

#1

**COMPLETE**

**Collector:** Web Link 3 (Web Link)  
**Started:** Tuesday, November 26, 2024 2:19:16 PM  
**Last Modified:** Tuesday, November 26, 2024 2:56:12 PM  
**Time Spent:** 00:36:56  
**IP Address:** 24.152.133.56

---

Page 1

**Q1**

**Tufts**

Select your chapter.

---

**Q2**

**District 1**

Select your district

---

**Q3**

Your Name

Minh Tu

---

**Q4**

Chapter Position

Gold Crown Chair

---

**Q5**

Your Email

minh.tu@tufts.edu

---

---

Page 2

**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.)

The ASDA Headshots Event offered dental students an invaluable opportunity to enhance their professional presence with high-quality images for LinkedIn profiles, residency applications, and appointment cards. With approximately 120 attendees, the event was a tremendous success and is set to become an annual tradition. The primary goal was to provide students with polished, professional headshots that would elevate their applications in the competitive dental field. For many, this was their first professional photo session. It served as both a valuable opportunity and an eye-opening lesson in the importance of visual professionalism in today's career world. The event also served as a learning experience for our ASDA chapter, where we assessed the logistics of the session. We identified ways to improve the quality of future headshots and streamlined the scheduling process to reduce wait times and enhance overall flow. Given the positive feedback and valuable insights gained, we are excited to continue the ASDA Headshots Event as an annual initiative. Each year, we aim to refine the experience and provide our members with a platform that supports their professional growth and success in the dental field.

---

**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.)

The Build-A-Jumbo event brought together Tufts dental students for an exciting and meaningful day of giving back. Held on May 4th in Rachel's Auditorium, this annual event saw participants coming together to stuff toy elephants—modeled after our beloved mascot, Jumbo—which were donated to the Tufts School of Medicine's Social Work Program and the Tufts Pediatric Clinic. The event's mission was to promote wellness, foster community engagement, and raise awareness about the resources available through the Tufts University Dental Alumni Association. In doing so, it provided an opportunity for students to connect with both their peers and the broader Tufts community in a fun, hands-on way. With around 20 students in attendance, the group successfully stuffed 100 toy elephants, which will bring joy and comfort to children and families at the pediatric clinic and the social work program. This year's Build-A-Jumbo was not just a chance to give back but also an opportunity to learn about the support systems available through the Tufts Dental Alumni Association, reinforcing the importance of building connections within the Tufts network. The event's combination of charitable action, community spirit, and professional development made it a memorable and impactful experience for all involved. We look forward to continuing this meaningful tradition in the years to come.

---

**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.)

Tufts Advocacy's Fireside Chat with Foreign Trained Dentists was truly engaging and enlightening; it was a great opportunity for students to learn more about international dental practices and the legislation involved within the United States. The presentation commenced with an overview of pending and current legislation related to foreign-trained dentists. During this session, valuable insight was gained into the evolving role that international professionals play in the dental landscape of the United States and the greater implications this holds globally in dentistry. Following this foundational discussion, the focus turned to a panel of Tufts international students who spoke on their journeys as foreign-trained dentists. They described their experiences of practicing in their home countries and provided very enlightening views on how the culture of dentistry varies around the world. The panel discussed some fundamental differences in the practice of dentistry: differing patient expectations, treatment approaches, and overall concepts of oral health. They also discussed various challenges and opportunities they encountered during the transition to the U.S. dental system. This comparison of dental cultures instigated an even greater respect for the many practices and philosophies involved in shaping dentistry today. Moreover, the audience of over 25 students was able to better understand the international dental arena and appreciate foreign-trained professionals who must adapt to new systems. Events like this continue to underscore how valuable cross-cultural exchange is in enhancing both professional knowledge and empathy within the field.

---

**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.)

Where do you see yourself in a month? A year? 5, 10, or even 20 years from now? These were the questions Tufts dental students pondered at the Vision Board Event, hosted by the Wellness Committee as part of the Let's Talk Wellness series. This event invited students to pause from the hustle of dental school and reflect on their aspirations, creating a visual manifestation of their goals and dreams. With magazines, scissors, glitter, and printed images, students from all four years came together to craft personalized vision boards. These boards were filled with images of career milestones, healthy habits, travel destinations, and personal passions. One student featured the word "dentista" surrounded by symbols of love, exploration, and lifelong learning—representing her commitment to both her profession and her well-being. The event encouraged students to not only envision their future in dentistry but also to reflect on how they can integrate the Five Dimensions of Wellness into their lives. It was a moment to foster connection, support, and mindfulness among peers while nurturing a sense of balance and self-care. Amid the daily challenges of dental school, the Vision Board Event offered an inspiring and uplifting space to dream big and reflect on the possibilities ahead. By the end of the event, each student walked away with a tangible reminder of the future they are capable of creating—filled with possibility, purpose, and wellness.

---

**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.)

Relaxium is an annual tradition at Tufts Dental, where fourth year dental students host an engaging and interactive event to welcome incoming third year students into the clinic. With over 100 students attending, this exciting event offers a hands-on introduction to Axium, the dental software used in our clinic, while also covering essential clinic protocols. Beyond Axium, Relaxium covers key clinic protocols, including proper PPE usage, patient confidentiality, and how to create a treatment plan. These topics prepare those who are new to the clinic of the important responsibilities they will take on, giving them the tools and knowledge they need to succeed. Relaxium also strengthens the Tufts Dental community by fostering mentorship between third year and fourth year students. It's a chance for students to connect, ask questions, and share experiences, making the transition into clinical practice smoother and more comfortable. This fun and informative event has become a beloved tradition at Tufts Dental, helping those entering the clinic feel more confident and ready to take on their clinical years with a deeper understanding of both the software and clinic protocols. Relaxium sets the stage for a successful and smooth clinical journey!

---

**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.)

Introducing Molar Moments with Tufts ASDA—a dynamic new podcast created to connect and engage the Tufts dental community by sharing stories, insights, and experiences. Launched in November 2024, this exciting platform highlights the best of Tufts ASDA, offering a behind-the-scenes look at our events, like the high-energy pickleball tournament and vibrant vendor fair, and the innovative initiatives that make them a success. Each episode goes beyond just events. We'll dive into groundbreaking research from Tufts, explore personal stories from our members, and celebrate the diverse cultural backgrounds and unique perspectives that shape our community. Whether it's learning about the latest research or hearing about personal journeys within dentistry, Molar Moments offers something for everyone. But the podcast isn't just for Tufts—it's a space for all ASDA chapters to collaborate, learn, and share best practices. We aim to create a platform where we can exchange ideas, inspire one another, and elevate our collective experiences within ASDA. Whether you're looking for fresh ways to engage members or tips for organizing impactful events, Molar Moments is here to help you grow and succeed. Tune in for a mix of fun, professional insights, and community-driven stories. Molar Moments is your go-to resource for staying connected, inspired, and informed within the ASDA network.

---

**Q12**

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

**2024-2025%20Communications%20Piece.pdf (806.6KB)**

---

**Q13**

Add your communication piece link below.

[https://youtu.be/jcpnW\\_c8A8w](https://youtu.be/jcpnW_c8A8w)

---

**Q14**

Submit your chapter's YouTube video link.

<https://youtu.be/wdR63IPG93g>

---

**Q15**

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

<https://drive.google.com/file/d/1Btdc4YJhK-olKrau80ztZyWPA4EZuSDj/view?usp=sharing>

---