

FEBRUARY 2021

BRACE YOURSELF

TAKE A PEEK!

GET TO KNOW YOUR PEERS AND SENIOR DENTAL STUDENTS

JOIN CLUBS AND SOCIETIES

FAMILIARISE YOURSELF WITH YOUR UNIVERSITY'S STUDENT SERVICES

DRINK SAFELY

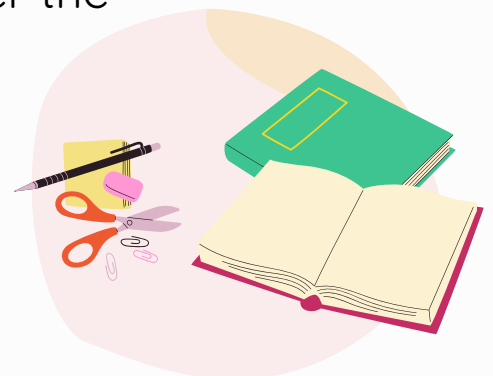
FAMILIARISE YOURSELF WITH ASSESSMENTS DUE DATES

STAY POSITIVE

BE CHILL

Brace yourself for a new year of uni

It's that time of the year where we countdown the days till the beginning of a new year of dental school. Whether you're a first-year student about to embark on their dental school journey or a returning student, it can take some time shaking out of holiday mode and getting into gear for uni. If you're worried about getting back into your studies or navigating your way through uni life (don't worry we are too), keep reading this blog... we've got some awesome advice to help you conquer the university year ahead.





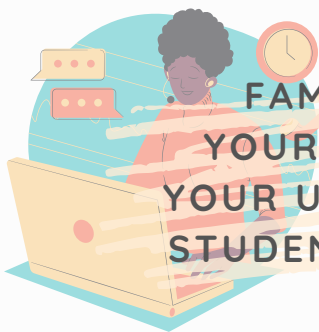
GET TO KNOW YOUR PEERS AND SENIOR DENTAL STUDENTS

O-week is fast approaching, so socialise and get to know your peers, after all, you'll be with them for the next couple of years. We highly recommend attending the social events hosted by your university's dentistry and oral health clubs, it'll enable you to meet like-minded students in your course. Also, don't be afraid to network with senior dental/ OH students, they'll be more than happy to show you the ropes (some of their tips and tricks take you a few years to figure out on your own).



JOIN CLUBS AND SOCIETIES

Sign up to your university's dental or oral health student society. These societies are there to help and support you during your dental school journey and keep you up to date with all the events throughout the year - who wants to sit at home and study all day!!! Also, don't forget to join ADSA and get the unique opportunity network with like-minded dental/ oral health students and dental professionals all over Australia.



FAMILIARISE YOURSELF WITH YOUR UNIVERSITY'S STUDENT SERVICES

The start of the year can be more difficult than expected so familiarise yourself with the student services that are available on campus. They can provide you with extra support during the transition period - whether it be needing help with IT, getting health and wellbeing support, financial support or help with referencing/ assessments or exams, you name it! They are there to help you. For final year students talking to someone in the careers office or getting help writing your résumé may be something to look out for.



DRINK SAFELY

Partying can be the highlight of O-week but remember to drink safely and stick to your limits. It's fun to drink with your friends but don't peer pressure others into drinking and vice versa- it's ok to say no. There will be plenty of other opportunities throughout the university year to get on the beers with your mates, so make sure you pace yourself.





Use a diary to jot down any information and key dates regarding assessments for this semester. You'll find that it helps to have a visual timeline of these dates to refer to throughout the semester. Also, make sure that you are on top of your course content from week 1, but if you find that you've fallen behind (can be a bit of a domino effect from our experience), go through the course work systematically over a few weekends and write out your summaries.



For returning students, the thought of having to wake up early for classes or clinics is a major turn off about dental school. New students, on the other hand, might be anxious about finding their way around campus and adapting to a new environment. Regardless of this, the first day of uni (and most Mondays following that) is usually the hardest, however, it doesn't take too long to get into a routine. Our best advice is to stay positive and embrace change. Set some goals and enjoy your time on campus and remember to ask questions if you need help.

BE CHILL

The first couple of weeks of uni is a transitional period, you'll be adjusting to the environment and learning new things so don't be too harsh on yourself, stress less and chill out.

To get you started, we have asked some dental and OH students across Australia a little bit about their experience through dent school who have emphasised the importance of:



A NEW YEAR BRINGS NEW THINGS TO LOOK FORWARD TO. WHAT ARE YOU MOST EXCITED ABOUT FOR THIS NEW YEAR OF UNI?

" I am most excited to be going on placement and being able to apply the theory we have learnt so far. After the challenging year, we had last year, we missed out on a lot of clinical experience and I am particularly looking forward to developing my practical skills in Endodontics and Prosthodontics. Outside of dentistry, I am keen to explore my placement town of Wagga Wagga and be in a different environment with my friends and gain more independence as I am moving further away from home. "

Deeksha, BDS5, CSU



" I am excited to be able to see patients again! Seeing patients is honestly the most rewarding thing in the world, and the more patients you see the more confident you get with your practice! And with new skills and information being learned, I can't wait to put them to use. "

H, BOH3, Curtin Uni



IF YOU COULD GIVE A FIRST-YEAR DENTAL OR OH STUDENT SOME ADVICE ON THEIR FIRST DAY OF UNI WHAT WOULD IT BE?

" It's only your first day, don't be too hard on yourself. Some of your peers may already have established friendships due to residence allocations, some may know nobody at all and feel just as anxious as you. Some students may have family in the dental field and thus are more familiar with terms than you are, and some may have never heard of oral hygiene before. You're all in the same boat and here for the same reason (to become amazing dentists!). Introduce yourself to your peers while waiting to go into a lecture or on your lunch break at the sim lab, you may just find yourself surrounded by the most supportive and caring friends you could ask for in such a difficult degree. "

Harry, BHSD/MD3, La Trobe Uni

" ASK! ASK! and ASK! First-year is truly overwhelming! I cried the first whole week at uni! I had no idea what everyone was saying! Everything was so new and CONFUSING! Lectures! Tutorials! Practical! Clinics! Sometimes it gets hard to understand what is happening and you could get "lost", so do not feel shy and ask! I asked for a lot of help! I asked help from my lecturers, my classmates, the campus student support services, IT team, librarian... I even asked for directions from random people I saw on campus! "

Priya, BOH2, CQU



IS THERE AN IMPORTANT LESSON YOU LEARNT LAST YEAR DURING UNI THAT YOU WILL CARRY ONTO THIS YEAR?

" You'll look around the room and see everyone else's strengths but never your own. Put more effort into finding your strengths and focusing on your weaknesses rather than comparing yourself to others "

Sona, BDS2, JCU



" Let life take its course! If COVID has taught me anything it is to let things flow. Knowing when aspects of your life are or are not within your control is key. Subsequently, stop approaching life as if it is a race; shortcuts may at times lead you to a dead-end! "

Nimrit, BDS1, JCU



WHAT IN YOUR OPINION IS AN ESSENTIAL TO BRING WITH YOU TO UNI?

" I think when you're coming to uni you need to bring an open mind so that you can take in as much as possible since you never know when this could help you out in the future. "

Monte, BDS3, Adelaide Uni

" The Oral & Dental Therapeutic guidelines! It's hands down the most useful book I've ever read. "

Chelsea, DMD4, UWA

Also, final year students, we got you, we have asked some of our new grads about some advice about what's important going forwards for you and here's what they have to say:



YOU'VE RECENTLY GRADUATED/ ARE A DENTIST. WHAT'S YOUR ADVICE TO FINAL YEAR STUDENTS IN TERMS OF GETTING THROUGH CLINIC, COMPLETING COMPETENCIES, APPLYING FOR JOBS AND FINDING THE RIGHT WORKPLACE?

" In terms of getting through a clinic, have a goal every day you want to complete. Because let's face it, sometimes clinics can get boring in your 5th year when you have done most of your procedures you are allowed to do. By having a different goal you want to achieve per day can make clinic more fun but also allow you to learn something too. With getting competencies, start as early as possible and try and do them with demonstrators who you are 1000% sure will say yes. "

***Lakkhana 'Lucky', La Trobe
Dentistry Class of 2017***

" My advice would be to not stress out especially during when VIVAs and grad are happening! And just to be honest and upfront with what you want at interviews. The right job will come to you. I was one of the last people in my group to find a job and it turned out fine and I'm very happy. "

IVY, UQ Dentistry Class of 2020



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I think a great idea that a lot of my classmates did was become DAs during their dental student days, and once they graduated the dental clinics they worked at, immediately offered them a position at the dentist at their dental clinic because they already have an idea of who they are, what their work ethic is like and what their personality is like. And apply everywhere!!!! 11

***Holly, Griffith Dentistry
Class of 2020***

We hope these little tips and tricks from our wonderful dental students have helped! Watch this space for our March Blog. Looking forward to a great 2021 filled with great memories, unforgettable experiences and no caries :))

Mahima and Saumya xx

