

# #10

**COMPLETE**

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**Q1** **West Virginia**

Select your chapter.

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**Q2** **District 6**

Select your district

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**Q3**

Your Name

Keerthana Arjuna

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**Q4**

Chapter Position

President

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**Q5**

Your Email

kka0008@mix.wvu.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 ASDA Fever Week consisted of a dynamic week of events designed to boost member engagement and enhance the overall value of ASDA membership for our current and new chapter members. Through a series of fun and interactive activities, we aimed to foster a sense of community, while also offering exclusive benefits that aligned with the interests of our members. The week kicked off with donuts and coffee for the first day of class, creating a warm, welcoming atmosphere for the first-year class and returning members. We then hosted an ice cream social, which allowed members to relax and mingle in a casual setting. To promote well-being, we offered free exercise classes at Pure Barre and Zynergy, encouraging members to prioritize self-care amidst the demands of dental school. The opportunity for free headshots provided a professional touch, allowing members to enhance their personal brand as they prepare for future careers. Finally, to wrap the week up, we had our Annual ASDA Field Day which brought out our competitive spirit, encouraged teamwork and collaboration, and offered a fun break from the academic pressures ahead. These events were designed to not only bring our chapter together but also to demonstrate the tangible value of ASDA membership—offering wellness, networking, and advocacy. By aligning our activities with the interests of our members, Fever Week played a crucial role in enhancing member engagement, building a stronger sense of community, and ultimately reinforcing the importance of being an active participant in ASDA.

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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.)

WVU ASDA strives to get involved with our community at every opportunity. One of our favorite activities of this year was having the privilege to serve at our Rosenbaum Family House just steps away from WVU's dental school. Rosenbaum Family House is a facility that offers programs for families facing medical crisis. It is one of the great advantages of being connected to WVU health science center as well as WVU Medicine J.W. Ruby Memorial Hospital. The executive council of ASDA shopped and gathered ingredients for the spaghetti dinner we hosted for the families. The kitchen was full of many active ASDA members preparing the noodles and sauce while others were carrying conversations with these families going through a tough time. We also had a team ready to wash and sanitize the dishes after the dinner concluded. WVU ASDA values these opportunities to reach out to our local community and are working on another Rosenbaum Family House dinner again soon!

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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.)

Our ASDA chapter recently hosted a lively and engaging Advocacy Trivia Night at a popular local restaurant, drawing over 50 dental students for an evening of fun, learning, and friendly competition. With students from all class years showing up, the event had a great energy and brought our chapter closer together. The trivia questions covered topics like current legislative issues, important bills, and national ASDA facts, all of which had been introduced during our lunch and learns or other advocacy activities throughout the year. It was a great way to reinforce key information while keeping things lighthearted and interactive. Teams worked together to answer questions, and the friendly rivalry made for a lot of laughs and spirited banter. Our legislative liaison and executive board members took on hosting duties, keeping the evening running smoothly and jumping in to answer any questions students had about the trivia topics. It was a perfect opportunity for attendees to learn more about advocacy in a relaxed setting and connect with leaders in the chapter. At the end of the night, the winning team was announced and celebrated with a monetary grand prize, a fun incentive that kept everyone motivated. More importantly, the event showed that advocacy doesn't have to be intimidating or dull. By combining education with an enjoyable, team-based format, we helped our members feel more engaged and confident about advocacy and its role in our profession.

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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.)

At WVU ASDA, wellness is a cornerstone of our chapter's mission. Across the nation, dental students often face the challenge of balancing rigorous academic demands with maintaining their mental health. To address this, our chapter dedicated an entire month to wellness, organizing a series of events designed to educate and support students in various aspects of well-being, both educationally and mentally. As part of our educational efforts, we hosted multiple lunch-and-learn sessions covering a wide range of topics often overlooked in the traditional curriculum. These included discussions on Ergonomics, Trauma-Informed Care, Burnout, Financial Wellness, and Hearing Protection, with insights from an audiologist. These sessions not only provided valuable knowledge but also gave students an opportunity to enjoy a free lunch while learning. To promote relaxation and social connection, we organized an ice cream and games event on our school's lawn, encouraging students to step outside, enjoy the fresh air, and unwind between classes and clinic sessions. Our chapter also actively participated in district-wide wellness initiatives, including challenges like "Most Steps in a Day," an online cooking class, and a reading contest. By fostering a balance between academics and mental health, we aimed to empower students with tools and strategies to create healthier environments for themselves—not just during dental school, but also as future practitioners. Our goal was to emphasize the importance of integrating wellness into daily life, ensuring a sustainable approach to personal and professional success.

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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.)

One of our chapter's key events that fosters professional and leadership development is the ASDA Career Fair. This event provides an invaluable opportunity for dental students to engage with potential employers, network with professionals, and gain insights into their future careers. The Career Fair brings together dental organizations, private practices, and specialty clinics, offering students a chance to explore various professional paths in dentistry. Through one-on-one conversations, students develop essential communication and networking skills while learning what employers seek in future dental professionals. This direct interaction allows members to practice articulating their experiences, aspirations, and leadership potential. For upperclassmen, the Career Fair provides targeted guidance for life after graduation, whether they are exploring employment opportunities, residencies, or specialty programs. For younger members, it encourages early professional growth and leadership development. Employers also share updates on cutting-edge innovations in dental technology, keeping students informed about advancements in the field. By hosting this event, our chapter empowers members to take initiative in their careers, practice professional skills, and build meaningful connections. The Career Fair ensures that every participant walks away with tools and knowledge that will contribute to their success as leaders in the dental profession.

**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.)

Our chapter utilizes Instagram (@westvirginia.asda) as a platform to keep members informed and engaged with ASDA activities. With its broad reach and visual appeal, Instagram serves as an effective tool to promote events, advocacy efforts, and chapter updates. Our posts and stories highlight upcoming events such as wellness activities, lunch and learns, and advocacy initiatives, ensuring members are always aware of opportunities to participate. For example, we frequently create countdowns and reminders for critical dates like ASDA Advocacy Month or national conferences. This keeps our members informed while generating excitement and encouraging active participation. Advocacy is a cornerstone of our Instagram strategy. We create visually engaging posts that simplify complex issues, such as legislative policies impacting dental students. Using infographics, reels, and captions, we educate members on topics like student loan reform and mid-level provider legislation while encouraging them to take action through easy-to-follow steps. Through @westvirginia.asda, we ensure members are well-informed, actively engaged, and united in support of ASDA's mission. By maintaining a consistent posting schedule and leveraging Instagram's interactive features—polls, Q&A sessions, and direct messaging—we create an approachable and engaging space for members to stay connected. This platform has become a cornerstone of our chapter's communication strategy, bridging the gap between information and involvement.

**Q12**

Respondent skipped this question

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

**Q13**

Add your communication piece link below.

<https://www.instagram.com/westvirginia.asda/>

**Q14**

Submit your chapter's YouTube video link.

<https://youtu.be/4MUy0ImSr80>

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**Q15**

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

<https://drive.google.com/file/d/1wGoeoaQyL-wF5VJ4tmEu2oeleQ9ZortX/view?usp=sharing>

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