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Q1 **WesternU**

Select your chapter.

Q2 **District 11**

Select your district

Q3

Your Name

Eboney Hinds

Q4

Chapter Position

Secretary

Q5

Your Email

eboney.hinds@westernu.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.)

ASDA Fever Week is one of the most exciting and highly anticipated times of the school year, and we kicked it off on the first day of school with a General Body Meeting titled "What is ASDA?" Over 100 students from all classes came together to explore everything ASDA has to offer. It was a perfect opportunity to welcome our new D1 and IDP students into the ASDA family as they received their first introduction to ASDA, its tripartite structure, and opportunities at the local, district, and national levels. Attendees learned about the benefits of ASDA membership, including access to national conferences, leadership opportunities, and resources to support their dental school journey. Our current board shared their experiences, highlighting the perks of involvement, and gave a sneak peek into the exciting events planned for the year. For our D2-D4 students, the event was a chance to reconnect with classmates and reignite their ASDA fever. It served as a reminder of how ASDA fosters professional development while building a strong sense of community within our WesternU chapter. This engaging event set the tone for the rest of Fever Week and the upcoming school year, bringing together students across all classes and sparking excitement for ASDA!

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.)

This year, WesternU ASDA proudly hosted our third Annual Halloween Health Fair, showcasing our dedication to serving the community while fostering collaboration with different organizations both on and off campus. Held in mid-October, this event drew 100-150 attendees, including local students and their families, for a morning of fun, education, and resources. In partnership with the American Dental Education Association (ADEA), we organized interactive booths offering activities like face painting, pumpkin decorating, and trunk-or-treat, alongside free dental screenings, oral hygiene education, and information on affordable dental care options through WesternU. What made this year especially meaningful was our collaboration with Healthy in Pomona, a local organization committed to improving equitable access to healthcare. Their involvement allowed us to expand the scope of the fair, integrating essential resources like mental health support and connections to soup kitchens for those in need. Additionally, we saw incredible growth in intercollegiate participation, with WesternU programs like osteopathic medicine, pharmacy and podiatry joining in to create a comprehensive health fair experience. This meaningful event would not have been possible without the support of over 50 student and faculty volunteers, who gave their Saturday morning to make it happen. Together, we created an environment where attendees could learn about health and wellness, access community resources, and enjoy a vibrant, family-friendly experience. Seeing the event evolve over the years into something this impactful has been incredibly rewarding, and it truly reflects ASDA's mission to serve our community while also building strong partnerships.

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.)

We were excited to host "Policy and Platters," a lunchtime policy and advocacy discussion with our esteemed Dean Andrews, who led an engaging conversation on the importance of advocacy in dentistry. She shared her personal journey into dental leadership and highlighted her efforts to improve policies that impact patients, dental students, and professionals. Dean Andrews encouraged students to think critically about how they can engage with policy, advocate for meaningful issues, and shape the future of the profession. After her presentation, guests had the opportunity to ask questions and gain valuable insights on how to get involved in advocacy. Following Dean Andrews' talk, we were joined by a dynamic panel featuring California Dental Association (CDA) Student Representatives, the CDA Director of Early Career Dentist Engagement, and Dean Andrews. The panel focused on practical steps for students to get involved in advocacy, including opportunities to participate in local and state-level dental associations. The panelists also emphasized the importance of national initiatives like ADA Lobby Day and CDA Advocacy Day as platforms for students to voice their concerns and make an impact on dental policy. They shared strategies for navigating early career challenges, staying informed on policy changes, and building leadership roles within organized dentistry. The event sparked meaningful conversations and motivated students to take action, leaving them empowered and ready to advocate for the future of dentistry. It was an inspiring session that reinforced the value of student involvement in shaping the profession.

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.)

During Wellness Week, our "Workout Wednesday" event brought our members together for fitness, fun, and community! This two-part event, organized by our Wellness Chairs in partnership with the local LA Fitness, created opportunities for students to prioritize health and wellness both on and off campus. While Wellness Week touched on all five of ASDA's dimensions of wellness—emotional, physical, environmental, intellectual, and occupational—"Workout Wednesday" emphasized physical wellness. During lunchtime, the manager of a local LA Fitness visited our campus to share details about their gym, amenities, and a variety of classes tailored to all fitness levels. LA Fitness generously offered trial membership coupons and free class vouchers, encouraging interested students to jump-start their fitness journeys. Meanwhile, our Wellness Team handed out free healthy snacks to keep students fueled, fed, and motivated throughout the day. That evening, LA Fitness hosted a high-energy spin class exclusively for our members. The room was filled with upbeat music and enthusiasm as participants pedaled through a fun and challenging workout led by an inspiring instructor. The spin class was more than just a fantastic sweat session, but also an exciting way for students to bond, relieve stress, and feel empowered in a supportive group setting. "Workout Wednesday" was the first of its kind for our chapter, drawing an impressive turnout and reinforcing the importance of balance, self-care, and physical health during dental school.

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.)

Our chapter proudly hosted a Business & Bites series in collaboration with Dental Coach USA, offering members an extraordinary opportunity to envision and design their dream dental practices. This visionary program challenged students to think beyond dental school, cultivating essential leadership and business skills for successful practice ownership. Over six interactive sessions, renowned industry coaches shared invaluable insights into every aspect of practice management—designing cutting-edge office spaces, crafting compelling mission statements, building high-performing teams, and implementing innovative marketing strategies. Students explored advanced concepts such as managing online reviews, creating in-house plans, and discovering creative ways to increase revenue, all while aligning with their personal professional philosophies. Participants gained applicable strategies to navigate the complexities of practice ownership, from financial planning to patient experience design. They also engaged in meaningful discussions about balancing business growth with clinical excellence, fostering a patient-centered practice, and adapting to industry trends. The series concluded with an engaging capstone project where students developed detailed presentations of their ideal practices, incorporating everything from technology and branding to location and patient services. Competing for \$500, \$250, and \$100, participants brought their visions to life, demonstrating creativity and a deep understanding of the concepts explored. By addressing a critical gap in traditional dental education, this program equipped future dentists with the tools and confidence needed to overcome the challenges of practice ownership. Through this thoughtfully designed experience, our ASDA chapter inspired students to embrace innovation and leadership, setting a new standard for what the future of dentistry can achieve.

Q11

Describe one chapter communication (such as an newsletter, 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 brought back the tradition of publishing Spring, Summer, and Fall newsletters, which have proven instrumental in enhancing member communication and engagement. Our Spring newsletter, "Reach for the Stars," celebrated limitless potential and featured faculty and alumni spotlights alongside an article on student debt management. This year, we are especially proud to highlight our Summer newsletter - a robust issue that significantly increased engagement and enthusiasm amongst our members. We also expanded our newsletters' reach by sharing it not only via email but also across social media and Discord, connecting with more students, faculty, and staff than ever before. The Summer edition, "Lights! Camera! Action!" generated excitement with diverse content, including highlights from our First Annual Pickleball Tournament, and spotlights on faculty, staff, and students. By covering ASDA conferences like NLC and Lobby Day, and including features like an "Extract the Tooth" maze, we were able to creatively engage with and inform our readers. Our efforts on the Summer newsletter led to measurable results. Engagement increased significantly in the Fall, with higher turnout at events such as our Annual Golf Tournament and Halloween Health Fair. Students and faculty reached out to learn more after our Summer issue, inspired by its content. It successfully helped foster stronger connections within our community, celebrate our members' achievements, and amplify the impact of our chapter's events and initiatives. Our Winter newsletter continued this momentum, featuring event highlights, cozy recipes, a spotlight on new board members, and a cute feature from our paw-some friends!

Q12

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

ASDA%20Summer%202024%20Newsletter-compressed.pdf (4.7MB)

Q13

Add your communication piece link below.

<https://issuu.com/westernuasda>

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Q14

Submit your chapter's YouTube video link.

<https://www.youtube.com/watch?v=Dh1wC8UHmv8>

Q15

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

<https://drive.google.com/file/d/1IumNGIzfdHwREiDy0uV0J-K6fS0-dK8I/view?usp=sharing>
