Griffith Maps app, it'll help you navigate around campus at the start when you're still familiarising yourself with where your classes are.



La Trobe University

- You don't need to buy all the recommended textbooks on the booklist. Uni textbooks are expensive and lecturers don't use every book on the list. BOHDS will give you pdf versions of all the textbooks you need.
- Download Latrobe's 'Lost on Campus' app if you're having trouble navigating around the university.
- The BSA hosts free breakfasts for members throughout the year. You can check the dates on their website so you don't miss them!
- Get involved in as many clubs as you can. Now's the perfect time to start a new hobby and meet people from different courses!
- University is an independent learning environment. Unlike in high school, lecturers don't usually take attendance or track you down if you miss a class or an assignment. Classes and class work are your own responsibility (remember that tutorials and practicals are compulsory).



University of Melbourne

- Join MDSS in first year for the sweet discounted 4-year membership and attend as many events as possible to meet, network and socialise with post-grads, upperclassmen, and peers!
- Do the readings because often the lectures are not detailed enough to do well for Head and Neck or Oral Structure Function prac questions, let alone exams or tests.
- DO PAST EXAMS!!! I cannot stress this enough because questions are often recycled and target key concepts. However, this is not always the case so please don't count on the questions to be the same. Make sure to go through all past exams and see the general trend of questions to guide your study. To access past exams: google 'unimelb past exams' then search up the subject name or code to find them.
- Try and watch the videos available on the LMS prior to practical classes, such as Removable Prosthodontics, it's super useful to be familiar with what you'll be doing in class and makes things a lot easier!
- Haptics and Preclinical CONS (Conservative Dentistry) Pracs are quite different so if you're struggling in either, don't be too frazzled and/or disheartened because they are difficult to start off with as most people don't come from backgrounds with a lot of hand-eye coordination experience. Keep



Cyndi
Lee



The University of WA

- All first-year dental classes are combined with Medicine and Podiatry - take this opportunity to make friends in other health professions. It's good to have friends that are not in your dental year cohort, so you can have a break from "dental talk".
- Keep on top of your lectures, they are all recorded which is SUPER helpful but it's good to keep up to date to not fall behind as they all follow in a sequence, so missing one lecture will throw your "learning" schedule off. It's good to be up to date on the week's lectures before Fridays when labs and workshops are scheduled.
- Going to the UDSS social events will help you meet students in upper years and become closer with your cohort. Prime and Bond is the first social event of the year and it's FREE (student buzz word) for first years! WAMSS is the medical student society and they also put on a lot of events. It was a lot of fun going to these events and again it helped me make friends studying other health courses.
- 'Immersion Block', which happens in June and November, is an intensive dental teaching period. The most beneficial part of the intensive teaching is shadowing the fourth-year students in the clinic. Talk to the fourth years about how the clinic runs, their experiences with patients and treatment planning. Fourth years are full of knowledge and very excited to share and guide you at the beginning of your dental student journey! It's a good time to take note of the professionalism and competency that is expected of the dental students, as you will have your own patients too very soon!
- Exam time is a stressful time and there is a lot of content to cover! Firstly don't get overwhelmed and know that you have your peers to talk to and confide in - you're not alone! Try out different study methods like mind maps or cue cards to discover which works best for you! Reid Library on Main Campus is open 24 hours!



Colleen
Westerman



Univeristy of Queensland

- Be friendly with everyone! Dentistry at UQ is a 5 year grind, which means you are stuck with the same faces for that period. Getting to know your cohort will enrich you with friendships and relationships that will sustain you throughout your student life at UQ school of Dentistry... that and plenty of redbull and coffee.
- Enjoy your life as a 1st year. Even though you don't know your laterals to centrals and buccal to palatal yet, 1st year will fly past like a breeze. It is by far the most "relaxed" year in terms of lecture content and clinical work so use this time to get used to how the dental school works, go to UQDSA's events, get friendly with the seniors, set fire to the clinics etc.
- Join the University of Queensland Dental Student's Association (UQDSA) and enjoy amazing social and academic events tailored to dental students. Members enjoy huge discounts as well as perks that come only with a UQDSA membership. An absolute must.
- If you are from interstate or from another country, try and get accommodation either near St Lucia or the Herston Campus, even temporarily while you search for other places. This can be a good strategy for you to get used to transport in Brisbane and your timetable while you figure out which lectures to skip and get sick notes for.
- Don't stress about not being the best at everything. Or even good at everything. Or even barely skimming a pass. Dentistry is a demanding course that requires you to pace yourself like a marathon, and setting high goals and expecting too much of yourself straight off the bat will tire you out even before the main race has started. Remember that if you are struggling, everyone else is.

The University of Queensland Dental Student's Association Facebook page is <https://www.facebook.com/uqdsa/> and their website is <https://uqdsa.org.au/>



William
Jin

James Cook University

- Don't be afraid to ask! Everyone is in the same boat. The older years may look intimidating, but I promise everyone is friendly. Just ask if you're lost or need any help.
- Remember to have fun! Focus on your studies and stay on top of everything but make sure to also take the time to relax and enjoy your time at university with friends. It won't be the same after you graduate.
- Attend ADSA events. I know sometimes the JCU holidays do not overlap with convention times but when you get the chance, make sure to attend convention. It is a great opportunity to meet fellow dental students from other universities and network with future colleagues, academics and industry representatives.
- Focus on yourself. Don't compare your progress with other people. We all do things at our own pace, so reward yourself for your own accomplishments. There is no point comparing yourself academically or clinically to others. Instead spend that time on improving yourself and reaching your own goals. Do your own thing, do it well, and things should fall into place.
- Join and support JCUDSA. Make sure to attend and support JCUDSA events. It is not only a good opportunity to meet new friends and attend academic workshops, but also a chance to take a break and have a bit of fun.



Nihi
Truong

University of Sydney

- The orientation week and the Tooth Buds program run by the DMD2s is a great way to get to know the upper years. Their experiences and advice about lectures, practicals and equipment is invaluable. As well as Tooth Buds, make sure you keep a watch on the SUDA facebook page and your own DMD1 Facebook page for study tips and information about social events.

- Second hand kits are a good way to save money (anything dental related is expensive!). But be wary before purchasing, always ask to see the kits and email university staff about missing equipment in second-hand kits before committing to a purchase. The required equipment for each year tends to change, so make sure you know about the extra costs of purchasing any additional equipment to second hand kits. I advise only purchasing second-hand articulators and prosthodontics kits. Tooth cons, endodontics and periodontics used kits are likely to be too worn out to be efficient in clinic.

- Make good use of the Head and Neck practical sessions and dissections. There is a practical assessment for Head and Neck where you will be asked to name structures on various specimens, images and models. These same specimens will be used over and over in practical sessions, so if you remember them well you will be rewarded come exam time!

- Endodontics can be very difficult initially, tutors in these simulation clinics expect you to know what you are talking about, and want you to understand concepts prior to each session. Make sure you read up on each section in the Endodontics manual prior to each simulation clinic session. This will save you a lot of anxiety and stress during practical sessions.

- You will hear this time and time again from lecturers and university staff, but make sure you keep on top of Integrated Life Sciences (MedSci)! There are a lot of lectures each week and it becomes very stressful catching up on missed lectures when assessment time comes. Even noting a lecture down into a word document quickly for each lecture will save you a lot of hassle later on. Once again make sure you contact upper years for advice on these lectures! Dividing up the work with your friends is a great way to keep on top of things too.



Parshad
Sankey



Curtin University



Teeni
Langsanam



- Look to your fellow students as your peer and team, not your competition. You've all worked so hard to get here and you're finally here so there's no need to compete. Make friends and build good relationships. "Live together die alone" if anyone knows this "Lost" quote, they should know that it's best to support each other throughout the years rather than make enemies.
- You don't need to buy all recommended textbooks. Some can be borrowed from the library, some available online, and some sold at the second-hand bookstore at Curtin. But if you follow my first tip and made friends, some of them might know second or third year students who are willing to donate their books or give copies of online books to you.
- Learn to prioritise your time. Making the most of your time at university means finding a balance between your studies and social life. Oral Health Therapy is a difficult and demanding course, so be sure to keep up to date with lectures and content
- If you're struggling, don't ever be afraid to ask for help from tutors or other teaching staff. If you try and still get no help, then go to Curtin for help. It's always best to ask and get the help you need rather than soldier on and bottle things up. There's nothing wrong with asking for help when you need it. You'll be surprised how many people are in the same boat as you. You're never alone.
- Join DHAA and ADOHTA and all other dental association clubs under the sun (ADSA, Around Good People, Spinrphex, etc). You'll find good benefits to CPD events as students and many more discounts to fantastic and wonderful things dentally. Take part in discounted and free events. It is also a great way to meet people and networking with people in your future career path.

Central Queensland University



Samantha Lee
Barbeler



- Be organised! Buy a wall calendar and add in all your assessment due dates so you can stay on top of your assignments, the semester goes so quickly so you need to prioritise and manage your time effectively.
- Ask for help sooner rather than later! If you are unsure about anything, ask your lecturer- they are so knowledgeable and are there to help. If you need some extra academic help you can visit the Academic Learning Centre where advisors can proofread your assignments and offer tutoring.
- Finances can be difficult as a student- buy uniforms and textbooks second-hand where you can and bring your lunch to school (there are microwaves around campus that you can use). Don't forget to apply for scholarships! There are many that you may be eligible for and you could receive one simply by putting your name down.
- Join or make a study group! Your peers are one of your greatest learning tools!
- Look after yourself, eat well, join the CQU gym, get enough sleep and make enough time for leisure. Join a local touch football or netball team with your classmates- it's a great way

Charles Sturt University



Timothy
Nguyen

- For most of you, this will be a new experience moving away from home and living without your parents. Making friends from other year groups and other courses really helps with getting through feeling homesick. Our campus is quite small so you will see the same faces around everyday, so don't be afraid to be friendly - in the end we are all one big family. As we are pretty rural it really helps to interact with people, and it definitely has kept me sane!
- Maintaining a healthy and balanced life can be pretty challenging when you live by yourself for the first time. Try to get involved with as many events as possible and hang out with people. The studying can get overwhelming and coupling it with homesickness and loneliness actually sucks. We have a gym on campus open until 10pm and a few in town as well which are 24 hours
- Make sure to attend every class, be on time and do all the tasks set. Once again, your cohort is quite small and the lecturers learn names and faces quick so you don't want to build a bad rapport from the get-go as, chances are, the same lecturers will stay with you for all 5 years
- Be friendly to all the staff. Lecturers, lab/clinic assistants, reception, librarians - they are all people too and stuck in Orange just like you so it doesn't hurt to smile and greet whoever you come across.
- Don't stress too much if you feel like you are bad at something. Dentistry is a very demanding course and the intense practical and theory components can be pretty overwhelming. Just remember that if you find it hard, everyone else finds it hard too. Never be afraid to ask for help, there is a plethora of resources available on the Interact2 site as well as other students and teachers!

COMMUNITY EVENTS

1

ADSA CUP

A competition between dental and oral health universities across Australia overseen by the ADSA committee. Gain points for your uni by tuning into ADSA Talks throughout the year, donating in the Blood Drive and taking part in other ADSA events. Stay tuned to our Facebook page to help your uni win the coveted ADSA Cup in 2019!

2

RED BLOOD CROSS DRIVE

Donate blood in the ADSA Tertiary Blood Challenge to not only win some points for your uni in the ADSA Cup, but also to make a difference to those in need! In total, ADSA saved a massive 393 lives by donating whole blood, plasma and platelets. This event runs from March until May every year!

3

DENTAL HEALTH WEEK

A week of oral health promotion and handy tips and tricks to have up your sleeve as a dental/ oral health student!

4

R U OK? DAY

Held on the 12th of September, this day was a huge success in recent years. It raises awareness of mental health and reflection, reminding students to chill out and provides helpful advice on managing stress. Everyone is encouraged to wear yellow and there are lots of yummy treats for you!

5

VOLUNTEERING

Overwhelming interest in volunteering encourages us at ADSA to organise more new and exciting opportunities. Keep an eye out for new chances to help out your local or overseas community on our Facebook page and register to our mailing list to keep updated. Our ADSA website is also updated regularly under the volunteering tab.



The ADSA Talks series allows students from across the country to tune in to various webinars presented by well-known industry professionals. These talks add to address gaps in regular university teaching or perhaps extend concepts further, as well as touching on different career pathways and things to consider post-graduation. ADSA Talks are for both dentistry and oral health students, across all year levels and are accessible online from the comfort of your home. Topics are selected based on the annual ADSA National Survey responses. You are encouraged to fill in this survey if you would like to see a talk on a certain topic, as we would love your input to grow this initiative in the future!

You can look forward to topics on treatment planning, clinical cases examples, dental specialities, tips for graduates, and business in dentistry. Sign up to be on ADSA's mailing list to receive the links to these talks. If you have any questions, feel free to contact your ADSA University Representative for more information.



Series 05



Series 01

ENDODONTICS
with Dr. Omar Ikram



Series 04

COMPOSITES
with Prof. Ian Meyers



Series 03

ADSA CONVENTION

Coming to Adelaide in 2019!

Mark your calendars because the ADSA Convention is coming to Adelaide in 2019 from the 1st to the 7th of July! With a full day of hands-on workshops, a line-up of nationally renowned lecturers, a tradeshow showcasing the latest dental products and an entire week of unforgettable social events. This is an event not to be missed! Celebrate with fellow students at ADSA's 10 year anniversary party, explore one of the world's most famous wine regions, take on the night as you make your way through some of Adelaide's finest clubs and bars, and dance the night away at the much anticipated gala night. This is the perfect opportunity to forge life-long friendships and connections with dental and oral health students all over the country!

Located within the heart of Adelaide CBD, we have arranged 6 nights at the Oaks Hotel situated within walking distance of the Adelaide Health and Medical Sciences Building and various clubs, restaurants and bars. Tickets are now available, so consult our Facebook event and stay tuned for more details!



IMPORTANT ORGANISATIONS



AUSTRALIAN DENTAL
ASSOCIATION INC.

The ADA is the peak national body for the dental profession encompassing the majority of dentists in the country, with branches in every state and territory. Their website contains an extensive library of resources, contemporary news and a job board for members.
www.ada.org.au



The Dental Hygienist's Association of Australia (DHAA) is also another main representative body for dental hygienists and oral health therapists. Their focus is to support the continual development of the oral health profession, the preventative model of care, and to provide resources, work opportunities and a professional network
www.dhaa.info



The International Association of Dental Students (IADS) is an international society for dental students and aims to represent their interests. The association manages international projects and initiatives relating to exchanges, volunteering and their annual congress.
www.iads-web.org



The Australian Dental & Oral Health Therapists' Association (ADOHTA) is one of the main representative bodies for dental and oral health therapists. Their mission involves the development of the profession and providing a platform for leadership, collaboration and advocacy within the profession.
www.adhota.net.au



Dental
Board of Australia

The Dental Board of Australia (DBA) is a government organisation supported by the Australian Health Practitioner Regulation Agency (AHPRA). The board functions to regulate dental practitioners in terms of registration and accreditation, handle complaints and disciplinary hearings, and to assess overseas practitioners wishing to practise in Australia. As a student, you are also registered!
www.dentalboard.gov.au



The Royal Australasian College of Dental Surgeons (RACDS) provides opportunity for specialist dental study, training and qualifications and also continuing professional development.
www.racds.org

USEFUL RESOURCES

ADSA

www.adsa.org.au

Keep up to date with different events, opportunities and lectures specifically targeted at dental students.



Dental Trauma Guide

www.dentaltraumaguide.org

An interactive guide for the treatment of dental trauma- perfect for those who learn better by doing than reading!

ADA National Library

www.adansw.com.au/Library

A comprehensive resource with the most up to date articles and research on all things dentistry. Access is complimentary of the ADA's generous offer of free membership to all students!

The Young Dentist

theyoungdentist.com

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



BoneBox - Dental Lite

A free interactive app available on Apple and Android for examining and identifying tooth morphology.

Facebook groups to join

Pocket Radiologist
Dent Memes Gang



Therapeutic Guidelines (aka the Clown Book)

www.tg.org.au

This handy little pocket guide will be sent to you on becoming an ADA member, but can also be accessed online. It contains essential therapeutic information and guidelines for treating patients that will become invaluable as you proceed throughout your university career

