



ADSA

AUSTRALIAN
DENTAL
STUDENTS
ASSOCIATION

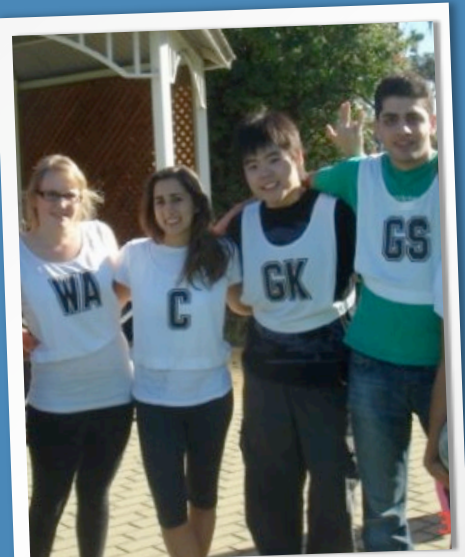
WELCOME TO DENTAL SCHOOL



LEARNING NEW SKILLS



STUDENT CONVENTIONS



FRIENDSHIPS FOR LIFE

HELLO FIRST YEARS!

Welcome to dental school!

On behalf of the Australian Dental Students Association, congratulations on getting in to dental school and welcome to life as a dental student.

You're in for five (or four) long years of text books, burning yourselves with wax knives and losing your middle hearing with the constant drone of suction and drills. You will also make life-long friends, connections that will last your entire career and survive some pretty epic parties. Dental students may be dorks, but it doesn't mean they're boring!

The ADSA is a national body established *by* students *for* students. We aim to represent students from across the country. Our mission is to bridge the divide between dental students across Australia, represent the common interests of all students, promote dental health and awareness,

promote changes in dental education. And of course, organise the annual student convention!

The success of ADSA relies on you, the individual dental student. Your enthusiasm and involvement are the basis of our association. All dental students are invited to become involved in the ADSA committee and share their ideas for the future of dental students.

To stay in touch with all our updates, make sure you join our Facebook Group and register your email address on our website (www.adsa.org.au).

We look forward to getting to know you throughout the year!

Cheers,
ADSA Executive



THE WHO'S WHO OF DENTISTRY

THE AUSTRALIAN DENTAL COUNCIL

THE AUSTRALIAN DENTAL COUNCIL (ADC) ADVISES AND MAKES RECOMMENDATIONS TO THE NATIONAL DENTAL BOARD REGARDING: ACCREDITATION OF DENTAL COURSES LEADING TO REGISTRABLE QUALIFICATIONS AND THE ASSESSMENT OF OVERSEAS TRAINED DENTISTS TO ENABLE THEM TO OBTAIN REGISTRATION IN AUSTRALIA.

WWW.DENTALCOUNCIL.NET.AU

THE DENTAL BOARD OF AUSTRALIA

TO PRACTICE DENTISTRY IN AUSTRALIA YOU MUST BE REGISTERED WITH THE DENTAL BOARD OF AUSTRALIA. DENTISTS MAY REGISTER AS A GENERAL PRACTITIONER OR AS A SPECIALIST IN ORTHODONTICS, PERIODONTICS, PAEDIATRIC DENTISTRY, PROSTHODONTICS, ENDODONTICS OR ORAL AND MAXILLOFACIAL SURGERY. THE BOARD ALSO REGISTERS DENTAL STUDENTS, HYGIENISTS, THERAPISTS AND DENTAL PROSTHETISTS.

THE BOARD DEVELOPS STANDARDS AND GUIDELINES FOR PRACTITIONERS, HANDLES COMPLAINTS, INVESTIGATIONS AND DISCIPLINARY HEARINGS, ASSESSES OVERSEAS TRAINED DENTISTS AND APPROVES ACCREDITED COURSES OF STUDY.

WWW.DENTALBOARD.GOV.AU

THE AUSTRALIAN DENTAL ASSOCIATION

THE ADA IS AN ORGANISATION OF DENTISTS WHICH OPERATE AS A CORPORATION, PROVIDING INFORMATION, PROFESSIONAL DEVELOPMENT, STAFF TRAINING, COMPLAINT CONCILIATION, DENTO-LEGAL ADVICE, HEALTH PROMOTION, LOBBYING AND ADVOCACY. OVER 90% OF DENTISTS ARE MEMBERS OF THE ADA. THE ADA SUPPORTS AND DEFINES ETHICAL PRACTICE AND ENHANCES THE PROFESSIONAL LIVES OF MEMBERS IE. PUBLICATION OF SCIENTIFIC PAPERS, DENTAL UPDATES AND THE ORGANISATION OF CONTINUING PROFESSIONAL DEVELOPMENT COURSES (MANDATORY FOR DENTISTS). IT CONSISTS OF MANY COMMITTEES AND HAS A BRANCH IN EACH STATE.

WWW.ADA.ORG.AU

THE ADSA COMMITTEE

The committee is comprised of two main bodies: the executive and the general committee. The executive committee includes the President, Treasurer and Secretary. The executive is responsible for leadership, liaison with fellow dental organisations, other health student organisations as well as the evolution and continuation of the committee. The Immediate Past President is also part of the executive, and steps in with their wisdom when needed!

The general committee consists of a Media Officer, Sponsorship Officer and Website Officer and a liaison officer from each university to provide a direct route of communication with each dental school. In this way, ADSA may readily impart information of its events and endeavours to students.

Elections are held during the Annual General Meeting, which takes place at each Australian Dental Students Convention. We are hoping to expand our general committee at our next election to include a Rural Officer, Public Awareness Officer and a Publications Officer. Nominations are submitted online before the AGM.

Any dental student can nominate themselves for a position on the ADSA committee and is encouraged to do so!!

PRESIDENT



NAME:
Sara MacLeod

NICKNAMES:
Sars, Smac, Mac"Loud"

UNIVERSITY
5th Year at election, now a graduate!

JOB DESCRIPTION
Build an army of dental students and take over the...um...dental hospital?

WILL BE THE ONE TO...
Take the netball comp too seriously. "Stepping" is for the weak! Go Melbourne!

SECRETARY



NAME:
Emma Thorburn

NICKNAMES:
Em, Ems, Hermione, Africa, Freckles

UNIVERSITY
4th Year, University of Melbourne

JOB DESCRIPTION
Begging the Dental Schools to take us back after Sara's plan for Dental Hospital domination fails (sorry Sara!)

WILL BE THE ONE TO...
Convince you to come to pre-drinks and post-drinks at convention... and tick you off on lists (I apologise in advance for forgetting names!)



TREASURER

NAME:
Mark Bennett

NICKNAMES:
Beezy

UNIVERSITY
Third Year, University of Sydney

JOB DESCRIPTION
Finding the buried treasure, which will fund dental student drinking habits on convention...a job I take very seriously.

WILL BE THE ONE TO...
Shout you the first beer...and probably the next few as well



MEDIA

NAME:
Lucia Dixon

NICKNAMES:
Luce, Loose Goose, Goose, Monkey

UNIVERSITY
Fifth Year, University of Queensland

JOB DESCRIPTION
Handling the paparazzi and making sure the world knows our name.

WILL BE THE ONE TO...
Drink beer through a straw, lose all possessions on a night out and steal costume parts from strangers.



SPONSORSHIP

NAME:
Siamak Saberi

NICKNAMES:
Smack

UNIVERSITY
Fourth Year, University of Western Australia

JOB DESCRIPTION
Heckling, hassling and gypsysing our lovely current and future sponsors. The more sponsors, the more cheap accomodation, booze and free pens!

WILL BE THE ONE...
To try to get money in the bank, party the hardest and make sure everyone has the best time.



WEBSITE

NAME:
Luke Rodman

NICKNAMES:
Lukey (females only)

UNIVERSITY
Third Year, University of Western Australia

JOB DESCRIPTION
Unleashing his inner nerd on the ADSA website and answering the committee's questions when they forget their passwords or press the wrong button.

WILL BE THE ONE...
Watching you....



IMMEDIATE PAST PRESIDENT

NAME:
Ashim Adhikari

NICKNAMES:
Shimmy, Shim-dawg, Shin-shin, Broseph

JOB DESCRIPTION
Stepping in when stuff gets too crazy...

WILL BE THE ONE...
Most likely to believe in you.

SURVIVING DENTAL SCHOOL



HYDRATE



LOSE THE ADDICTION



STUDY IN GROUPS



BRIBERY

1. Drink Water. Not only does it stop dehydration, it also (kind of) fills you up so you're less tempted to snack on lollies/chocolate/chips. Bonus points if it's fluoridated (nerdy dental joke)
2. Sleep. Try to go to bed at roughly the same time every night. Staying up all night studying doesn't mean you'll do better... especially if it means you fall asleep during the exam
3. Try a self-imposed facebook ban. If you don't have the self-discipline (you're not alone) then try blocking facebook on your computer or ask a friend to change your password (as long as you trust them not to frape you). This also goes for msn/twitter/tv
4. Study groups. Not only does it help talking through topics with friends, it also inadvertently helps your solo study because it forces you to learn things so you can answer questions your friends ask
5. Go through past papers. Lecturers do, in general, get lazy and tend to repeat questions. If you're in a helpful year level, divide the questions and send the answers to each other
6. Steal notes from older year students - learn how to bribe them, drinks and good are always a good start
7. If that all fails and it's the night before the exam, google the lecturer and find out what their area of interest is - they'll usually ask about it



SURVIVING DENTAL SCHOOL

Top 10 Exam phrases you're going to regret...

1. I'll start tomorrow
2. Just one more episode...
3. Going on facebook/msn is ok as long as I appear offline
4. I need a break. I need a Kit-Kat/(insert random chocolate bar)
5. I better update my status to 'Studying, DND'... 2 hours later... Oh Shit!
6. I'll just read my notes on the bed...
7. There's NO WAY they'll ask that in the exam
8. Let's pull an all-nighter just before the exam, sleep in the morning and wake up fresh and ready for the paper
9. But I thought the exam started at 2.15pm!
10. Let's burn our textbooks and notes after exams

BRAG THAT WE'RE BETTER THAN THE MEDS

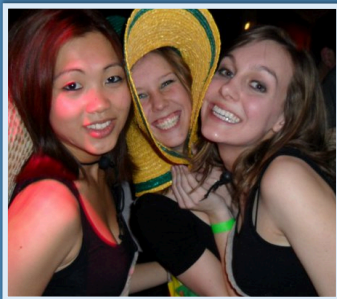
For those of you who are in Dentistry because you missed out on Medicine, here are some reasons to embrace it, don't be upset!

1. You'll be free in 4-5 years and can start practising straight away - no specialisation required
2. You get to treat patients within a couple of years, as in actually do fillings instead of just reading from a textbook and dreaming about real experience
3. Money! Check out job websites for salaries first year out
4. Sleep... You can set your own hours and don't need to do the night shift. Also, you don't have to work 5 days a week if you don't want to
5. We don't ever have to deal with bottoms, feet or eyes

Note: It's wise not to admit to other dentals that you had medicine first, even though you're probably in the majority.



AUSTRALIAN DENTAL STUDENTS CONVENTION



BRISBANE 2011

1. JULY 5 - 10
2. 6 AMAZING SOCIAL EVENTS
3. EXCITING ACADEMIC LECTURES
4. DENTAL TRADESHOW
5. SPORTS COMP
6. COSTUMES!!
7. MEET STUDENTS FROM ACROSS AUSTRALIA
8. DISCOVER A NEW CITY

CONVENTION REPORT: Melbourne, July 2010

From the ashes of the hugely successful 2009 Perth convention, the weight of expectation was immense. Could ADSA deliver? Would Melbourne be the perfect host city? Would dental students congregate once more for further celebrations?

Yes, yes, and good god yes!

With over 200 delegates from 9 dental schools across the nation converging in cosmopolitan Melbourne, the excitement was palpable.

The scene was set for a costumed "Meet and Greet" of epic proportions. Graceful lions hunting amidst outer space invaders, with Ron Burgandy and his news team reminding everyone they're 'kind of big deal.' It wasn't long before the dancefloor was set alight and convention had kicked off with a bang!

With many a little worse for wear the next morning, delegates saw the start of an interesting academic program that would delve in to dentistry in Israel, life after graduation and oral cancer and sex!

When lectures finished in the morning, those more athletically inclined took to the sports field for

some friendly inter-school competition. Luckily, no student was too exhausted to be whisked away from the safety of Australian shores and dumped in the mix of Tijuana, Mexico. What followed was a mix of sombreros, tequila and a strange donkey lurching amongst the crowds. The Mexicana pub crawl was a great success and showcased the wide variety of hip bars throughout Melbourne's backstreets. It also afforded a small crew of Mexican janitors the chance to make some extra coin cleaning car windscreens between venues.

Waking up on Thursday morning we were thrown onto buses to venture out to Victoria's newest regional dental school in Bendigo. Touring through the new school's facilities and listening to some interesting lectures from the school academics, it was time for a break. The crowds were treated to some of Victoria's finest food and wineries.

Thursday night saw delegates go native, with a tribal themed adventure to Fun City! Here students battled it out in laser tag, raced rings around each other on the go kart track, and as for the sumo suits... lets not go there.

The academic programme stepped up again on Friday morning with an interesting look into new techniques in endodontics and a rather graphic look into maxillo-facial surgery (many students were happy their stomachs had settled after a night off partying).

After an afternoon off to explore the city of Melbourne, it was time to get real and dial 000. The 000 emergency cruise combined with the Melbourne dental students association saw 400 dental students cruise down the magnificent Yarra river. With the Dj's tearing up the 1 and 2's all over the boat and the drinks flowing, it was easy to look past the bandaged and bloody. When things did start to heat up, we were glad the firemen were onboard! One escaped inmate decided he'd go to all means to evade the po-po, even diving in to the depths of the Yarra River to escape conviction!

All of a sudden it was Saturday, where much of the day was spent mentally preparing for the penultimate event; a cocktail ball at Melbourne's Aquarium. The gentlemen were suited and ladies dressed to the nines and everyone involved had a night to remember! Tearing up the dance floor whilst mingling with the fish, this glorious setting was a fitting end to the delicious social program at this year's convention.

As the battered and weary gathered for the AGM on Sunday morning the new executive was elected and three new positions added to the general committee. With ADSA growing, we are looking to adding a further three new positions to next year's general committee and we are sure that if the past 2 years are anything to go by, next year's convention in Brisbane is going to be huge!

So get involved and remember, you stay classy.



MEET & GREET
ADELAIDE 2007



TOUR OF THE WESTERN
AUSTRALIAN DENTAL
SCHOOL 2009



PUB CRAWL
ADELAIDE 2007



MEET & GREET
PERTH 2009



THE YEAR THAT WAS (2010)



Get Involved!!

Online: www.adsa.org.au

Facebook: Join our group - The Australian Dental Students Association

CLOCKWISE FROM TOP LEFT:

ADSA Committee at the National Health Students' Forum, the Inaugural Roland Bryant Cup between Sydney and Charles Sturt University, University of Western Australia students promoting dental health, Dental students go wild at the 2010 Australian Dental Students Convention in Melbourne, La Trobe University dental students at "The Floscars".