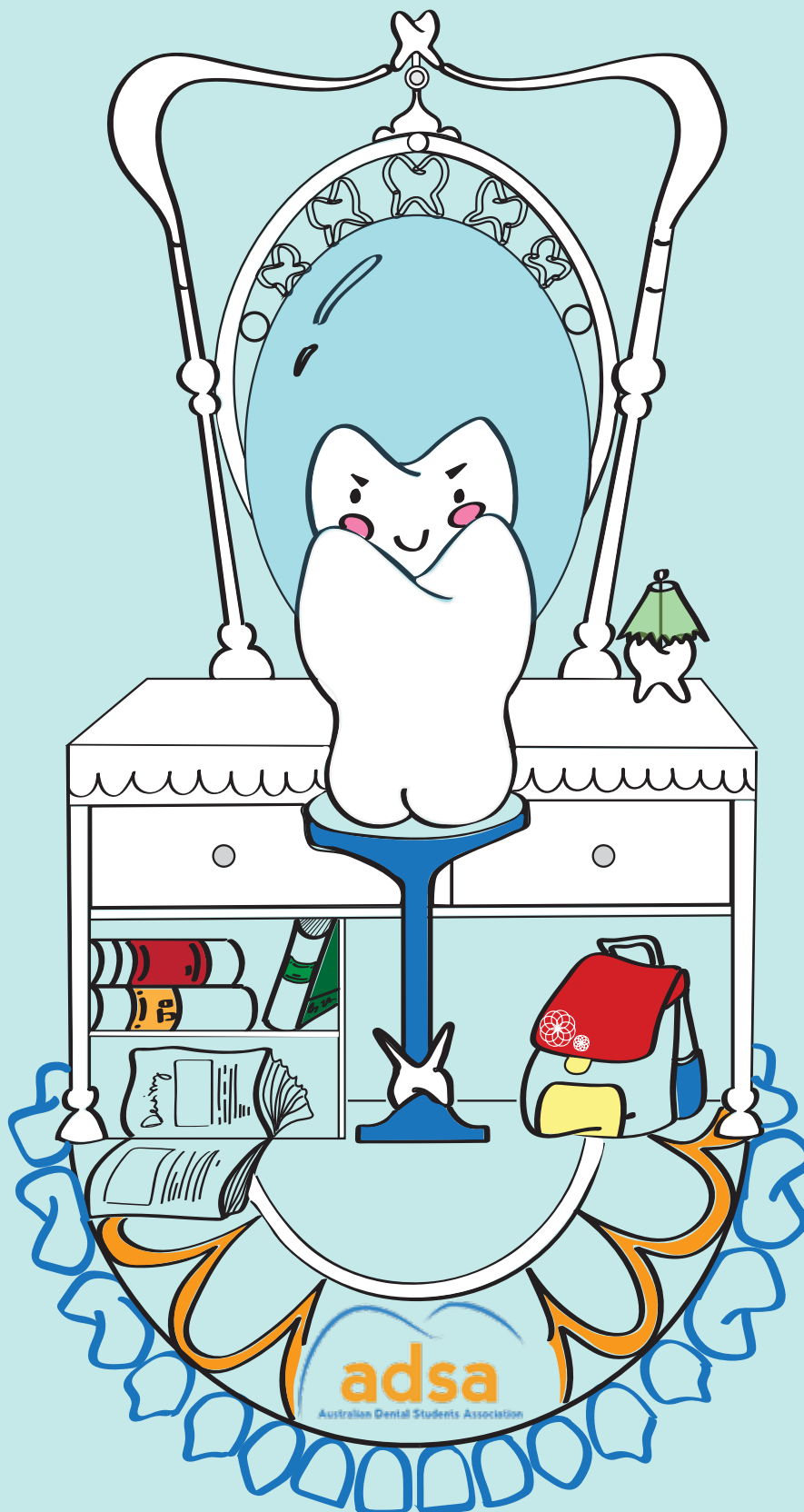


First Year Handbook 2020



adsa.org.au



AusDSA



ausdsa

ABOUT THIS GUIDE

Dear First Years,

Welcome to the Australian Dental Student Association (ADSA)! On behalf of the ADSA committee, I would like to warmly welcome you into our big dental family, and assist you in embarking on this exciting, fulfilling and educational journey ahead of you! Whether you are transitioning into a new degree or entering university for the first time, this booklet will contain many relevant and useful information and resources that will kick start your first year.

Within these pages, you will find an introduction to all the activities and events ADSA has prepared for you this year, including the renowned annual National Convention in July, ADSA Talks, podcasts, volunteering opportunities, and countless other community events such as the blood drive and R U OK? Day. Be sure to look out for your local ADSA representative as they will be your first point of contact for anything ADSA related. Don't know who your representative is? Check them out in the '5 Tips to Success from Your University Representatives' section as they provide you with first hand tips and tricks to ensure you make the most out of your coming year. To keep up to date with our event updates and details, don't forget to follow our ADSA's social media platforms to be the first to receive event invites and educational opportunities that will help you in your professional growth. We will also be publishing our bi-annual Artculates (newsletters) at the end of each semester - what better way to receive information and initiatives of importance to dental and oral health students, whilst staying connected with other dental schools as they share their semester updates!

We hope this booklet, along with the presentations given to you by your ADSA University Representatives in O-week, will help you find your feet and adapt to university life as a new dental or oral health student. Don't hesitate to email me at nataliesytsang@hotmail.com if you would like to share your experiences on our ADSA publications. Any ideas and articles are welcome! :)

Best of luck first years!



Natalie Tsang
2020 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 or oral health student!

Having attended my first ADSA Convention in Sydney in 2017 and subsequently have been part of the committee in 2018, and 2019, this organisation holds a very special place in my heart and it's such an honour to represent you as the 2020 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.

Undoubtedly, for many of you, the road to becoming a dental student would have been a long and hard one. And I could only wish I could tell you that isn't the case for the journey upon which you are about to embark, but unfortunately that would not be true. There will probably be more than a few late nights and a few too many cups of coffee, but it definitely isn't all doom and gloom!

As a dental student, you are automatically a member of the Australian Dental Students' Association (ADSA), and our purpose is to support you through your rewarding journey of self-growth and maturation into dental professionals.

ADSA aims to accomplish this by working closely with and complementing your local dental student society to provide a range of additional resources and fantastic opportunities. We run numerous 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 Melbourne. Come and join hundreds of students from across Australia for a week

that you will not forget!

I hope that the following pages can explain exactly how the ADSA team is working hard to look after you. And to kick-start the relationship between you and the ADSA, we hope you will be able to find some value in the words of wisdom kindly provided by your friendly local ADSA representative.

Make 2020 your year - get involved and get excited for your first crazy year as a dental student!

Yours sincerely,



Phillip Nguyen
2020 ADSA President



About ADSA

The Australia Dental Students' Association, also known as ADSA, is a student run organisation representing all dental and oral health students across Australia. We aim to unite dental and oral health students to provide an all-round enjoyable university experience as a means of building and strengthening relationships between your future colleagues in the workforce. ADSA provides many opportunities for students both academically and socially. We advocate for all students and aim to promote positive changes in our university education.

Here are some of the ways ADSA can help you through your journey through dentistry:

EDUCATIONAL

ADSA Talks
ADSA Convention
Resources
Online student centre

OPPORTUNITY

Volunteering
Scholarships
Awards

COMMUNITY

Blood Drive
World Oral Health Day
R U OK Day?
Advocacy
ADSA Podcasts
Monthly social media campaigns

NEWS

Articulate
First Year Booklet
Graduate Booklet

SOCIAL

ADSA Convention
Cruise
Competitions

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 strives to obtain balance and understanding and cater for students from all participating universities.

President



Phillip Nguyen
La Trobe University

Vice President



Han Pham
La Trobe University

Secretary



Joanne Ling
La Trobe University

Treasurer



Gordon Neoh
Charles Sturt University

Immediate Past President



Emma Turner
University of Western Australia

Media Officer



Zainab Noor
La Trobe University

Community Officer



Xin Jie Tan
University of Western Australia

Publications Officer



Natalie Tsang
La Trobe University

Sponsorship Officer



Tanisha Fernando
Charles Sturt University

Design Officer



Kylin Shi
La Trobe University

Education Officer



Rachel Turk
Charles Sturt University

GENERAL COMMITTEE

Website Officer



Nicole Wong
La Trobe University

Oral Health Officer



Zohair Kazmi
University of Sydney

Co-Convenor



Peter Ho
La Trobe University

Co-Convenor



Angela Huang
La Trobe University
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5 Tips to Success from Your Uni Representatives

Charles Sturt University

University Representative:
Tanisha Fernando



ADSA MEMORIES



1. Make friends

For many of you, coming to CSU will mean moving away from family and friends back home. One of the best ways to deal with this is to spend time with the new people you're living with. Make friends with your dormies or housemates (if you're sharing accommodation), students in your cohort, students in other years and also students from other courses!

2. Look after yourself

It can be hard to maintain a healthy and balanced lifestyle when moving away from home. Make sure to get rest, get exercise and eat well.

3. Attend events

One of the best ways to make friends is to attend events on campus. Become a CSU SDA Member (Student Dental Association) for access to a number of social events where you'll get the chance to meet students from all year groups. Our Dentistry Ball will be our first event of the year and is coming up in late March so get excited for that!

4. Get involved

Moving away from family to a new place can get lonely. Get involved in clubs and social events to keep busy and make friends. It's engagement in university life that can really make your university experience memorable.

5. Ask for help

Whenever you feel like you're lost there's always someone there to help, no matter how big or small the problem!

Central Queensland University Rockhampton



University Representative:
Chloe Benedickter

1. Be organised

The more organised you are, the better you will do. Undertaking an assignment is very stressful when you realise it's due tomorrow. If you are organised, you can see when things are due and prepare better for them, providing a better result. Get yourself a diary or calendar of your favourite theme so it encourages you to use it more efficiently.

2. Clear your head

Make sure you take time to relax and have some fun, especially those students who have to work during university terms. Taking time out to do the things you love makes a big difference and can make life a bit less stressful. You'll find you study and learn better after going out for a walk, gym or reading your favourite book.

3. Create a space

Create an arranged area for all your university life where you keep your textbooks, laptop, study notes, reading books, calendar/diary, etc. This will motivate you to study as you will love sitting at your own creative space.

4. Get involved

Getting involved with activities at university will make your university life memorable. You can look back on all the events you got involved in and remember all the fun you had. It can also look good on your resume if you involve yourself in events that relate to your university pathway. You will also make many friends along the way.

5. Never be afraid to ask for help

You are paying thousands for your university degree so make sure you get the most out of it by asking your teachers for support and using the university amenities provided. Attending the 'free pizza lunches' created by the university is a great way to get a delicious lunch for free and get involved with fellow students and teachers.



Griffith University



University Representative:
Jason Son



1. Dentistry isn't easy

Be prepared to make mistakes and errors even in your First year. I know that most of the students who enter dentistry are used to getting 100%/HDs in high school or university, but dentistry is different. Dentistry is a professional degree that requires multiple disciplines academically and spiritually and you may excel in some discipline while lacking in others. So don't kill yourself for making mistakes or getting less than average marks. Do not compare yourself with others but set your own pace and see your progress throughout the year. Remember! You are not here to get high grades, but to learn and improve!

2. Time management and studying habit

Cramming may have worked in high school or other degrees but it will not last you long here. You CANNOT cram for dentistry as you have to memorize a ton of content. Do a quick preview before lectures and tutorials so you can fully benefit from it. Also start reviewing at least a month before exams and use useful applications like Quizlet and Complete Anatomy. Also try to use the Anatomy and Pathology Learning Center where you can do independent studying by looking at cadavers and pathology slides.

3. Make friends and socialise in events

1st year will be the first and probably the last year you can freely join social events without having a care in the world. Socialize with friends and seniors in mixers! Get to know everyone's name as you will see them the next 5 years. Do not

be cliquey! At the beginning you will see a lot of cliques form but they usually don't last long. Be open to make new friends and socialize with people different from you. The cohort is small, you'll have space for everyone! Also don't forget to make a few close friends as they will be the one offering their shoulder in your darkest times.

4. APPLY FOR CREDIT IF YOU HAVE DONE RELEVANT SUBJECTS BEFORE

If you did a health related degree or IB (International Baccalaureate) before coming to dentistry, it is likely that you already have done some of the 1st year subjects. Apply for credit and even though it gets rejected, gather sufficient evidence that you have attended courses that match 80% (credit requirement) to the content in the one in Griffith. As 2nd year is known to be very content heavy, it will be much better for you to get credit for 1st year subjects and fill your time table with 2nd year subjects to spread out your load.

5. Dentistry does not define your whole life

I am aware that a lot of people who come to dentistry are high achievers and they are willing to give up all their time just for studying to reach the top. Please do not do this. Be aware that at the end of the day Dentistry will just merely be your profession and isn't your whole life. Try to make new hobbies and have fun. Go to the beach! Join GUDSA! Learn a new instrument or language! This will not only allow you to ventilate your stress from studying but also will add colour to your university life. You are on a journey, not a race so try to enjoy as much as you can on your way!

James Cook University



University Representative:
Pyper Smith

1. Stay balanced

It can be incredibly overwhelming to not only adapt to a new environment but also to excel in it. Take time for yourself to recharge and renew your energy - whether it's hanging out with friends, playing a sport, music or meditation.

2. Grow your circle

You will be with your peers for the next 5 years. Be as kind and helpful as you can to one another, because as you will soon learn, you are all in the same boat - so sail it together.

3. Keep track

It can be helpful to keep a planner or a book to help you stay on top of things and remind yourself of important deadlines.

4. Break it down

It is not uncommon to feel like there is too much information at once. It may seem daunting, but once you break things down into smaller tasks, they are much easier to tackle.

5. Stay on top of things

With all the content, you can be quick to fall behind. To avoid a snowball effect, try to keep up with the weekly content.



La Trobe University



University Representative:
Anika Moyeed



1. Figure out how to keep your notes organized from day one

Whether you like writing notes, drawing diagrams or annotating lecture slides, ensure you store it safely as you make your way through the year. This will make exam season a lot less stressful as you'll have your notes ready to go making sure you can use your revision time efficiently.

2. Uni should be a constant cycle of everyone helping each other out

While high school may have been quite competitive for a lot of us, remember that in this course there's no problem working together. Everyone will absorb the same information differently, so sharing notes and ideas are some of the best ways to develop a deep and well-rounded understanding of the content. Also, don't forget that students in second and third year are always ready to help out.

3. Be aware of what is going on before attending class

While it may seem tedious, please take the time to read through and make sense of the lecture slides before you actually attend the lecture. This will make your attendance more worthwhile because you'll have a greater chance of actually understanding the information conveyed by your lecturer.

4. Make the best of your living situation

You'll notice that you and most of your peers will be living out of home for the first time in your lives. By living with your peers you'll see that they quickly become lifelong friends so don't forget to have some fun and make unforgettable memories.

5. Stay connected with your friends and family back home

Like I have already mentioned, most of you will be moving out of home and into Bendigo for this course. While this is a major life change, remember that there is an entire world outside dentistry so put in the effort to see your school friends and family back home. It does take some effort but it's worth it.

The University of Adelaide



University Representative:
Michael O'Laco

The University of Melbourne



University Representative:
Arina Rawat



1. Don't compare yourselves to others

This is a tip generally for life. Everybody has their own strengths and weaknesses. If you find yourself feeling down because other people can do things faster and better than you or understand things quicker than you then you will be quite bummed out in your first year. Focus on yourself. Make your goal to be better than you were last week. Don't be discouraged if you are not great in the beginning. Everyone has to start somewhere.

2. Ask your colleagues for resources and support

Especially ask your upper years for notes/summaries/resources. The dental cohort is a very welcoming community and always here to help. Upper years know what first years have been through so if you ask them, they can give you specific tips and tricks for theory and practical to help you sail through your first year.

3. Follow the tips from your specific tutor

Throughout your practical classes, you will have a tutor who will mentor you on what they think is the best approach for practical. Listen to their tips because they are the ones that are marking you at the end of the day. You can, however, dis-

cuss with them alternate techniques but for the most part, listen to what they tell you.

4. Don't burn out!

Dental school can get stressful at times but it is very important to remember that you do have a life outside of dentistry. If you are someone who studies nonstop during the exam period, just remember it is okay to take a break if it does get a bit overwhelming. Go to the gym, read, watch a movie, go out for dinner. You will feel 10 times better coming back to do uni work after a little break trust me.

5. Get involved

The Adelaide University Dental Students' Society (AUDSS) and the Australian Dental Students' Association (ADSA) has so much to offer. Involving yourself in the activities from both the AUDSS and ADSA can make your experience of university life that much more exciting. AUDSS and ADSA frequently hold social events, workshops and support for dental students. You have the chance to experience a whole other side of dentistry which you do not get from attending lectures and practicals, which can enrich your journey through university.

1. Maintain a balance

Dental school will present you with lots of challenges. It is paramount to give it your best shot but simultaneously, it is important to create time for family, friends and hobbies as it will in turn provide you with an opportunity to rest, recharge and refocus on your dental journey. It is a marathon and not a race, so remember to eat well, sleep well and take care of yourself!

2. Stay organised

Whether you choose Google calendar, ical or diaries, staying organised from day 1 is crucial to save you from stressful times later on. Dental school will present you with a steep learning curve with all subjects being interconnected amongst each other. Familiarising yourself with concepts earlier on will help you lay a good foundation for all future learning and application of knowledge. Apart from allocating your time wisely, there will be lots of information thrown at you in different formats, hence, forming organised folders on your laptop or hard copy binders with all notes in one place is going to assist you in times of need.

3. Stay focussed in practical classes

Make the most of your practical class times, as

well as, the demonstrators and mentors around in these classes. Stay inquisitive and curious. You are studying for your own future and will need the knowledge from day 1 of dental school to prosper in your career.

4. Work as a group

Dental school is hard to survive and enjoy on your own. It is going to be tough and your peers will relate to you like no one else will and will offer advice in times of need. Group work in the form of group discussions, sharing of notes, creating google documents and splitting the workload will make your journey a fruitful one and less mentally, as well as, emotionally straining.

5. Have fun and make the most of your journey

You are only in dental school once, and believe it or not, time will fly by quicker than you think! Join MDSS, as well as, ADSA early on and socialise with your peers and mentors. Make use of first year camps and events as much as possible as these will help you form lifelong memories, friendships and networks. Make use of any opportunities, whether it is volunteering or helping out with class responsibilities and get out of your comfort zone to try new things!

The University of Queensland



University Representative:
Michelle Zhang

1. Join UQDSA!

It is the main and only UQ dental student organisation and pretty much everyone joins. Joining at the very beginning of first year however, means you get a free goodie bag, as well as discounted tickets for each and every event, cheaper merchandise and more!

2. Do NOT be overwhelmed when you get hit with the first 150+ slide lecture- they are not as content-heavy as they seem (often filled with a lot of images).

Please, please make the most of first year and make friends, attend every event and really enjoy uni life because it gets way more hectic in future years but even then, everyone is on the same boat!

3. Don't make your friends your competitors nor compare yourself to others

Everyone who's made it in is highly academic and there will always be someone better than you at something. The top tip is to share notes, ask each other questions, and know that there is no race to rank for a high ATAR/OP anymore and everyone can get a high GPA if you work together.

4. Keep your notes from first year!

Some of us may have developed a habit of disposing of/ burning our notes as soon as the exam is over, but in 5th year dent you will have VIVA/interview-style exams where examiners can test you impromptu on any content you have learnt since first year! 100% handy to keep a copy to revise later on.

5. Don't be afraid to source the tutors'/lecturers' emails and directly send questions.

Have the format [COURSE CODE]: _Topic/Question_ as the subject line and you'll also soon find out the most responsive lecturers. Collate lists and send them as early as possible to make revision time easier. Also ask upper years/ UQDSA reps for assignment tips as they have been through that format and the dent lecturers' marking criterion countless times!



The University of Sydney



University Representative:
Eveline Dwyer

1. Pace yourself

There is a lot of content over the whole degree but particularly in the Medical Science component of the course. It is best to stay on top of the online work each week, rather than leaving the lectures until the end of the semester. The course is very much an endurance race, so try not to burn yourself out at the beginning of the semester.

2. Always prepare for each class

It is really important for Head and Neck anatomy dissections and clinical classes that you walk in prepared. You are expected to have a good idea of what will be happening in class that day. Rather than wasting time asking questions that could have been revised alone, you can use the time to understand difficult concepts and progress ahead.

3. Join or make a study group

These are great ways for consolidating your knowledge and learning from one another. Your peers can be some of your greatest learning tools. Dividing lectures between friends can also be a great way to keep on top of things throughout the year.

4. Make use of the tooth bud program system

Navigating dentistry can be extremely difficult at times regardless of prepared you are. The best way to get through this is to ask your peers (within the year and upper years). The Tooth Buds program allocates second year students to first year students, in an attempt to create inter-year bonding and collaboration. Even if you have some friends in upper years, it's always great to join the program for some extra advice and opinions. The advice from upper years is invaluable, make use of this as much as you can!

5. Rest and relaxation

Whether it be going to SUDA (Sydney University Dental Association) events like Dentistry camp or cocktail nights, participating in dentistry sporting events or even joining the USYD gym, make sure you are making time for yourself. It's always a challenge but mental and physical health are incredibly important factors for making it through the year.



The University of Western Australia



University Representative:
Yasmine Mishani



Congratulations on getting into dental school! Here are some tips on how to survive the first year:

1. Look out for each other and don't be afraid of asking for help

- whether it's from your classmates, your tutors, or the upper years. Everyone will be happy to help. There is no competition in dentistry; we're all in this together. So don't try to do this on your own! Form study groups, a share drive and share notes to help each other study. Feel free to ask the DMD2s for help and tips. It can get intense, so use all the help you can get.

2. Stay organised

Keep up to date with everything. Once you fall behind, it will be hard to get back on track. There are about 15 lectures per week and most of them need the understanding of the previous lectures. Try to maintain a healthy schedule and revise your notes often.

3. Don't stress.

That's easy to say and hard to do but try not to feel overwhelmed about the number of the lectures or the new environment. Studying more doesn't necessarily guarantee success. It's all about studying efficiently and being smart about your time. Focus on the learning outcomes and

the most important topics. If you fall behind or fail a test, don't stress. There's always going to be a second chance.

4. Join the dental student organisations.

When you start dentistry, you are automatically a part of the UDSS society (university dental students society). Join ADSA (Australian dental students association) once you get the chance. UDSS and ADSA have a great variation of social and educational events (some are free / very cheap). It's common to feel frustrated since the first year is only medicine-based (there's only 1 dental lecture in the entire 400 lectures of the year). UDSS and ADSA will keep you involved in the dental community and help you meet other fellow struggling dental students.

5. Look after yourself

It's easy to get burned out once you start the first year. You're not alone! Take care of your mental and physical health and try to engage in sports (join one of the dent teams), or other relaxing hobbies. The staff and students are always there to help, but no one can help you as much as yourself. Remember that your marks don't define you. You're finally in dental school and now is the time to enjoy yourself.

UPCOMING EVENTS 2020

January

O-WEEK

- Meet your University Reps (Free merch)
- ADSA membership signups and join the exclusive mailing list
- Release of ADSA's First Year Booklet and O-week Video
- Back to Uni photo competition

April

World Health Day

ADSA Podcasts

- Each University representative will be discussing interesting, controversial and popular topics every week! Be sure to tune in, don't miss out on these fun and engaging podcasts!

May

World Hand Hygiene Day

National Volunteer Week

July

Cleft and Craniofacial Awareness Month

World Head and Neck Cancer Day

August

Dental Health Week

- Australia's biggest dental event. Join dentists, oral health and hygiene professionals in promoting oral health

October

World Mental Health Day

World Cavity Free Future Day

November

National Recycling Week

December

International Volunteer Day

February

World Cancer Day

- Learn about how you can contribute to the international effort. Keep an eye out for volunteering opportunities

March

Tertiary Blood Challenge

- Universities compete head to head to claim this year's trophy. Top 3 winners can claim a \$1500, \$500 & \$250 prize for their respective University clubs to keep.

World Oral Health Day

ADSA Podcasts

June

ADSA Convention 2020

- Join ADSA's biggest social and academic event. See page 18 for details.

September



R U OK Day

- Check up on your mate. Learn about what services are available. Help tackle one of the biggest problems in the profession

ADSA Wellness Week

- Check in on your mental, physical and emotional health

Volunteering Opportunities

YEAR LONG



ADSA Cup

ADSA Talks

- Be sure to subscribe to our mailing list, follow our social media and check our website. Tune into seminars on topics not taught at school
- Learn about specialisation, scope or practice, setting up for graduation and business management.

Volunteering Opportunities

adsa TALKS
Est. 2017

Series 01
**CONSENT, COMPLAINTS,
AND LITIGATION IN DENTISTRY**
with **DR. ALEXANDER HOLDEN**
1st May 2019
Stream 1: 7pm AEST
Stream 2: 7pm AWST

ADSA Talks

adsa TALKS
Est. 2017

Series 10
**A DAY IN THE LIFE OF
A PAEDIATRIC DENTIST**
with **Associate Professor
Richard Widmer**
31st July 2019
Stream 1: 7pm AEST
Stream 2: 7pm AWST

TOPICS

1. Life in a Paediatric Teaching Hospital.
2. The (first) dental visit for a child.
3. Several cases to work through.

adsa TALKS
Est. 2017

Series 11
**ERGONOMICS AND WELLNESS
IN DENTISTRY**
with **Dr. Aniko Ball**

TOPICS

1. Understand the cause of occupational chronic pain
2. Recognize the harmful habitual work postures
3. Gain knowledge of biomechanical design
4. Develop postural awareness

adsa TALKS
Est. 2017

Series 12
**FIRST YEAR OUT OF
DENTAL SCHOOL**
with **Dr. Nauvneel Kashyap**
9th October 2019
Stream 1: 7:00PM AEST
Stream 2: 7:00PM AWST

TOPICS

1. Interview tips and sample questions
2. Mentoring
3. Dealing with staff and difficult patients

adsa TALKS
Est. 2017

Series 13
**DENTO-FACIAL
AESTHETICS**
with **Dr. Myles Holt**
6th November 2019
Stream 1: 7:00PM AEST
Stream 2: 7:00PM AWST

TOPICS

1. What is Dento-Facial Aesthetics?
2. Why should you know about this?
3. What can you offer to your patients?

The ADSA Talks are a series of online webinars presented by well known industry professionals, including guest lecturers, current dentists and specialists. The talks are often aimed to address dental education which is not focussed in dental school in order to provide insight and another perspective dentistry which students may not encounter while at university. The talks are released throughout the year, and are accessible by all dental and oral health students.

The topics are decided from the annual ADSA national survey, which is accessible for all dental and oral health students at the end of the academic year. We encourage you to complete this survey especially if you would like to see certain topics in the future. Some topics delivered in the past include ergonomics in dentistry, specialisation in dentistry, and the business aspect of dentistry. Sign up to ADSA's mailing list in order to receive links to these talks, and feel free to contact your university representative for more information.

ADSA CONVENTION

29 JUNE- 05 JULY

ADSA Convention is coming to Melbourne in 2020!

Mark your calendars for the annual ADSA Convention held in Melbourne in 2020! From Monday 29th June until Sunday 5th July, ADSA will host a variety of stimulating events to suit all year levels, all around Australia.

The academic calendar will feature hands on workshops, special guest lecturers, and thought-provoking topics during the daytime, followed by an extensive line-up of social events at night time. From a networking night, a bar hopping night, and even a day trip down to Mornington Peninsula, the week culminates with an extravagant Gala Ball located at the heart of Melbourne's CBD. This is the perfect opportunity to forge life-long friendships and connections with dental and oral health students all over the country!

Explore the stencilled alleys of Hosier Lane, or the rustic hipster cafés tucked away in Melbourne's most popular laneways. Come to ADSA Convention 2020 and have an unforgettable experience no matter what you decide to do!

MELBOURNE

ADSA CONVENTION 2020



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 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 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.adohta.net.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

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 Health Foundation (ADHF) is an ADA affiliated organisation. Their aim is to provide dental care to all Australians, especially those who have limited access to dental care. Please register at: <https://www.adhf.org.au/volunteer-2/>. <https://www.facebook.com/australiandentalhealthfoundation/>

The Dental Hygienists' 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

Useful resources

Whether you are fresh from high school, returning from a gap year or a transfer from another course, you will find ADSA's collated directory of resources a fantastic starting point. We hope these will help you with your research, study or general reading pleasure.

ADSA Website

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

www.adsa.org.au

The Dental Trauma Guide

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

www.dentaltraumaguide.org

Therapeutic Guidelines (aka the Clown Book)

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.

www.tg.org.au

ADA National Library

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

www.adansw.com.au/Library

General Dentistry Glossary and Concepts

Create your own flash cards or access a library of publicly available flash cards!

quizlet.com

Facebook groups to join

Pocket Radiologist
Dent Memes Gang
Next Generation Dentists

Bone Box – Dental Lite

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



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