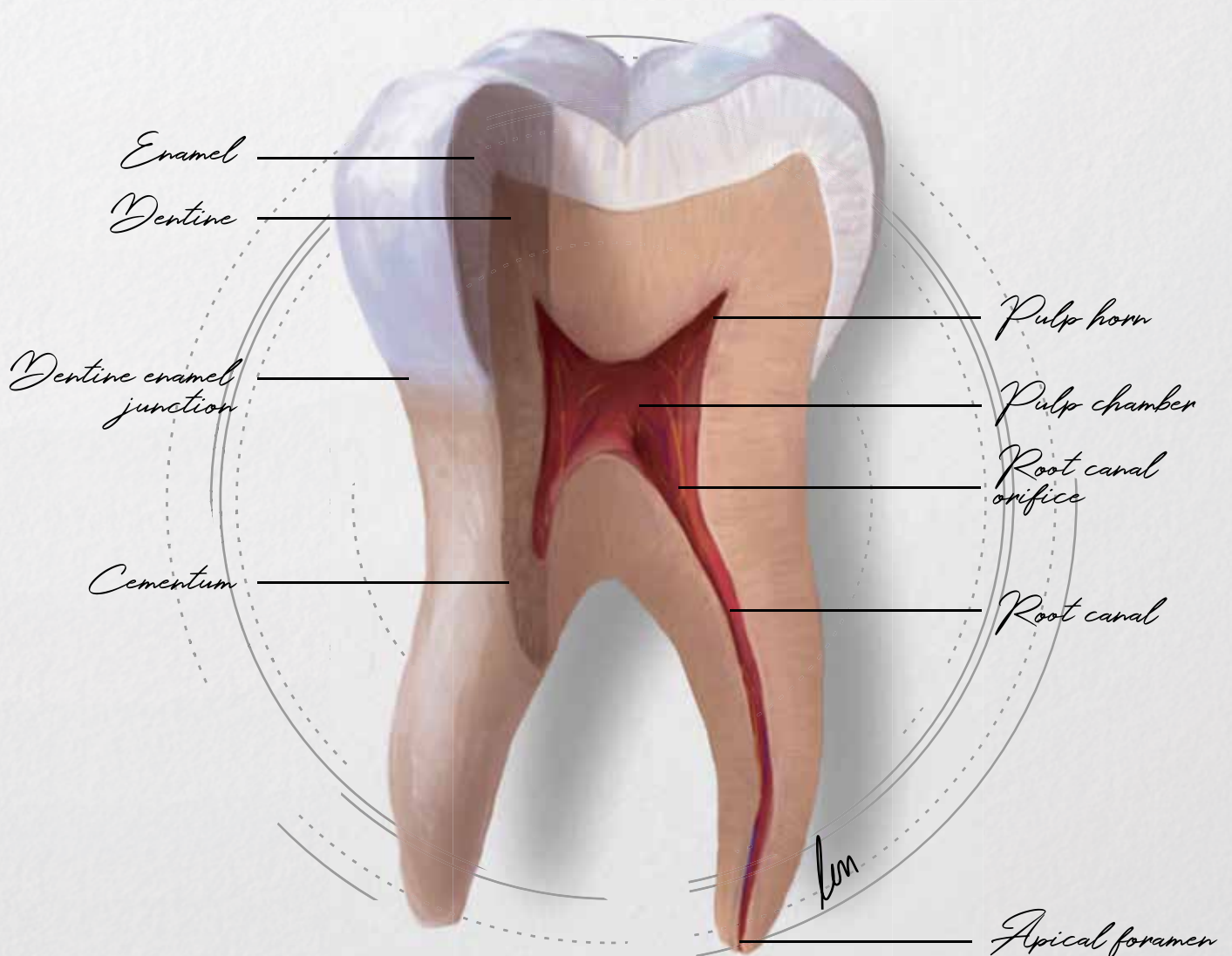


# *First Year* **HANDBOOK**

## — 2021 —



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# About this Guide

Dear First Years,

Congratulations on your entry into dentistry or oral health, and welcome to the Australian Dental Students' Association (ADSA)! Starting a new course is often exciting yet scary with little to know what to expect. We have put together this booklet specifically for you to get to know some of your ADSA community and to gain some advice as first years.

This handbook introduces who we are as a nationwide student run organisation, which you are automatically a part of, and what it has to offer. Some great initiatives are planned this year for all students as a means to get to know fellow students around the country, further enhance or introduce knowledge which may not be taught at a university level, as well as introduce you to the professional world of dentistry and oral health including professional support networks and organisations, just to name a few. Some of ADSA's events and initiatives planned for 2021 include the ADSA Cup, ADSA Talks, season 2 of the Brace Yourself Podcast series, and numerous volunteering opportunities, all of which you can be involved in throughout the year. Our biggest and undoubtedly most exciting event of the year is our annual ADSA convention, which will be held in Melbourne this year. Information regarding what to expect for the convention can be found later in this handbook.

Find your university page in the '5 Tips to Success from your university representatives' section, as your ADSA representative has prepared some advice specific to you to help you transition into your new course. Be sure to also involve yourself during ADSA O-week where you can learn more about ADSA and life as a dental/OH student.

On behalf of ADSA, we wish you all the best for the year ahead. Involve yourself with ADSA as much as possible for a fun and memorable year. Try your best this year and beyond as you will grow and develop not just as a student but as a person. Be sure to check out ADSA's publications throughout the year and follow us on social media. If you would like to share your experience as a student or have any ideas for our publications, feel free to contact me via messenger or the ADSA publications email ([publications@adsa.org.au](mailto:publications@adsa.org.au)).

Good luck!!

**Furqaan Ahmad**  
**2021 Publications Officer**





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## ADSA PRESIDENT'S WELCOME

A massive congratulations on finishing a tough year and making it into dental school!

This is the beginning of a new and extremely exciting chapter of your life as a dental or oral health student and the Australian Dental Students' Association (ADSA) is here to support you through this rewarding journey.

Membership is completely free and ADSA's many programs, resources, and events have been benefiting students for 12 years now. I am honoured to represent you as the President of this truly supportive community through which I have met so many inspiring and like-minded peers.

By working closely with your local dental student society, we provide a range of incredible opportunities. We run numerous nationwide events throughout the year that help to unite the dental professionals of the future, with our biggest event being the annual Convention to be held in Melbourne this year. Come and join hundreds of students across Australia for a week that you will not forget!

Now is the perfect time to get involved and make the most of everything that ADSA has to offer. Though you can't stalk us on TikTok just yet, you can learn more about what we do and keep up to date by following ADSA on Facebook, Instagram, and YouTube.

To kickstart the relationship between you and ADSA, we hope you will be able to find some value in the words of wisdom kindly provided by your friendly local ADSA representative. The following pages will explain how our ADSA team is working hard to support and look after you.

Wishing you all the best with first year,



**Joanne Ling**  
**2021 ADSA President**



# ADA PRESIDENT'S WELCOME

It is a pleasure and a privilege to welcome you to the dental profession on behalf of the ADA and to congratulate you for the hard work that you have done to be accepted into your dental course.

While we are currently in an uncertain environment due to the COVID-19 pandemic one certainty is that at the successful end of your studies you will be entering a great profession which will enable you to have a rewarding career caring for your patients and contributing to the oral health of the Australian population.

Also it is inevitable that you will see much change in both the way you practise dentistry and the environment in which dentistry is practised. The training you will receive and the support from the ADA will help you embrace this change as the years go by.

The ADA is the professional organisation which will support you throughout your practising lives. It also works with all the stakeholders involved with the dental profession to support and influence the environment in which you will work. Membership is complimentary for dental students and offers an extensive range of resources for you. You can access information from the websites of ADA Inc at [ada.org.au](http://ada.org.au) and the ADA Branch in your state.

I hope that you enjoy your studies over the next few years and wish you success.

**Dr R. Mark Hutton**  
ADA President



# About ADSA

The Australia Dental Students' Association (ADSA), is a student run organisation representing all dental and oral health students across Australia. Being the only national student body, we aim to bring together all dental and oral health students to enhance your student experience as well as add value to your careers. We provide 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 student's interests and aim to promote positive changes in our university education. Here are some of the ways ADSA can help you through your university journey:

## COMMUNITY:

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

## OPPORTUNITY:

- Volunteering
- Scholarships
- Awards

## NEWS:

- Articulate
- First Year Booklet
- Graduate Booklet

## EDUCATION:

- ADSA Talks
- ADSA Convention
- ADSA Graduation Series
- Student Centre Online

## SOCIAL:

- ADSA Convention
- ADSA Cruise
- Competitions

## RESOURCES:

- Health & Wellbeing blog
- Colgate Student Education





# 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.

President



Joanne Ling  
La Trobe University

Vice President



Kylin Shi  
La Trobe University

Secretary



Michael O'Laco  
University of Adelaide

Treasurer



John Do  
La Trobe University

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Philip Nguyen  
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Nicole Wong  
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Rohit Khanna  
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Han Pham  
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Convenor



Peter Ho  
La Trobe University

Convenor



Angela Huang  
La Trobe University

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Lisa Todaro  
The University of Melbourne

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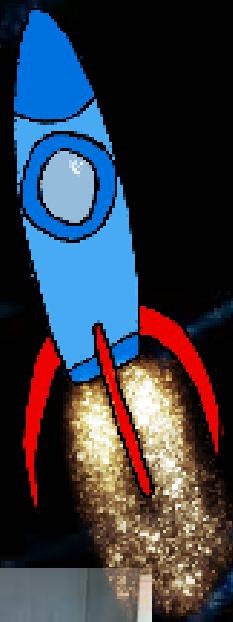


Jenna Kerbrat  
The University of Melbourne





# ADSA 2020-21 ADSA



## 5 TIPS TO SUCCESS FROM YOUR UNI REPRESENTATIVES

### University of Adelaide

Uni Rep: **Uday Sen**



#### 1. Once is a mistake, twice is a problem (LEARN FROM YOUR MISTAKES!) -

As dental students, failure is a part of our learning curve and this becomes particularly apparent in later years as we tackle restorative dentistry. The biggest piece of advice I suggest is to conduct a self-reflection on your performance in each clinical component. Then you can identify areas of weakness, implement strategies for improvement and gauge your progress. You're debilitating your progress if you continue to make the same mistakes more than once!

**2. Get involved** – We all know how difficult it can be transitioning into university life as we commence our first year. This is exactly why dental students need to ensure they get involved in extracurricular activities like sports, volunteering opportunities and student committee groups. This will enable you to socialise, develop relationships with peers and establish a network amongst colleagues which can help develop a “family” atmosphere amongst the cohort. This is especially important for those of you who moved from overseas/inter-state.

**3. Don't underestimate the importance of hard work** – As you progress through your first year, you may find it difficult to establish a study routine, juggle a social life and prioritise your own mental well-being. Subsequently, some students can find themselves falling behind class activities, skipping lectures and being caught in a down-

ward spiral. As someone in my third year of the course, I want to reiterate the importance of staying on top of study material and establishing study routines which will act as a foundation for your learning methodology in following years.

**4. Work hard, play even harder** – As a first year, I was surrounded by lots of colleagues who took study way too seriously. Although this is commendable, the first year of dentistry is significantly easier than the subsequent years which makes it a perfect opportunity for students to socialise, make friends, go out for meals and hang out with each other.

**5. Develop a growth mindset and utilise spaced repetition for your study** - Whether it be immunology, remembering the steps for a full oral examination or evaluating a bitewing radiograph, as students we have the capacity to develop a deep understanding of any study material through spaced repetition. As I was progressing through first year dentistry, I was introduced to a revolutionary application called ANKI which enabled me to categorize learning through topics and constantly test myself to embed the knowledge into my long term memory. I highly recommend this application because it helps solidify learning concepts, categorize it for future years and develop a deep understanding of topics.



# Griffith University

Uni Rep: **Cheree He**



## **1. You are exactly where you need to be right now**

Transitioning from high school to uni is a huge jump, especially if you are moving out of home to a completely new state. It's easy to feel lost and unsure if you made the right decision. I definitely felt that way. But be patient with yourself! Remind yourself to take things as they come. You'll experience things differently to how you expected it to be, and that's okay. It's all part of the process!

## **2. GUDSA? ADSA?**

What are these dental student organisations, and why do they sound the same?! GUDSA is Griffith University's dental society, and you are automatically a member when you start the course. I highly recommend you go to GUDSA's 1st Year Cocktail Mixer, which is an awesome night for you to meet and hang out with your amazing cohort. ADSA is the national body that connects all dental and oral health students across Australia. We have tonnes of academic and social opportunities for you to make the most of your dental school experience. Sign up on our website – it's free!

## **3. Prepare for the new term**

Before you start your first year, make sure you are familiar with Learning@Griffith and myGriffith. Spend some time navigating each site to figure out how to access your courses and where announcements will be posted. This will give you a head start to the term. You are in control of your own learning, so start early and your future self will thank you.

## **4. Explore the Gold Coast**

As Griffith University students, we are so lucky to be able to study at such a beautiful location! The Gold Coast has so much to offer. Go out and explore the beaches, do some retail therapy at Harbour Town, or plan a trip with your friends to Dreamworld. If you want to go out for a feed, be sure to check out GUDSA's sponsor page for discounts at local cafes and restaurants!

## **5. Apply for credit**

There's no doubt that dental school is academically demanding, so if possible, apply for credit for any prior learning. If you're lucky, you can fit some 2nd year courses into your timetable, which means you'll reduce your workload for next year.

# La Trobe University

Uni Rep: **Lillian Yu**



## **1. Organisation and Time management.**

Needless to say, these are two very important qualities everyone must have to stay on top of things. The workload is heavy and once you fall behind, catching up with the content is extremely stressful. Don't leave everything to the last minute, come to each lecture prepared, make notes as you go through the contents and learn them throughout the semester. You will find yourself feeling much more prepared when the exams come.

## **2. Get involved and make friends.**

While it is important to study hard, there's more to life than just studying (surprise surprise?). There are many events organised specifically for first years to get to know each other and break the ice. Make full use of these opportunities to socialise and create lifelong memories with the people you will be sharing the next 5 years (and potentially more) with.

## **3. Work as a team and support each other.**

For the remainder of the course, the people you study with will be your new family away from home. You want to pass every year and graduate with the friends you started the journey with, not leaving them behind. Don't compete against your peers but work as a team and learn from

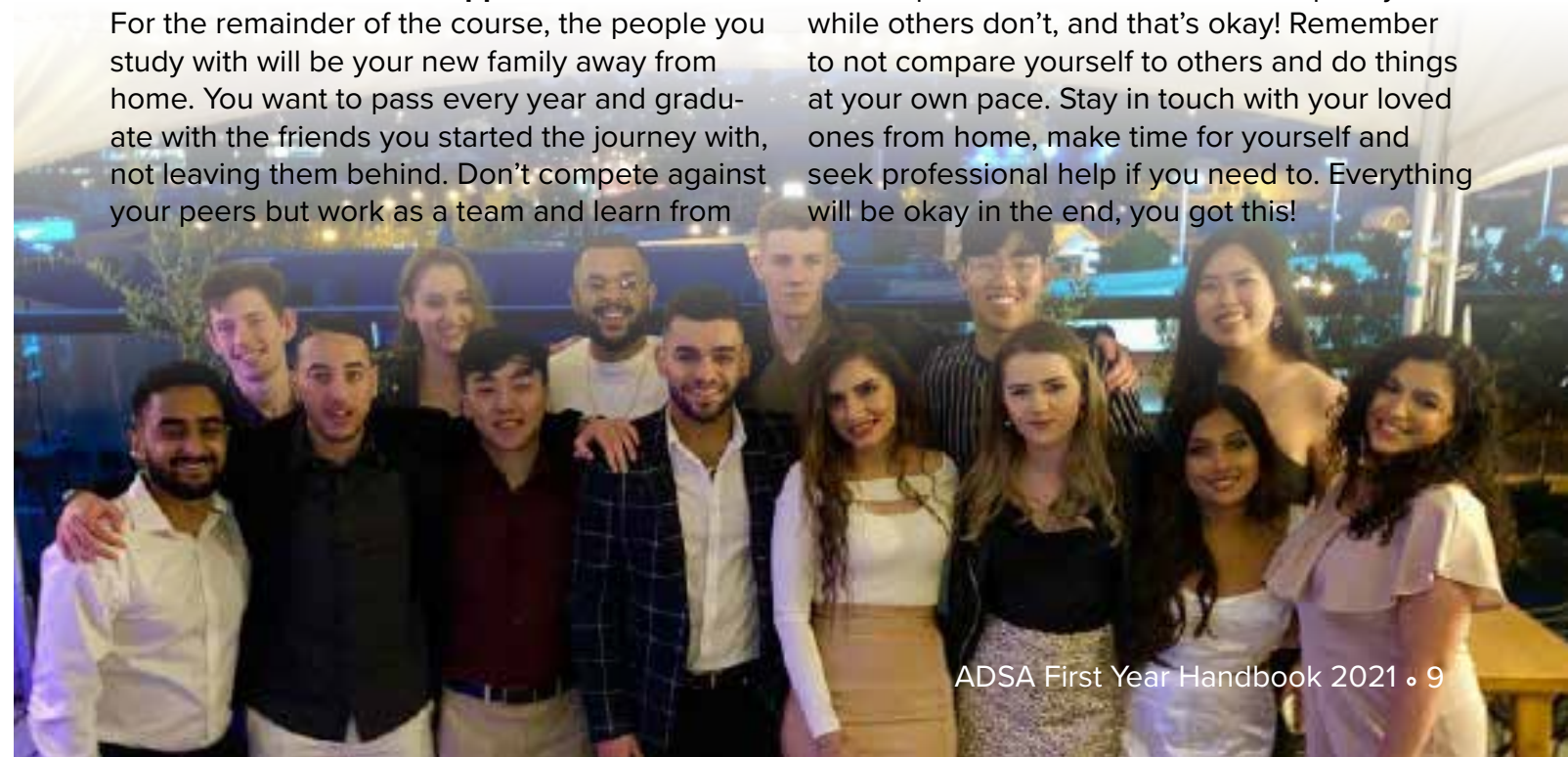
each other instead. Sharing notes and dividing lectures can also be extremely helpful if the workload gets too heavy. Together everyone achieves more!

## **4. Don't be afraid to ask for help.**

While the idea of seeking help can be intimidating for some, remember that making mistakes and asking for feedback are part of your learning process. It is much more stressful to figure things out on your own than to clarify what you don't understand with your lecturers. If you're not comfortable with talking to them in person, you can always drop them an email.

## **5. It's okay to not be okay**

For most of us, studying in Bendigo means stepping out of our comfort zone and moving away from home to pursue a future in this career we love. The transition from high school to university can be overwhelming and studying away from home doesn't help making it any easier. Some can adapt to their new environment quickly while others don't, and that's okay! Remember to not compare yourself to others and do things at your own pace. Stay in touch with your loved ones from home, make time for yourself and seek professional help if you need to. Everything will be okay in the end, you got this!





# The University of Melbourne

Uni Rep: **Vincent Hou**



## **1. It is completely okay to be nervous, because I definitely was!**

It will almost feel like your first day of high school all over again - Although you will be a few years older with a degree or two behind you, the jitters will still kick in. Being nervous, anxious, or even intimidated by new surroundings is normal, these feelings are what make us all human. But just remember: Everyone is feeling the same way more or less, so building a supportive and friendly community from day 1 is so important for enduring the long journey ahead. Get to know your cohort because they will be your new extended family!

## **2. Never hesitate to ask for help and advice- Everyone is learning.**

There will be so many moments in pre-clinic, where your hands just aren't in control. Or in seminars, you fall behind on content and you feel completely lost - These aren't hypothetical situations, because that is honestly how myself and many others felt. The real game-changer for me was putting all pride aside and simply asking for help and advice: Whether it be a demonstrator, a colleague, or a mate from the year above, don't be afraid to reach out and listen to their experiences, because that bit of guidance is nothing but priceless.

## **3. Get involved - You won't be a student forever**

Many of my friends in various fields are now in the workforce - Some love their job, some not quite so much. But their reflections on university life have always been the same: "Oh, I wish I did more in uni".

Work life will be hectic but rewarding as a dental professional, and the academic pathway preceding it is no different. It is a lie to say you won't be busy during your dental degree, but in between your studies, contributing to your student society, mentoring new incoming students, or even just attending the social events, will really decorate this busy journey with countless unforgettable highlights.

## **4. Find balance - Don't let studying consume you!**

I am a true believer of finding balance with study and work - Whether it is through sport, gym, music, art, or even a part-time job, or even simply catching up with old mates over a juicy parma at Universal, these things truly matter for your sanity. Dental school is a grind, but it cannot consume your life. By all means, study hard and strive for your goals, but taking a breather regularly is crucial for both your mental well being and ability to study effectively.

## **5. Trust. The. Process.**

No one's journey will be a stroll in the park. Yes, some will master hand skills faster, but some will find clinic more daunting than others. Some might even take an extra exam or extra year to progress. Most importantly, you will make many mistakes along the way - The key is how you approach these mistakes: Do you dwell on it and bring yourself down, or do you reflect on what went wrong, and improve on it? I don't want to be generic and chant these slogans, but for those familiar with my boy Jeremy Lin's NBA story, good things will come for those who put in the work, reflect on their shortcomings, and keep at it.

# University of Western Australia

Uni Rep: **Lilly Liu**



## **1. Get involved in your dental school society (UDSS) and ADSA**

When you start dentistry, you are automatically a part of UDSS (University Dental Students Society), but also join ADSA early on and attend social events, educational seminars offered by these 2 societies to make the most out of your dental school experience. Being part of these clubs, allows for collaboration with other dental students both in your course and across Australia. Get excited, keep your eyes peeled for events and attend them!! There will be excellent opportunities to learn more about the world of dentistry.

## **2. Try to find a study routine that works for you and remember to take breaks**

Dental school is content heavy from day 1 so it is important to stay organised and find a study routine and use techniques that work for you. Even though taking breaks may seem counter intuitive, they can actually help you improve your focus. Personally, I really like using the pomodoro method, I found it helps with focus and you can adjust the times if you wanted a longer study session. This is one example but be sure to find what complements your own learning style and preferences and be adaptable depending on what you are learning.

## **3. Don't be afraid to ask for help and help each other in your cohort**

There are no stupid questions, and likely other people have a similar question. Dental school is the best opportunity to learn from experienced lecturers, nurses and staff. Get to know people in the other year levels, and you never know they can provide invaluable advice and resources! Get to know everyone in your cohort and lend each other a hand!

## **4. Always try your best and try not to compare yourself with others**

Whether it be manual dexterity, theoretical exams or practical work it is really easy to compare ourselves to the peers around us and beat ourselves up if we are not performing up to the standards of others. But we are all working at a different pace and it is important to just be better than what you were yesterday. Dentistry and life is a marathon and not a sprint

## **5. When times get tough, remember your "why"**

Dental school is challenging but when the workload becomes too much or stress levels are high, ask yourself why are you studying dentistry? This is a very personal question to you and it is good to reorientate yourself and ask yourself why you decided to embark on this journey in the first place. Remember, never give up and you are not alone. It is all worth it in the end!





# University of Queensland

Uni Rep: **Lisa Zhu**



## 1. Study together

I know everyone is used to good ol' high school competition but really the most successful way to learn is through working with others. Since you're not competing against anyone in uni, you might as well help each other out. Everyone learns and retains information differently. It definitely makes a difference if you're cooped in your room for like, 8 hours a day studying the wrong content – take it from me.

## 2. Attend the UQDSA events

In this course you pretty much get to know most of your cohort but if you really want to get involved, the UQ Dental Student Association is absolutely the way to go. Although most people sign up, not everyone goes to the events which is totally counterintuitive if a) you like free food and b) if you like free events (and if you like to mingle). With that being said...

## 3. Find non-dentistry friends

This may sound easier than it looks and honestly, if you've moved from interstate or internationally, your main focus is often dental school and dental school only. Of course this is of high priority, but to be blunt, it is inevitable you'll be spending time with your cohort whether you like it or not so why not branch out and look at joining other clubs or activities. After all, it's not worth losing your hob-

bies and interests.

## 4. Enjoy holidays – they're a luxury

Imagine being in the workforce and having to apply for annual leave after a socially appropriate time of working in your job. This won't be the case for everyone but it's certainly something to note. If your mental and physical health can take it, go out and do something! Whether it's volunteering, going hiking, venturing to New Zealand, I wouldn't take the holidays for granted. Money can be a finicky topic, but sometimes it's worth spending on experiences.

## 5. Enjoy what you study

Truthfully dentistry isn't for everyone, and not every subject is enjoyable. It can be very evident people study dentistry for different reasons, and sometimes you need to keep an open mind. For those with no dental family background, finding your footing can be rocky to begin with. I didn't even know – and maybe you don't – that teeth were numbered! Hang in there and try your best, uni is all about learning, so make mistakes. One great thing about being a student is that you have a lot of resources (for free) at your fingertips so make the most of it :D

Truly uni is such a fun time and I hope I get to meet you in the future!

# James Cook University

Uni Rep: **Laura Vu**



## 1. Leave your shy side behind and socialise!

Come out of your shell and get chatting! O Week, social events, classes and your location of residency are opportunities for you to branch out and meet new people to create memories and foster lifelong friendships with! Whether activities are dumb, crazy or weird, these are the memories which you and your friends will still talk about, even in the future!

## 2. Prioritise and be patient with yourself

First year is a steep learning curve and takes time to adapt to. Don't be afraid to experiment and find what learning techniques are most effective for you to learn. Take things one step at a time, find your feet and don't be too harsh on yourself. Put your health first to avoid feeling burnt out as work isn't your life but only a part of it. Take breaks to recharge yourself with more energy to tackle the things you've got to do.

## 3. Reach out and ask for help!

If you're finding it hard to understand something, it's most likely that the person next to you is in your shoes too. **YOU ARE NOT ALONE FEELING THIS WAY.** Lecturers are willing to answer your questions, so don't hold back and ask! Your peers and lecturers are here to support your journey to

becoming a dentist!! Don't be afraid to ask for help!

## 4. Organisation is key

Feel in control as the workload accumulates by being organised. Get a big yearly calendar and write down important dates (e.g. assessments, social events) early to get an overview of the semester. You will be able to foresee what things to do and when to do them to stay on top of it. Breaking down the things you need to do with lists is also helpful (plus ticking off the stuff you've finished will feel sooo satisfying).

## 5. Practice the balanced life and better habits now

Out of all years of the degree, 1st year is ideally the year to test drive new things for yourself. Trying to fit non-work-related activities (e.g. exercise, something fun) into your schedule will ensure you don't feel burnt out. This can help you strive towards a balanced life, which can be applied throughout or even possibly beyond the degree. Do yourself a favour and practice good habits as soon as you can! Working at a desk than the bed, having good posture and being punctual are some good habits 'future you' will definitely thank you for!





# Central Queensland University

Uni Rep: **Priya Prasad**



## 1. Ask! There are no silly questions!

One thing I always struggle or rethink about myself is “Should I ask that question?”, “will I look silly?” It’s better to ask and know more information than let your mind confuse you! There are absolutely no silly questions! So, ask away! Though, try not to ask the same thing over and over again.

## 2. It is not a RACE!

Life is moving so fast! People around are in a rush! Sometimes, you might want to take a moment to collect yourself! TAKE IT! Nothing is a RACE in life! Have a competition but your competitor should be yourself! Try to be the best of yourself and work on yourself. Try not to compare and get worked up!

## 3. It is OK to not BE OK!

It is hard out there and we are all in the same boat! You might feel like you are the only one struggling but trust me we all are and we are all in it together! So, if you do not feel ok, ask for help! It is OK to not be OK!

## 4. Find a CIRCLE who understand you! And Hold on to them.... For EVER!

Friendships made in UNI last for a lifetime! Just like your school BFFs! It might take a while to find that gang but make an effort and cherish this friendship!

## 5. Do not forget your friends and family back home!

Life at uni can get fun, busy and even stressful. But remember, there is a spine back home for you! Love them and keep in touch! When life gives you lemons, at least you have an awesome team back home to make you lemonades! So, keep them close!



# Charles Sturt University

Uni Rep: **Quyen Vo**



## 1. Be kind to yourself

Dentistry is a difficult degree, and you may have moments of stress and self-doubt every now and then. During these times, remember to take care of yourself – eat properly, stay hydrated, exercise regularly, and maintain a good sleeping pattern. Your health and well-being are your priorities, so don’t let yourself become too overwhelmed. Instead, take the time to recharge and renew your energy, and ultimately maintain a healthy balanced lifestyle.

## 2. Grow your circle

Your cohort is fairly small and you’ll be seeing the same people in your class over the next 5 years – so enjoy it by introducing yourself, socialising, and making others feel included and comfortable in the same environment. Don’t be afraid to ask others for help or to lend a helping hand; you’re all in the same position, so you should help each other to reach the finish line together.

## 3. Stay organised

There’s a lot of content to learn throughout this 5-year degree so try to stay on track by using a planner or calendar to make sure you get things done. My biggest tip is to summarise your study notes at the end of each semester after your exams, so you can easily look back and quickly revise all the content you’ve covered over all the years of dental school. This is particularly useful when you’re studying for the big exams like the Viva Voce, and you can thank yourself later!



## 4. Make and maintain connections

Most of you would be moving out of home and into Orange to study at CSU. So, make the best out of your living situation by getting involved and making new friends by joining the CSU Student Dental Association (SDA) and, of course, ADSA! Many of you will also be living in the on-campus accommodation (Residence Life), so don’t be scared to introduce yourself to the 2nd-5th year dental students, and students from other degrees as well. Everyone is extremely friendly and excited to meet you guys, so don’t be afraid to say hi! Don’t forget to also stay in contact with your family and friends from home, and catch up with them whenever you can.

## 5. Don’t be afraid

When times get overwhelming during your course don’t be afraid to ask for help, whether it be from a friend, a senior student, or one of your lecturers. Everyone is here to help each other, and our ultimate goal is to help everyone have a smooth journey towards graduation. Also, don’t be afraid to nominate yourself for student positions in your year group, SDA and ADSA. Although this course may sound like a long journey to you right now, 5 years pass by incredibly quickly – so be bold and don’t be afraid to give everything your best shot!



Uni Rep: **Natasha Leggat**



## 1. Create a beautiful study space

Figure out where you get the most out of your study, whether that be in the library or at home. If you're studying at home create a designated space that is comfortable to be in – decorate it, hang artwork, invest in house plants – whatever pleases your eye! Make it a place you look forward to being in.

Ask more to learn more

## 2. Ask questions and ask multiple people

Make study groups, ask in your group chat, ask other year groups! Partake in discussions – you will get the most out of your learning by doing this. 50% of what you learn is through discussion and 90% when you teach someone else, so help each other out! Remember – you're amongst future colleagues not competitors.

## 3. Failure is a learning opportunity

You are not going to be perfect at something you have not done before so don't be hard on yourself if you stuff up! We've all been there – refer to above point and think about what went wrong –

discuss where you think you made the error and seek feedback from your tutors. Nobody learns from being perfect!

## 4. Structure is key

You will struggle if you don't have a schedule, take some time to create one that is easy to follow – paper based or electronic makes no difference just as long as it works for you. If you fall behind it's not easy to catch up so don't be lured into a false sense of security by thinking you can do extra to make up for a day. It sounds easy – it isn't!

## 5. Figure out your learning style

Everybody learns in different ways and some are still trying to figure it out. You may be starting your degree straight out of high school or you might have had a few years off, don't be hard on yourself if you haven't got it figured out straight away. Remember – some topics may require a different approach to what might usually work for you!



Uni Rep: **Eveline Dwyer**  
(2020 rep)



## 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.





# Upcoming Events 2021

## 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

## February

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

### 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.

## March

- World Oral Health Day

- ADSA Podcasts - Season 2 of Brace Yourself
- Each University representative will be discussing interesting, controversial and popular topics every month! Be sure to tune in, don't miss out on these fun and engaging podcasts!

## April

- World Health Day
- ADSA Merchandise First Official Launch**

## 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

## 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

## October

- World Mental Health Day
- World Cavity Free Future Day

## November

- National Recycling Week

## December

### ADSA Convention 2020

- Join ADSA's biggest social and academic event. See page 20 for details.

- International Volunteer Day

## All Year Long

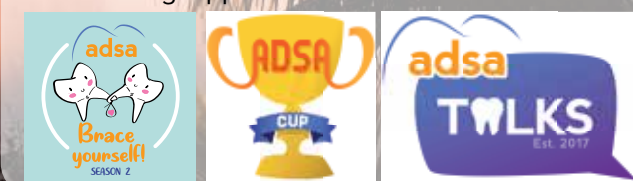
- ADSA Podcasts - Season 2 of Brace Yourself

- 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

ADSA Talks is an initiative we run for a few years now for the students and involves providing informative webinars on topics which might not be touched upon during your university studies. We really hope that these talks enable the students to develop their interests and build skills which they may be able to apply in the preclinical and clinical settings or even as a new graduate. We try to space our talks evenly throughout the year so keep your eyes and ears peeled and ask your university's ADSA Rep regarding when they will be!

Previously we have had talks on topics such as dento-facial aesthetics, day in the life of a paediatric dentist and ergonomics in dental practice just to name a few. This year we hope to continue to increase the scope of topics which we will discuss and plan to have talks on biomimetic dentistry, forensic odontology and many other topics. These talks will be available for those who have signed up to the ADSA mailing list so make sure you sign up for an ADSA membership. It is free! If you can't attend the live session, don't worry, we do have YouTube recordings available for our members for 7 days.





# ADSA Convention Melbourne 2021

Dec 5th - 11th

Mark your calendars for the annual ADSA Convention held in Melbourne in 2021! Having postponed our event this year due to restrictions in 2020, we are expecting our biggest convention to date. From Sunday 5th December until Saturday 11th December, 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 2021. and have an unforgettable experience no matter what you decide to do!



MELBOURNE

ADSA CONVENTION 2020

COVID EDITION

## Important Organisations

You may encounter a range of unfamiliar acronyms of important organisations affecting you. We have tried to summarise the major organisations concerning oral health therapists and dental hygienists below.



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](http://www.ada.org.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](http://www.adohta.net.au)



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](http://www.iads-web.org)



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](http://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.



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](http://www.dhaa.info)



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/australian-dentalhealthfoundation/>



# 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](http://www.adsa.org.au)

## General Dentistry Glossary and Concepts

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

[quizlet.com](http://quizlet.com)

## 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](http://www.adansw.com.au/Library)

## Student help

ADA member and newsletters

ADSA website (Student centre: volunteering, ADSA talks, ADSA podcasts etc)

ADSA youtube channel

Finance: University's Scholarship page (<https://www.studyassist.gov.au/>)

<https://www.studyassist.gov.au/>

<https://www.studyassist.gov.au/>

## Facebook groups to join

DPR

Young Dentist Hub

General Dental Study Club

Pocket Radiologist

Dent Memes Gang

Next Generation Dentists

## 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](http://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](http://www.tg.org.au)

## Dental anatomy apps on apple store/google play

(Bonebox- Dental Lite), Dental Anatomy, LA)

Free interactive apps available on Apple and Android for examining and identifying tooth morphology and other basic dental related anatomy

## Other helpful resources

eTG

<https://www.iadt-dentaltrauma.org/>

<https://www.pbs.gov.au/browse/dental>

Colgate Student Education (<https://www.colgateprofessional.com.au/students>)

Australian Government Department of Health Facebook Page for Covid Updates (<https://www.facebook.com/healthgovau>)

Cameron, A. C., & Widmer, R. P. (2013). Hand-

book of Pediatric Dentistry E-Book. Elsevier Health Sciences.

## NEW! ADSA Merchandise Launch 2021

Traditionally the ADSA convention has been our only opportunity to invest in some chic dental school clothing. While our popular convention hoodies and t-shirts will still be available in December, ADSA's design team has introduced a whole new range of ideas for merchandise which will be released throughout this year.

For the first time you will be able to purchase the best looking **dental school themed keyrings, tote bags and patient clinic record books, just to name a few.** Be sure to follow us on social media to grab your merchandise as quickly as possible upon release before they run out!



ADSA members get all of Bite's dental content

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To get yours - just visit  
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## Special thanks to

### DESIGN

Joanne Ong  
Chi Jin

### PUBLICATIONS

Furqaan Ahmad  
Cherine Lit

### ADVERTISING ENQUIRIES

Rohit Khanna  
[sponsorship@adsa.org.au](mailto:sponsorship@adsa.org.au)

### PUBLICATION SUBMISSIONS AND ENQUIRIES

Furqaan Ahmad  
[publications@adsa.org.au](mailto:publications@adsa.org.au)



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