

## ***District 5***

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### **How do you work with or lead a team?**

Having served as the president of the Student Government Association (SGA) during my first year in dental school, I gained invaluable insights into effective team leadership. This experience showed me the importance of clear communication, strategic delegation, and creating a positive team culture. Whether in that role or in my more recent positions, I have prioritized open communication channels to ensure that each person's perspective is heard and valued.

Being the NSU ASDA Vice-President has shown me that leadership involves delegating responsibilities and giving each individual a task based on their own strengths and ambition, thereby enhancing the overall efficiency of the team and fostering the growth of all members. I have consistently demonstrated a strong work ethic and proactive attitude with dedication and commitment to every organization I have been a part of. Recognizing the dual role of being both a leader and a team player, I've learned the importance of adapting and being flexible, particularly when collaborating with individuals who may have diverse mindsets and good ideas.

In my current role as the Co-Director of Events for District 5 ASDA, I actively share ideas and make decisions with the team. Planning and organizing a conference takes a lot of minds to come together, and while leading that team, I ensure all voices are heard and all ideas are discussed. Each day presents new opportunities for ways to enhance my leadership skills, and I am dedicated to evolving as a more effective leader and collaborator within the team.

### **What leadership experiences have equipped you for the District Trustee role?**

Since my first year in dental school, I have been a proactive ASDA member, attending conferences to chapter gathering while participating in multiple roles in chapter committees. In my second year, I was the District 5 executive assistant, the NSU-ASDA Pre-Dental chair, and the NSU-ASDA Director of Membership. These roles cultivated my leadership skills and grew my appreciation for ASDA. As the Pre-Dental Chair I worked to engage pre-dental students, ensuring their early and enthusiastic participation in ASDA. Hosting a successful pre-dental weekend with 110 participants allowed me to showcase ASDA's values.

As District 5's Co-Director of Events and NSU-ASDA's Vice-President, I have gained valuable insight on the importance of meticulous planning and effective communication. Attending every annual session and observing the House of Delegates has given me a strong understanding of issues impacting dental students and ASDA's advocacy efforts.

Learning ASDA from the ground up has shown me how important it is to reach out to members from the start of their journey. Promoting early engagement and enthusiasm as a district is one of the ways that we can keep the ASDA fever alive.

Working closely with the last two District 5 trustees and understanding the intricacies of the position has deepened my appreciation for this role and ignited my passion to serve as trustee. My experiences within NSU and District 5 ASDA have provided me with the foundational knowledge and invaluable skillset needed to serve as the next District 5 Trustee.

**Why are you interested in the District Trustee role and what do you hope to accomplish in this position?**

I am interested in the District 5 Trustee role for a plethora of reasons, from sharing my ASDA fever with others to finding ways to improve the district and contribute to each of the D5 chapters. As Trustee I would be able to work with a diverse group of people with different experiences to then bring all of our minds together and come up with ways to enhance ASDA. I look forward to working with chapter presidents to get information down to the local chapters, as well as collaborating with the rest of the cabinet in creating fun and engaging events to expand our ASDA family. I am eager to encourage more participation and spread awareness for DEI, community service, pre-dental, advocacy, wellness and more.

I aspire to work with a cabinet that is motivated to be proactive and spread the importance of ASDA to their fellow peers. I want to have open communication to create a positive environment which will help us plan events and develop initiatives for our chapters. Although the District 5 Conference is the biggest event of the year, I want to broaden our community and hold more events, whether on Zoom or in person. I would like to collaborate with other trustees to hold networking events to bring dental students together. I also hope to increase our district's funds to provide sponsorships for students to attend conferences and allow us to increase attendance at national conferences.

**What are 2-3 issues important to dental students?**

Dental students have a lot of pressure on them, and some of that is due to financial debt and mental health. The financial burden that schools put on students is one of the highest in all healthcare fields. Taking on hundreds of thousands of dollars in debt is already a significant burden, and when you factor in the stress of school, it only adds to the overall mental load.

School debt is hard to try and fight; I want to help relieve some of the financial burden by trying to sponsor students as a district to attend conferences. Conferences are expensive, but dental students want to attend them as they are informative and fun. Local chapters and nationals

sponsor students but our district has yet to have that. If we could start sponsoring for conferences, I believe that as a district, it would be beneficial for many reasons, but most importantly, relieving just this from someone's expenses could really aid in that financial aspect.

Mental health holds a big load on not only dental students but everyone in the world. As dental students, we have the pressure of doing well on exams, keeping up with classes, balancing life with family and loved ones, and more. Being more knowledgeable and having the accessibility to mental health programs could really provide some peace of mind. I would like to partner up with a health program to be able to provide those in our district with the information in case they need it.