

# #12

**COMPLETE**

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## Q1

**Roseman**

Select your chapter.

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## Q2

**District 10**

Select your district

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## Q3

Your Name

Alissa Nguyen and Jessica Singh

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## Q4

Chapter Position

Social Media Co-Chairs

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## Q5

Your Email

jsingh474@student.roseman.edu

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**Q6**

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. This excludes the submission of multiple events that are part of a single week-long or month-long challenge e.g., the discussion of various events during a chapter's Fever Week. (250 word limit. Responses longer than 250 words will be cut.)

Our Leadership Retreat was a memorable weekend filled with growth, connection, and inspiration, offering students an incredible opportunity to bond and embrace the values of ASDA. It was especially meaningful for incoming D1s, giving them the chance to connect with peers and gain a deeper understanding of the organization's mission. Held in the scenic town of Fairview, Utah, from August 23–25, the retreat kicked off on Friday evening with icebreakers, lively karaoke sessions, and games. These activities created a fun, relaxed atmosphere for everyone to unwind and get to know one another. Saturday began with a delicious breakfast, followed by an insightful leadership talk by our very own Dr. Bowman. His empowering words encouraged students to embrace their roles as leaders and team players. The day continued with engaging activities designed to build teamwork and communication skills, including a personality test, speed networking, the human knot challenge, and a group photo to capture the retreat's vibrant spirit. The weekend concluded on Sunday with a heartfelt farewell breakfast, leaving students with lasting memories and a renewed sense of purpose. Beyond the fun and games, the retreat highlighted the importance of collaboration, resilience, and leadership—the very essence of ASDA's mission.

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**Q7**

Describe one chapter community service event that creates connections with our communities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Our chapter's student-led community outreach team partnered with the Loveland Living Planet Aquarium for its spooktacular Halloween on the High Seas event (HHS). While handing out treats to children and families in the Salt Lake community, our team also worked to promote the importance of healthy oral hygiene habits. Armed with a giant toothbrush, the children eagerly interacted with our typodont model, demonstrating how they brush their teeth at home. Through this service-focused approach, we taught proper brushing techniques, emphasizing small circular motions, brushing for the right amount of time, and reaching all areas of the mouth. The HHS event provided a unique opportunity to showcase the importance of clear communication, patience, and empathy, as well as our role as dental professionals in educating the public—particularly young families—on preventative care. Events like these not only help our students identify gaps in dental health education but also foster leadership skills essential for advocating for future patients' health. It was incredibly rewarding to see the excitement in the children's faces as they learned about oral hygiene and healthier lifelong habits. This experience has undoubtedly shaped our members, preparing them to serve their communities with compassion and expertise as future dental professionals.

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## Q8

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Policies and Pizza was a social event put on together by Roseman's chapter of the American Student Dental Association where students were able to learn about ASDA's current legislative policies and campaigns. This event took place at a restaurant named Pie Pizzeria. It was a great way to chat about advocacy & current legislative policies in a relaxed environment while talking to other peers and enjoying pizza. Over a dozen students were able to attend and topics ranged broadly from dental insurance and how we can better help our patients in school to how much specific dental policies will affect how we treat patients in the future. Students were asked to list pros and cons of each topic discussed. This activity prompted students to reflect on current policies and their effects on the field of dentistry and patient care. If students were not sure what a specific policy entailed, we tried to discuss it broadly as a group in order to better understand what it entails. The goal of this event was to create a safe space for students to share their perspectives on current issues and to inspire interest and engagement in advocacy among our peers. Our Roseman advocacy leaders also continued the Advocacy Certificate Program and assisted students in submitting their points for certification. RUASDA encouraged civic engagement among future dental professionals and raised awareness about the upcoming elections.

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## Q9

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Promoting good health is important for dental students and our patients. It's crucial to take care of our own wellness and one of the ways to do this was through a step challenge for the entire school. ASDA's national steps challenge began in September and Roseman dental joined this physical journey. The goal of this challenge is to promote overall health and wellness through use of physical activity. We want students to get out, get active, and encourage their colleagues and patients to do the same! Steps were counted from the start of the September month and we watched as students went on group hikes, outdoor runs, and took their general steps on a day to day basis. Students downloaded an app named Strava; by filling out this app, all miles from hiking, walking, running, and trails were accounted for. The prize being that on October 1st, 5 individuals with the highest total number of steps in September would be announced and will each win 1 of 5 \$20 gift cards. Events like this encourage group collaboration. We had many students embark on group hikes with the longest trail being 14+ miles. It's essential that we not only promote oral health, but take care and promote our physical health as well.

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**Q10**

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

The stress faced by dental students about life after dental school and graduation is a significant concern. In response, Roseman ASDA spearheaded the annual Fall Vendor Fair—a key event that connects dental students with professionals across various sectors of the dental healthcare industry. The fair provides opportunities to engage with representatives from organized dentistry, technology, private practice, corporate dentistry, and more. This event serves as a valuable platform for students to explore the diverse career paths available after graduation, offering insights into the latest trends, technologies, and resources in the field. The Fall Vendor Fair also features educational sessions on topics like financial planning, practice management, and the future of dentistry. By networking with industry leaders, students can gain a clearer understanding of potential job opportunities and make informed decisions about their future careers. These endeavours aim to empower our students with the knowledge and tools to navigate post-graduation challenges, but also a full comprehensive look at all the opportunities available in the field. The success of the Fall Vendor Fair has not only broadened our members' perspectives, but also opportunities to network with industry leaders, potential employers, and professionals from various sectors of the dental field, paving the way for future career growth and leadership development. The Fall Vendor Fair has become a cornerstone of our chapter, offering essential support to students as they prepare for the next stage in their dental careers.

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**Q11**

Describe one chapter communication (such as an enewsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

At Roseman, our Winter and Spring newsletters are highly anticipated by students and faculty alike. These publications provide a platform for students to explore topics beyond dentistry and share their unique perspectives. From insights on dental implant courses to comforting soup recipes for cold days, the newsletter highlights the diverse interests and creativity of our community. Writing for the newsletter offers students an opportunity to engage with faculty and peers in a meaningful way, fostering connections outside the classroom. It's a chance to develop new skills, pursue personal interests, and contribute to a shared space for learning and expression. The articles often inspire others to participate, building a stronger sense of collaboration and community across campus. Each edition is carefully curated by our editor-in-chief, ensuring the content is engaging and the presentation is visually appealing. Eye-catching designs and professional layouts bring the stories to life, making the newsletter both informative and enjoyable to read. More than just a publication, the newsletter serves as a reflection of the creativity and collaboration that define the Roseman experience.

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**Q12**

Upload the communication piece your chapter described in the communications category as a PDF or link below.

**Off%20the%20Cusp%20-%20Winter%202024-compressed.pdf (4.6MB)**

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**Q13**

**Respondent skipped this question**

Add your communication piece link below.

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**Q14**

Submit your chapter's YouTube video link.

<https://youtu.be/gpagD6qL9kM?feature=shared>

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**Q15**

Submit your chapter's Google Drive or DropBox video link.

[https://drive.google.com/file/d/1mWhBoELPGoEToxM6N9ZLYqAJ7a\\_3kvDJ/view?usp=sharing](https://drive.google.com/file/d/1mWhBoELPGoEToxM6N9ZLYqAJ7a_3kvDJ/view?usp=sharing)

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