



12TH &

NEIL

MAGAZINE

SUMMER 2017

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STUDENT ORGANIZATIONS
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The Ohio State University College of Dentistry



LETTER FROM THE EDITOR

Beginning your first year of dental school is an unforgettable time in your life. It is filled with many emotions from excitement, anxiety, and maybe even a little bit of fear. However, this journey is one that will lead you to your future. Not only a career, but a life as a clinician and healer. We take on the responsibility to help others, not to cause harm, and to be truthful. Dental School is the time to learn how to be all of these things. It is a time to learn who you are as a professional, and how to be the best dentist possible.

This issue of 12th and Neil is filled with many helpful tips on thriving during your four years in these halls. We have an article on unconventional tips for navigating that first year. The first year will

bring about a huge change in your lives. You will learn that you have to devote a large portion of your time to studying for didactic courses and practicing your hand skills. You will learn things about yourself; mainly how driven and devoted you really can be. You will make new friends, and these friends will be the ones who truly understand what you are going through. Your family will be a support system, but they may not understand at first just how much time you have to dedicate to this chapter of your life. They will learn in this process as well. Your first year is also going to provide a lot of excitement and fun. Don't forget to enjoy your time. It will fly by!

Getting involved is one of my biggest pieces of advice to incoming students. There are so many student organizations, and I personally think my involvement in those helps me to thrive. It allows you to keep a schedule and learn to balance multiple priorities. This involvement should not take away time from your classes, but it can make a great impact on your future. In this issue we have a lot of information about student organizations at the school. I of course think everyone should join ASDA. It can provide you with so much more than another line on your transcript. ASDA has provided me with countless friends, information on what it means to be a dentist in the real world, and memories to last a lifetime. As a member of ASDA, we also encourage you to get involved in other organizations. Whether it be Student Government Association, a fraternity, or one of the many other clubs at the school. Check

out the articles we have from some of these organizations, as well as a list of all of them available here at The Ohio State University on page 9.

We also need to remember to maintain our health. This means our mental health, as well as physical health. There are a multitude of resources here to accomplish this. Check out the article on page 17 for more information on these. This page also includes links to fitness class schedules and mental health resources. Take advantage of all that is offered to us as students!

As dentists, part of our job will be helping others. We have that ability during our time as students as well. During your first two years we will not be working on patients yet, but that does not mean that we cannot help the community in other ways. ASDA provides many ways to serve the area through volunteer opportunities. I encourage you to volunteer for some of these events. You will feel so rewarded afterwards. It may be something as small as teaching a child the proper way to brush his or her teeth, but something this small could provide that child the encouragement to become a dentist when he or she grows up. For more information on community service efforts from ASDA, check out the article on page 18 from our community service co-chairs.

Overall, dental school can be a roller coaster, but it is a ride we will all take together. We will come out in the end with gratitude and appreciation for the career we have chosen. Prepare yourself for the next four years of your life, but don't forget to enjoy every moment along the ride!

"Sometimes it's the journey that teaches you a lot about your destination."

-Drake

Samantha

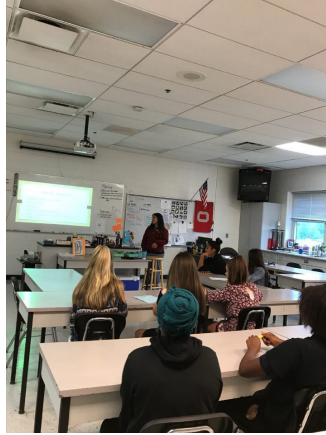
- Samantha Lindsey
Editor-in-Chief



Calendar & Events

Finland Middle School Oral Health Information Session

Our ASDA members went to Finland Middle School to share knowledge about oral health. They were able to speak to 82 students and teachers about maintaining a healthy mouth!



Genoa Middle School Career Day

ASDA members were invited to give a presentation at Genoa Middle School's career day. 80 students signed up to learn about a career in dentistry!



OSU ASDA

APR

21

27

MAY

5

JUN

10

JULY

14

Thank Yoga Class

Our Health and Wellness chairs organized a wonderful event at the Thank Yoga Studio. This was a great opportunity for our members to learn some basics of yoga and relax before the rush of finals hits.



Annual Golf Outing

ASDA held its annual golf tournament. The event was a great time for students and alumni to come together for a day of healthy competition. There was lots of prizes at the end of the day for the participants.

District 6 Leadership Retreat

7 Ohio State ASDA members, who are also a part of the District 6 Trustee board, attended a leadership retreat in Coshocton, OH. This was a weekend with team bonding, planning for the year ahead, and socializing.



Upcoming Events

September: Wellness Month

September 14-17: ODA Annual Session

September 22-24: District 6/7 Meeting in Louisville, KY

November: Advocacy Month

4

15

16



Miracle League Day

ASDA members had the opportunity to attend Miracle League Trophy Day. They helped to hand out awards to special needs children who participated in the baseball program.



ASDA Wellness Month 2017

Thursday, September 7th:

Run with ASDA @4:45pm

Monday, September 11th:

Circuit Cycle at the RPAC @4:20pm

Wednesday, September 20th:

Vinyasa Flow Yoga at Thank Yoga @5pm

Wednesday, September 27th:

Power Yoga at the Women's Field House @7:15 pm

Relaxation Yoga at the Women's Field House @8:30 pm

TBA: Lunch and Learns

10 Non-Traditional Tips for Navigating Your 1st Year in Dental School

By: David Westmeyer, '20

Everyone has access to the Internet and can Google “how to survive dental school.” I wanted to write this article about some of the things the Google articles aren’t telling you. This is the list of tips that I wish I had read going into my D1 year. Dental school is hard, but this article will make it a little easier. The list is not the end all be all for success in dental school, and it is not ordered in terms of importance. Here are a few considerations if you want to get the most out of your first year.

Make friends with your classmates, but make other friends too.

01

Some of your classmates are going to become your very close friends. You will do everything together because you are going to be on the same schedule. You will go to class together, study together, eat together, and go out together. This is great, but you will also need to branch out and make friends with people who share your other common interests besides teeth. Search for events that interest you in the city, make time to go to them, and put yourself out there when you go. It is important to get away from dental school and your classmates every once in a while.

02

Don't burn bridges.

This one goes for your classmates and your professors. Both will make you very frustrated at times. It is important that you treat everyone with patience and give everyone grace. Some of the classmates that I did not like at first have become some of my best friends. Some of the professors that were really hard on me turned out to be the ones who cared the most about my success. You don't know which of your classmates might be hiring you some day or which of your professors you will want a letter of recommendation from for specialty program applications.

Eat and exercise. Not too little. Not too much.

Dental school is incredibly stressful. Everyone responds to the stress in different ways. Some people go to the gym, some people go too much, and some people don't go at all. Long story short, many people respond to stress by gaining an unhealthy amount of weight, others lose an unhealthy amount of weight. Make sure that you are taking care of your body, especially in high stress periods of your life.

03

04

Explore new study patterns, or don't.

Throughout undergrad, I studied almost exclusively by myself. That worked great for me and I did not think that was going to change. When I started struggling in Anatomy, I reached out to two of my classmates and we studied together. I was amazed at how helpful this was. We were able to explain topics to each other, and I found this studying method to be extremely helpful. However, you have made it this far, and if you believe that the way you study works for you, don't change it. Just be open to the possibility of learning in new ways.

05

Don't wish your time away.

Dental school can seem like a means to an end. In some ways, I still feel like it is. I want to be a dentist because I want to have a certain lifestyle. I want to be my own boss and I want to help people. Studying countless hours every day for weeks gets old really fast, but I have found dental school to be one of the most fun and exciting times of my life. When you have limited time to have fun, you make the most of it. You will work harder than you ever have before, but this is four years of your life. Make the most of this time and don't wish it away.

Always have something to look forward to.

Whether you're planning a huge camping trip to Yellowstone National Park, a weekend vacation to New York, or just a nice dinner out with your partner, always have something really fun planned for the near future. Dental school goes in waves. There are times when you are really busy and times when you are twiddling your thumbs. Make sure that the times you are less busy are productive, but make sure you set aside time for the things in life that you really get excited about.

06

6

Give yourself grace.

07

You are going to be asked to retain more information than you ever have before. At the same time, you are going to be challenged in your hand skills courses to learn something that for most students is completely new. You are going to fail from time to time. The people who are the most successful, accept this and keep working. They don't get down on themselves because they realize that this is wasted energy. Know that this is hard, know that you may not get it the first time, and know that you are going to get it eventually. Give yourself patience, and give yourself grace.

Plan time to clear your mind.

It is important that you do things with other people or alone that gets your mind off of your coursework. For me, how I do this changes all the time, it just depends on what I'm feeling. I will go for a run, meditate, read a stimulating book, or sit on the couch and watch a few episodes of my favorite shows on Netflix. Give your mind rest and/or stimulate it with some something else. While it should be limited, this time should not be considered laziness and you should not feel guilty about it. It is directly contributing to your success in the classroom, and your overall health.

08

Use outside resources for your hand skills courses.

09

Upperclassman are some of the best resources. They have a wealth of knowledge, have already succeeded doing the new task you are attempting, and will be excited to tell you everything they know. Another resource that is invaluable is Instagram. Some of the best dentists in the world share videos about new techniques. Be careful though, watching their videos can get addicting..

Don't underestimate the importance of your living situation.

Take careful consideration of where you choose to live. Many people choose to live within walking distance to campus. You are going to spend a tremendous amount of time there, so if you plan to commute carefully plan your day to prevent being stuck in traffic or having to rush back and forth. Make sure that you are selective with who your roommates are. Choose roommates who can understand how strenuous your schedule is and can respect your time.

10

BENEFITS OF JOINING A PROFESSIONAL SCHOOL FRATERNITY

D-Frat

By: Katie Kimberly, '19
and Nate Frye, '18

A tightly knit group of D1-D4's that consider themselves a family

A "Work Hard - Play Hard" mentality

The activity hub on weekends- pool table, mounted TVs, Super Smash Brothers, kegerator, newly remodeled kitchen, and covered porch so Mother Nature herself can't dampen the fun.

Resources for success in both the classroom and clinic

- Study Guides
- Upperclassmen experience
- Dental Lab
- Tips to succeed

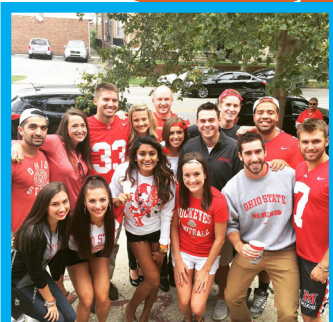
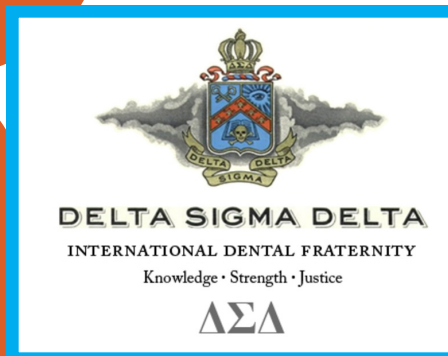
A resource like none other found in dental school- want to hear directly from lawyers, insurance providers, bankers, accountants, and financial advisors? Many events are hosted each semester that offer this invaluable information.

Home Away From Home!

Conveniently located 2 blocks from the school- need to get away for a quick second for some R&R, we are the place.

An extensive alumni chapter, eager to reach out and aid in the transition into a dental practice.

ARM: Annual Regional Meeting allows us to fraternize with our neighboring dfrat chapters. (We'll be hosting next year!)



Gigantic composites covering the walls displaying both our current members and rich history.

As one of the largest and well-respected dental student organizations, numerous individuals and groups from a variety of fields host dinner and learns at the house, often multiple times a month.

One of the largest groups within the school by far, an extended dental family is formed by our over 160 members.

Beautiful and spacious house and yard where members hang out during the week and/or weekends. It is equipped with a basement lab, fire pit, grill, library/piano room, tables for games, giant Jenga, corn hole, beersbie, TVs, kegerator, large kitchen, and plenty of space for socializing.

Partnerships with other organizations, such as ASDA, for community service events to help those in need.

Tailgates for every home football game as we eat (everything from burgers and brats, to a large hog), drink, and watch the Buckeyes make their march to Atlanta this year.

Produces many of the most memorable events throughout the year, from upscale Thanksgiving and Psi O Nara, to casual parties, tailgates, open bars, pre-games, Tacky Christmas Sweater Party, and Spring Formal. Often times faculty members are in attendance at these events.

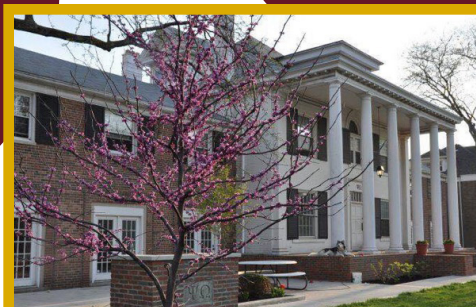


Great collection of study guides created by our members who make up a large portion of the D1-D4 classes. Upperclassman are more than willing to offer tips and tricks to succeed through our mentorship program and help sessions.

One of the only student groups that has hygiene members so you can get to know them outside of the classroom and clinic.

Members traditionally have held, and continue to hold prominent, positions within the school. We also have numerous alumni in the residency/intern spots here at OSU.

Located near popular High Street bars and other establishments. The house is equipped with a large parking lot and annex houses located within a couple blocks of the school.



Psi Omega

By: Brandon Privitera, '19
and Jimmy Schooley, '19

Student Government Association

By: Anthony Clark, '18
and Jimmy Schooley, '19

One of the most well known organizations on campus is the Student Government Association. A total of twenty dental students are a part of this organization. This includes: four elected officers per class and four school-wide executive officers presiding over those class officers. They work with Student Affairs to keep things running smoothly behind the scenes. This organization has many benefits of being involved, which include:

~Organizing events throughout the year, including: Mandiball, Homecoming float building, Variety Show, faculty/student socials, teaching awards, welcome picnic, and various other endeavors.

~Serving on important committees, which include the curriculum, faculty search and professionalism committees. These bodies help make important decisions that impact faculty, current students, future students and patients.

~Acting as a liaison between the students and faculty/administration. This can include changing test schedules, review sessions, or any other issues that may arise from the class as a whole.

~Leading the charge in fostering a collegial atmosphere amongst the students.

~Overseeing and working with the various student organizations within the school. SGA strives to create a working relationship between organizations, and puts students in touch with appropriate individuals within them.

~ Participating in Leadership meetings with the Dean and administration. This is a great time to get to know important faculty on a more personal level. This is an opportunity all students do not get.

~An office provided at the school. This is a great place to conduct meetings, study, or hangout between classes and during lunch.



Other Student Organizations

ACADEMY OF LATTER-DAY SAINT DENTISTS
ALPHA OMEGA - DENTAL FRATERNITY
AMERICAN STUDENT DENTAL ASSOCIATION
ANATOMY MEMORIAL SERVICE
ARMED FORCES CLUB
ASIAN PACIFIC STUDENT DENTAL ASSOCIATION
ASSOCIATION OF WOMEN DENTISTS
CHRISTIAN DENTAL ASSOCIATION
DELTA SIGMA DELTA - DENTAL FRATERNITY
DENTAL ENTREPRENEUR SOCIETY
DENTIST ANESTHESIOLOGIST CLUB FOR STUDENTS

ESTHETIC AND COSMETIC DENTISTRY
GIVE KIDS A SMILE
HISPANIC STUDENT DENTAL ASSOCIATION
INTER-PROFESSIONAL COUNCIL
ODONTOS
PELTONIA
PSI OMEGA - DENTAL FRATERNITY
SMILES FOR SCHOOLS
STUDENT GOVERNMENT ASSOCIATION
STUDENT NATIONAL DENTAL ASSOCIATION
STUDENT RESEARCH GROUP

WHY JOIN ASDA?

By: Mike Andes, '20

Leading up to your first day, there is a lot of talk about school; the difficulty of mastering hand skills, anatomy is a bear, and managing time becomes more difficult. Yet what you don't hear is how to better yourself as a dentist. How to become more involved. How to take time for yourself and when it's appropriate to do that. Becoming more involved in the dental profession, helping you keep a steady state of mind, and branching out to make connections is what ASDA is all about.

The American Student Dental Association (ASDA) is entirely dedicated to supplementing your in-classroom experiences with adventure, travel, friendship, social experiences, and a greater education of the dental field. As President-Elect, I am obviously biased, but let me paint a picture for you. November of D1 comes around and I was fortunate enough to travel to Chicago and participate in the National Leadership Conference. Driving to Chicago, I rode 6 hours with two people I had only known for a few months, and a third I had never met. Coming back from that trip, we all had shared an experience that we could bond over unlike many others in our class. Friendship. While attending this conference we stayed in a hotel and for three days attended lectures given by different representatives of the dental field. Lectures pertaining to everything from interacting with patients, to finding success in the first year. Education. Finally, while in Chicago, the Ohio State group joined hundreds of other dental students on an all-expense paid networking dinner cruise and danced the night away for hours. Social Experience. Adventure. Friendship.

While this experience is my own, there are many ASDA members who have had similar experiences with this organization. However, with ASDA you don't need to go to Chicago to have an experience like outside of Postle Hall. Socials will take you to sand volleyball courts, bars for trivia, and parks for fun and games. ASDA is not just a payment you make at the beginning of D1 year from which you never reap any benefits. ASDA allows you to take charge of your career from day 1 and become a better student and a better dentist all while making friends and professional connections.

10



Motivation is defined as the general desire or willingness of someone to do something. Dental school is a cycle of finding motivation. Motivation to study for that fourth test in the week, to will yourself to arrive early to the preclinical lab to practice for a practical, or stay after clinic hours to call your patients. Maintaining a positive outlook in the whirlwind of responsibilities can be the most challenging part of the four-year gauntlet that is a high-quality doctoral education. We all want to live happy and fulfilling lives and that can be as subjective and blurry to us as the 4.0 preclinic grading criteria. That's not to say that I don't think happiness exists, but in the same way, we must be critical of our end goals and the process that brings us to the ultimate result—graduation.

Inherent to motivation is the necessity for goals. In order to have a healthy relationship with motivation, we must be comfortable with goals that allow us to have a process-based motivation. That is, long-term goals that are comprised of many smaller goals. This is because the moment of

achieving a long-term goal occurs in an instant. If we measure up our self-worth and happiness only to achieve our goals, the entire process then can seem like one big hoop to jump through that is holding us back from being happy. This type of goal setting can become very negative for a young student or dentist who may only be focused on the “after dental school me.” Projections of self-worth onto a future you, will often end in a person who feels empty handed and sometimes lost. Take for example the many rich and famous celebrities embattled by depression and unhappiness.

So how do we know when motivation is process based or end-result based? And, does end result motivation play any role that is beneficial? Ironically, the first step in process-based motivation must be setting a long-term goal. Identifying specific end results helps guide our actions and the application of our energy. However, the end result must motivate us primarily because of the challenge it provides, and achieving the end goal secondarily. This hierarchy positions process motivation

as more important than end result motivation and becomes a more realistic way to derive self-esteem and ultimately—happiness.

Self-worth comes from the positive results of your motivation. Inherently, we place more value on goals that are derived from the product of more effort. However, the achievement itself should have no implications on our self worth. Often, we tie self-worth to success and failure of our efforts, but this can be toxic, because life is comprised of many more failures than successes. We value getting a passing grade on a test of our skills, but without respecting the learning and patience it takes to hone them, the result is meaningless. In this way, achievement may or may not be the result of time and effort. However, the essential redeeming quality of all of our experiences, whether good or bad, is learning. Once you are able to disassociate achievement and self-worth, and instead value your experiences as learning, you will eliminate the self-limiting need to establish external proof of self-worth.

MOTIVATION AND POSITIVITY

By: Alan George, '19

Dear Duane,

"Dental school is starting to burn me out. Coming into the dental school has started to feel like a drag and is sapping the life out of me. What should I do?"

In the last article I talked about how students need to get out and do other activities besides school to keep themselves sane. What happens, though, when this is no longer enough and depression and burnout start to set in? Is there a way out of this downhill slope?

According to recent studies conducted by the American Dental Association and the National Institute of Health, mental health is one of the greatest challenges dental students face. These studies have shown that psychological stress and burnout exhibit a statistically significant increased incidence as a student goes through dental school. This burnout can have significant impacts on your school work as well as your attitude toward your career as you leave school. The problem with this burnout and psychological distress is that there is no magic bullet, cure all, that can fix it. Rather, it requires a variety of efforts and practices that should be customized on an individual basis.

One of the best ways I've found to avoid and dispel some of this burn out, however, is very simple. All it requires is having a conversation with a close friend or loved one that is not involved in the dental field. I know it may sound obvious, but all day every day nearly 100% of our interaction at the school is involved with other people in the dental field. Although this doesn't dictate that 100% of conversations involve dentistry, I've found that having constant reminders of school makes it feel inescapable. If you have a significant other or best friend not involved with dentistry, perfect! Give off your 10-minute rant after school (don't lie, you

know every single one of us goes home and immediately lets off our frustrations from class or clinic that day) and then move on to something else. Even something as simple as hearing about someone else's day and their concerns is enough to get your mind out of Postle Hall, even if your body is at home.

Another great way I've found to avoid burn out is to get out of Columbus, even if it is only for a few hours. Columbus is surrounded by a lot of fantastic areas with stuff to do. Take an afternoon and go on a hike at Hocking Hills, check out the Mansfield haunted reformatory in the Fall, or try hitting the slopes at Snow Trails or Mad River Mountain in the Winter. Big cities, like Columbus, can feel like a traffic ridden prison at times. Feeling the fresh air on your face or not having to hear a million life flights fly over your head from every which way can feel like freedom from both Postle and Columbus. Small resets like this are extremely important to your personal mental health.

The most important point to drive home here, however, is that if you have a sense of despair and burnout that is so strong that you can't make a dent in it, don't be afraid to get help. Get help from friends, loved ones, and, if need be, trained professionals. Jen in Student Affairs does a wonderful job making sure our mental health stays in check. Nothing, especially school, is worth losing the will to go on with your daily life. No student will ever be perfect, and there will always be another exam if you're stressed about struggling. Just make sure to keep living your best life and you will be able to kick burn out from your mind for good!

Love (and honor) what you do,

Duane Neidert, '19

Across the Oval: ASDA Benefits as an Undergrad

By: Bryan Fuerst, Pre-Dental Student

There are a variety of common buzzwords that a pre-dental student hears throughout his or her time as an undergrad at Ohio State. One that sticks out is ASDA. To me, ASDA appeared like a corporation that received money from students just so it would “look good” on my résumé. However, after becoming a member and doing more research on ASDA, its mission, and its resources, it has become an extremely beneficial component to my undergraduate career. ASDA, the American Student Dental Association, strives to provide its members with education, information, recommendations, and advocacy.

But what does that all mean? Anyone can read a website and locate the mission statement. An essential part of the pre-dental process is discussing with fellow students and analyzing the experiences of others. ASDA has been an advantageous resource for me, and the only regret I have is not becoming a member sooner. The extremely helpful and enjoyable Pre-Dent Day at Ohio State is an ASDA event and is heavily discounted for all members. This event involves an admissions presentation, a one-on-one partnership with a dental student, and even drilling practice. There are a variety of benefits of attending just this event as an ASDA member, let alone the other opportunities available. Pre-Dent Day is a concrete example of a specific event when your membership is important, but there are more than just a few events each year to make the membership worthwhile. The knowledge and resources that ASDA offers are unparalleled.

Every single month, each ASDA member receives a new article discussing the pre-dental application process, facts about each dental school, and studying tips for the DAT. I have assembled a collection of these and it is the foundation of my knowledge as an undergraduate student. Surfing various websites looking for average DAT scores and GPAs, prerequisite courses, and amount of letters of recommendation needed can be grueling and unproductive. Every school has its own specific requirements, and keeping track of them all is unnecessary stress that we do not need. The ASDA articles list all of the information for each school, and it is compiled in one place. This reliable information has guided me to realize what schools to apply to and what I need in order for my application to be excellent. One of these factors is the DAT, the infamous standardized test each pre-dental student must take. The DAT can be frightening at first glance, but ASDA offers incredibly helpful and reasonable study methods. It takes the time to explain a variety of different techniques for different students, helping a wide array of its members to succeed on this crucial component of the application process. For someone with no dental background, such as myself, with a desire to score well on my DAT, ASDA has been a critical part in forming my study plan that will hopefully result in a competitive score.

When conversing with other students about their ASDA memberships, they echo the same benefits that I have received. The common regret is that we all wish we would have joined sooner in order to strategically plan our undergraduate careers as pre-dental students. At the same time, it is never too late to join. Regardless of where a student is in the application process, he or she can take full advantage of all that the membership offers, including the fantastic resources and reliable knowledge. Being a member of ASDA unites all pre-dental students, dental students, and dentists as a unified voice in support of organized dentistry. We all know how challenging the dental field can be, and ASDA emphasizes the idea of working together in order to achieve widespread success.

Nine years ago, J.K. Rowling gave a commencement speech at Harvard University to the graduating class of 2008. Just in case you are not familiar with J.K. Rowling, she is the author of the Harry Potter books and queen of the Harry Potter empire. The first book in her legendary series was published in 1998. Since then, these books have been translated into 68 languages and have sold more than 400 million copies worldwide. We should also mention the eight incredibly successful films and three theme parks. Now that we are all familiar with J.K. Rowling's long list of accomplishments, we can get back to the story.

In her address to Harvard graduates, faculty, and staff, she spoke about the fringe benefits of failure. At first thought, that might seem like a bold move from someone who is so successful. However, she shared with the audience that her success came only after experiencing the worst circumstances of her life. Rowling eloquently said that since she had made it to rock bottom, she had a fantastic foundation to build herself back up.

You might be thinking to yourself, "How are J.K. Rowling and failure at all relevant to my life as a dental student?" I am so glad you asked.

When you first applied to dental school, there is a very good chance you were the most successful student in your prior academic program. You were also (probably) a very hardworking student. Academics might not have been easy, but you were always able to excel. Once you arrived to Postle, that reality might have shifted.

Dental school, as you might already know, is a much different atmosphere from undergrad. The curriculum is much more rigorous. The stakes are higher. On top of

that, there are hand skills. If you have the same expectations for yourself as an incoming dental student that you had for yourself in undergrad, those may no longer be

A Note from the Student Affairs Office

By: Lauryn Betterton, Student Services Specialist

realistic or attainable.

While in dental school, there is a very good chance you will experience some type of failure. And that is okay. J.K. Rowling said in her commencement speech, "Personal happiness lies in knowing that life is not a checklist of acquisition or achievement. Your qualifications, your CV, are not your life. Though you will meet many people...who confuse the two." You are not expected to ace every exam, complete every practical with a 4.0, and treat every patient on your first day as a dental student. None of this is expected from you on the second day either. In addition, your self-worth is not tied to those things. Between the first day of class and your walk across the stage at convocation, you will become a competent practitioner. Concurrently, you will be making mistakes. Learning is a process, and a vital part of learning is failing.

One of the students from the graduating class of 2017 said in his exit interview, "Your classmates are not your competition; you are your competition." This is a fantastic way to frame your journey through

dental school. Comparing your inside to someone else's outside is not a fair comparison. Not only that, but it will never work out in your favor. If you focus only on doing your best work, your end goal becomes progress rather than immediate perfection. Progress is a much more attainable goal. Progress is a much healthier goal. Progress allows for learning from your mistakes and using that information to better inform your practice.

It can be nerve-racking (read: terrifying) to have an honest, vulnerable conversation with your classmate about your struggles with your coursework, personal life, and everything in between. But think about the last time someone shared their fears with you only to then tell them you had the same worry. It is liberating to know you are not alone in making every effort to be "perfect" and maybe falling short. You are never the only one who does not understand, cannot get the hang of it. Sharing what you are going through with others (classmates, Student Affairs staff, partners, loved ones) builds your network of support.

J.K. Rowling said, "You will never truly know yourself or the strength of your relationships until both have been tested by adversity." Your time in Postle will test you (literally and figuratively). Your time here will not be perfect. There is a village of people here to help you succeed and support you every step of the way. You will develop a greater understanding of yourself. You will grow from these experiences. You will become a confident professional. You will know that failure and setbacks are merely prerequisites to success. If at any point you forget these things, stop by Student Affairs. We will remind you.

Improve Your Health and Wellness

By: Hilary Allen, '19

Looking for ways to improve your overall health and wellness? You've come to the right place! Ohio State provides a wealth of resources (for free!) that a student can use to up his or her game, both physically and mentally.

This university offers six rec sports facilities: Adventure Recreation Center (ARC), Jesse Owens North (JON), Jesse Owens South (JOS), North Recreation Center, Outdoor Adventure Center (OAC), and the Recreation and Physical Activity Center (RPAC). JO South and the RPAC are the two gyms closest to Postle Hall—both are within a five minute walk. Within these facilities, there is a magnitude of fitness options to fit your needs. Pools, racquetball courts, cardio equipment, strength training equipment, basketball courts, a climbing wall, volleyball courts, and tennis courts are only some of the options offered on campus.

If solo workouts aren't your thing, the rec sports department offers a huge variety of fitness classes and intramural sports. Dental students are generally an active crew, so there are tons of opportunities to make friends and stay active at the same time!

The Student Wellness Center is also a great resource, offering nutrition coaching, financial coaching, wellness coaching, and alcohol & drug prevention services. It is conveniently located in the RPAC.

If you ever find yourself in need of a listening ear, Ohio State offers counseling and consultation services across the street from Postle Hall in the Younkin Success Center. The dental school also has our very own psychologist, Jennifer Smith, Psy.D! Mental health is just as important as physical health, and Ohio State provides the resources to become more in tune with both.

Health & Wellness is a new position in ASDA this year because it is so critical to the success of a dental student. ASDA outlines five dimensions of wellness: emotional, physical, intellectual, occupational, and environmental. The Ohio State University has learning opportunities, hands on experiences, and state-of-the-art facilities to help you reach your wellness goals in each of these dimensions. All you have to do is try them!

Rec Sports: <https://recsports.osu.edu/>

Student Wellness Center: <https://swc.osu.edu/>

Ohio State Counseling and Consultation services: <https://ccs.osu.edu/>

ASDA Health and Wellness: <https://www.asdanet.org/index/dental-student-resources/health-and-wellness>

Dental School Psychologist, Jennifer Smith : smith.11028@osu.edu or 614-292-5766

As future dental care providers, it is exceedingly important to get involved in our communities. That is why, as newly elected community outreach co-chairs for ASDA, we plan on coordinating numerous events to give our members opportunities to volunteer in and around Columbus.

There are countless reasons to volunteer. Most importantly, we believe that making a difference involves strengthening our communities and guiding them in the right direction. It seems that we have all experienced the feeling of forgetting what the world outside of Postle Hall is actually like, but giving back to the community can help us gain new perspective. Due to being stuck in our Postle bubble, we are planning events that involve community education pertaining to the dental field, in which as many people who feel compelled to volunteer can participate. We trust that these events can help improve the public perception of dentists for those who may be timid of our profession. Studies have shown that volunteering in the community actually decreases one's stress levels, which we all know can be much needed with our heavy work load.

Specific events that we have planned thus far include: distributing oral hygiene products and distributing pamphlets at a local school's community event, informing middle school students about dentistry at their career day, and volunteering at a youth baseball game for children with disabilities. We plan to organize a variety of volunteer opportunities each semester so that everyone in ASDA can get involved, interact with the community and relieve stress in the most rewarding way possible. Keep your eyes peeled for the upcoming events, and we look forward to seeing you there!

Be The Change

*By: Bri Durnwald
and Ben Blumberg, '19*

The Palatal Expander

Ooey Gooey Butter Cake

Ingredients

- 1 box yellow cake mix
- 3 eggs
- 2 sticks of butter, divided and melted
- 1 package cream cheese, softened
- 1 teaspoon vanilla
- 16 oz powdered sugar
- 1 cup chocolate chips (optional)

Directions

- Preheat oven to 350°.
- Combine the cake mix, 1 egg and 1 stick of butter (and chocolate chips)
- Mix well
- Pat the mixture into the bottom of a lightly greased 13 by 9-inch baking pan.
- Mix cream cheese until smooth with electric mixer.
- Add 2 eggs, vanilla and 1 stick of butter to cream cheese and beat together.
- Add powdered sugar and continue mixing.
- Spread over previous mixture
- Bake 40-50 minutes. Center will still be gooey.



Q&A

Dr. Dawne Stefanik

Getting to know the school's faculty

By: Jane Gibson, '20

Where did you go to dental school and when did you graduate?

"The Ohio State University College of Dentistry (BS, AQP in Dental Hygiene 1996 and DDS in 2000)"

What inspired you to eventually teach at a dental school?

"Having been through the dental hygiene program beforehand, when the time came in dental school to learn about utilizing periodontal instruments, several of my classmates had asked me for additional help. After giving some advice and demonstration on how to use the instruments, I quickly realized how much fun I was having, and that I had a genuine passion for a 'teaching' role. Later in private practice, that same teaching spirit remained and became more robust with each day. Initially, I came to teach at the dental school just one-half day a week while I was still in private practice, but I was soon hooked for the 'long haul', and later joined the faculty as a full-timer. I especially enjoy working with beginning dental students early on in the curriculum, and love the interaction and engagement when small group discussion is possible."

What are you most passionate about regarding the dental field?

"Honestly, I have always truly enjoyed just about anything to do with Oral Pathology. Despite having never pursued the Oral Path specialty after graduation, I still have a strong interest in that area and being in an academic setting provides unique opportunities to learn from those with specialty licensure. I am also a 'techie' at heart, so I love to learn about emerging techniques and technologies."

Did you find a certain aspect of dental school particularly challenging?

"I always found it difficult (still do today) when I can't engage all of my senses to learn something new. For

instance, learning about a gypsum product in the classroom lecture setting, but without having the opportunity to manipulate the material at the same time, was frustrating. I always felt as though I could digest new

concepts more quickly and thoroughly, if I was able to



engage more senses rather than just watching the teacher write facts down on the overhead projectors or chalkboard (we didn't use PowerPoint and Elmos back then)."

What advice would you give to current dental students at the college?

"Keep your end goal in mind, and don't settle for 'mediocre' along the way. I am a huge believer in the notion that we learn more from our mistakes, than we do our easy successes. If something goes perfectly the first time, and

you're not sure how you got there, then you may not reap the rewards of continued success. Many of us can remember times when we experienced an 'epic fail' while learning something new and complex. Perhaps an alginate impression doesn't turn out the way you thought it would, or you can't seem to get the chamfer height smooth on the disto-lingual of your #31 crown prep, so on and so forth. It's vitally important to take the time to critically evaluate your work so that you don't keep repeating the same mistake over and over again. What went wrong and why? How can I improve next time? Holding on long term to didactic knowledge and acquiring proper hand skills may prove to be very challenging at times, but I would encourage students to strive for constant improvement and resist asking the question "Is this good enough?"

What is your favorite thing to do outside of work?

As long as I have quality time with my husband and kids, I am loving life. My husband's sense of humor keeps me entertained and I love watching my daughter at her cheerleading events, and travelling with my son to his Irish dance competitions. I also enjoy singing, and can really belt out just about any 70's tune in the car! (sorry if you are the driver next to me)"

Favorite Dessert?

"Hands down.... Tiramisu"

If you could go anywhere on vacation, where would it be?

"Guam. I lived there for three years when I was very young, and my Dad was in the Air Force. I have lots of memories of beautifully sunny days on the beach, running around chasing hermit crabs. After four decades of living in the continental US, I would love to go back to Guam and see what has changed. And maybe chase some more hermit crabs!"

The Ohio State University College of Dentistry



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