

UCSF ADEA NEWSLETTER

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LETTER FROM THE PRESIDENT

Hello, everyone!

Congratulations of finishing another year of dental school! You're all one step closer to D.D.S.! Under the leadership of Valentina and Janice, the 2014-2015 academic year was incredible for ADEA. We began this year with the hopes of bridging the gap between students and faculty, providing students with new opportunities, and expanding our reach in both our UCSF and San Francisco communities. With the help of an outstanding board, and even better volunteers, we've achieved this goal through previously existing and several new events. We're excited to share our accomplishments with you all in this newsletter. Take a second to read through the next couple of pages for updates on our events and maybe even a couple of laughs along the way.

This year is going to be difficult to top, but as president, it's my goal to make sure that ADEA continues to grow and provide opportunities for students to explore their roles as students and as future dentists. I'm excited to work with you all and encourage you to get involved with ADEA this coming year!

Love,
Lucy Hallajian

HIGHLIGHTS FROM SPRING 2015

INSIDE THIS ISSUE

- 1 Letter from the president
Highlights from spring 2015
- 2-5 Highlights from spring 2015
- 6 Just for laughs
About ADEA at UCSF

ADEA Screening at MASC

A group of first and second year dental students joined UCSF's Dr. Le on Saturday, May 30, for an ADEA oral screening at a homeless shelter in downtown Berkeley. On this morning, the students also gave OHI, provided information on obtaining and using Denti-Cal, and distributed the remainder of the basic dental necessities to other members at the shelter. All in all, the UCSF School of Dentistry worked alongside the coordinators from the School of Nursing that organized this event, in efforts to provide a more comprehensive health screening for the residents that openly received one.

-Tiffany Cheung

Connect with ADEA on social media! Like us on Facebook: [facebook.com/adeaatucsf](https://www.facebook.com/adeaatucsf), follow us on Twitter and Instagram @adeaatucsf, and join our group on LinkedIn: ADEA at UCSF.

HIGHLIGHTS FROM SPRING 2015

High School Outreach Conference

On April 18, 2015, over 300 high school students from the bay area checked in @UCSF for the 12th Annual High School Outreach Conference. Students were split into six social media themed groups for a day filled with fun, inquiry, and learning. From learning to read ultrasounds, to drilling and filling cavities, and learning how to do the perfect squat, the day was full of firsts for participants.

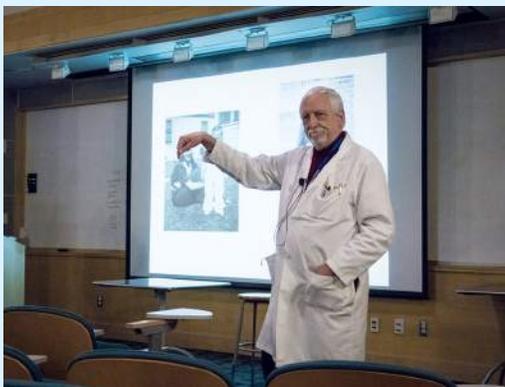
Incredible volunteers from each of the six professional schools at UCSF- dentistry, graduate studies, medicine, nursing, pharmacy, and physical therapy- came together and hosted hands on demos to help inspire the next generation of health care providers. Guest speakers Victoria Keeton, RN, MS, PNP from the school of nursing, Steven Parella from the financial aid office, and D3 student Sean Silverio talked to students about the value of a career in the health sciences, different routes to health professional schools, and motivational messages to keep with them throughout their journey.

Organized entirely by student volunteers, High School Outreach Conference is the largest interprofessional outreach event on campus. In it's 12th year, HSOC achieved a record breaking number of registration and participants. We're looking forward to expanding our reach and inspiring more and more students from the bay area as HSOC continues to grow!
- Lucy Hallajian



What Matters to Me Most and Why

During the past quarter, we had the pleasure of hosting two of our amazing faculties, Dr. Sargent and Dr. Atkinson, for ADEA's "What Matters to me Most and Why" lunch and learn series. Through the personal stories they shared with us, many students and faculties in attendance were able to get to know them on a more intimate level. As his long and valuable service to UCSF was coming to an end, Dr. Sargent shared with us on what UCSF meant to him and how we can contribute ourselves. In addition, he emphasized that in order to have a fulfilling life, one must be able to lead a balanced lifestyle - to have fun while working hard towards our vision. We will miss you Dr. Sargent! Dr. Atkinson surprised us with a personal recounting of overcoming obstacles that made him into the person and the clinician he is today. His miraculous healing experience and self realization showed us that in order to achieve greatness, we must make sure we are not holding ourselves back, knowingly and unknowingly. The two speakers inspired us to go beyond our education and apply ourselves to something greater. ADEA is honored to host Dr. Sargent and Dr. Atkinson for valuable lessons and long lasting take home messages. Thank you!
- Jin Wan Kim



Mentor-Mentee Wine and Cheese Night

The ADEA Faculty Mentor program finished off the year with a bang at the Mentor-Mentee Wine and Cheese Night on Thursday, May 7th, 2015. We had a majority turnout from our faculty mentors for the D1 and ID3 classes and several even brought their friends who were interested in becoming faculty mentors for future years. We also had a great turnout from the D1 and ID3 mentees who also brought along students from other classes as well. It was great to have such a variety of students and faculty in attendance to mingle during this social hour and enjoy some delicious wine, cheese, and refreshments. This event also marked the last event that Dr. Caroline Shiboski helped coordinate as the facilitator of the Faculty Mentor program for the past few years. She has been with the program since it first started and we are very thankful for her leadership in making the program such a success. We are looking forward to many more successful Faculty Mentor events in the future under the lead of our new facilitator, Dr. Biana Roykh who



will be accompanied next year by ADEA's new student-faculty liaison, Jin Wan Kim (D2 student). This program continues to improve and expand each year with more and more faculty eager to participate and make a difference in the lives of our first year dental students. We couldn't be more thankful for all of the dedicated faculty mentors who have donated so much of their time to improve student-faculty relations at UCSF, which is a key factor to making dental student life at UCSF so enjoyable and rewarding.

- Melissa Milder

D3/D4 Mock Interviews

For a school with such a high specialty rate built into a pass no pass system, (that give specialty programs pause in accepting applicants), there was a growing need to better equip students. And thus, the Specialty Mock Interviews were born...

D3 students preparing for specialty applications were paired up with D4 students of the same specialty who had already matched.

Format: Interviews ran an hour long and were divided into a formal interview portion and a feedback + tips for applying portion.

Some feedback from D3 participants:

"First, let me just say how much I loved this interview! It was really really helpful. The most helpful aspect was just having a D4 student who has been through the whole process to sit down and ask questions to for an hour of undivided time."

"I had awesome interviewers who were hard on me in the best way possible. They actively tried to push me outside my comfort zone and throw me off guard and I really appreciated that challenge!"

"It was incredibly helpful to hear the questions that are actually asked during real interviews. Also, the interviewers presented me with situations that I wouldn't have expected to encounter that they experienced in their interviews. They also thoroughly went through my CV with me and gave me many many tips on the application process. (I really liked how they asked me to send them a copy of my CV in advance.)"

Overall it was a great success. We look forward to seeing this program take root and continue to make our strong applicants all that much stronger!

-Yolanda Ho



I'm Going to College Day

On April 29th, through the “I’m Going to College Day!” event, more than 40 students from E.R. Taylor Elementary School explored the different disciplines in health sciences at UCSF through fun activities and interactive lessons. These disciplines include: Dentistry, Medicine, Nursing, Pharmacy, and Physical Therapy. Volunteers from UCSF School of Dentistry demonstrated the complexity and technicality involved in dentistry through hands-on alginate impression demonstrations to the kids. They were shown the steps required to take a good impression of teeth models by our passionate volunteers and have had the opportunity to do it themselves. From mixing alginate materials to pressing trays against typodonts, the day was filled with lots of laughter and learning!

-Joseph Chen



ADEA/JGS Student & Faculty Appreciation Banquet

On the evening of June 8th, ADEA, in conjunction with the John Green Society (JGS), held the annual banquet to show our appreciation for all those faculty, staff, and students who have made positive contributions to the academic and research communities at UCSF. After a wonderful dinner and opening remarks from ADEA president Valentina Zahran and JGS president Minerva Loi, we heard from Dean Featherstone and Dean Perry, who highlighted and praised the accomplishment of both student organizations this past year. Roger Mraz recognized the JGS board members for their contributions to expanding

the thriving student research activities here at the school, and the new Summer Research Fellows were presented with certificates of recognition. The following faculty members were presented with awards: Dr. Sam Huang for Excellence in Education; Dr. Michael Le for Excellence in Outreach; Dr. Mehran Hossaini for Excellence in Academia; Dr. Peter Sargent for Excellence in Research. ADEA also presented a Certificate of Appreciation and Commitment to Barbara Smith and Student Excellence in Volunteering Awards to Irene Cheng and Joan Chung. ADEA and JGS would like to thank all those who were recognized this evening for helping us with another successful year!

-Wendan Li





Post-Grad Lunch and Learn

In expanding on the specialty preparation frontier, ADEA invited Dr. Saeed to share her wisdom on the application process. Outside of the usual application repertoire, Dr. Saeed put a special spin on this talk with an injection of humanism to the application approach.

For one, apply to programs that make you HAPPY! Consider location, friends and family, lifestyle, availability of communities, etc. Many times we have our minds clouded by rankings of programs, but we should take a more holistic approach.

And importantly, throughout the process, keep in mind that at the end of the day these program directors and residents are looking for a member of their team.

"The bottom line is: Why should their program feel comfortable with YOU treating THEIR patients?"

(For the full PowerPoint please refer to the ADEA Facebook page!)

-Yolanda Ho

Seniors Brush-Up

We walked into a large ballroom carrying our boxes of equipment. To my astonishment, almost every seat was filled! As Dr. Pollick set up a presentation on oral health and common pathologic conditions, we quickly gathered that the entire population comprised of immigrants and spoke only Chinese or Russian. Halfway through the presentation (in English), Dr. Pollick asked 2 of the students to volunteer...and handed the presentation over to us to present in Chinese! Unexpected, but definitely met the people at their need.

After the informative presentation, the screenings began. Almost every resident had dentures or RPD's! And many had chief complaints of pain or discomfort. Unfortunately, not many people knew about DentiCal benefits, although most wanted and needed dental care. Nevertheless, they were happy to see us and receive those oral hygiene instructions with free kits! Many also expressed interest in coming to UCSF for care. Working with Dr. Pollick, we were able to see around 60 senior residents. For the 8 D1 and D2 volunteers, the event was certainly an eye-opening, valuable learning experience!

-Ruth Yan



JUST FOR LAUGHS

A LETTER TO MY MOTHER (From a D1)

Dearest Mother,

Much time has passed since I had the time and mental clarity to write a correspondence. I think this may be in part due to the overwhelming stress I have faced throughout finals week, but I am not sure, as I have not found any peer reviewed journals that support this claim. I have gone beyond my breaking point into what I can only describe as oneness with the earth. I am but a speck on the occlusal surface of the universe. I am a *S. mutans* among caries. I am a bag of chips—in that I am filled with the same emptiness as a bag of chips.

I have found much joy in my daily labors—as Sisyphus finds in rolling a boulder up a mountain every day for it to fall down—much as cousin John finds when he rolls a boulder up a mountain to watch it fall down. I am truly living the existential dream.

Forgive me for my despondence, Mother, but take comfort in knowing I am not clinically depressed. In order to be so, the DSM-IV states I need five or more matches towards their description. Alas, I only have four. A bag of chips cannot satisfy the requirements of hunger. Likewise, a bag of me cannot satisfy psychology standards.

However, I have recently discovered something that sparked a feeling within me unlike any that I have experience for the last several weeks: sunlight. What is this sensation? Warmth? Vitamin D metabolism? And along it there are even greater sensations—dare I say—joy? Hope for the future?

Mother, I am proud to say that after a long year of dental school I have successfully passed. Just as the weeds thrive after the storms, the pigeon rises from the trashes, and the humble tooth remineralizes itself from a chocolate binge, I am A SURVIVOR.

I am reminded of all that I have learned this year and the great things I can accomplish with tenacity and a strong attitude. I have learned from greater beings with doctorates that there is indeed a future in this industry for me. I have come to know my abilities and I am excited to become a dentist. Three more years. I can taste it. Three more years. I can make it. I haven't felt this good since I started in the Fall.

...Which is when we begin Round Two.

Love you mom.

- Class of 2018

By: Joe Yun

ABOUT ADEA AT UCSF

The American Dental Education Association Student Chapter at the UCSF School of Dentistry strives to promote excellence in all aspects of dental education by providing opportunities for professional development and leadership. We aim to address the need for dental educators, to encourage the pursuit of careers in academia and research, to further post-graduate education, and to outreach, mentor and recruit under-represented students into dentistry.

Officers – 2015-2016

President – *Lucy Hallajian*

Vice President – *Melissa Milder*

Community Outreach Chair –

Alessandra Dieplinger

Post-Graduate Chair – *Eli Almaz*

Student Faculty Liaison – *Jin Wan Kim*

Community Education – *Tiffany Cheung*

Treasurer – *Steven Phan*

Historian – *Charles Hu*

Public Relations – *Wendan Li*

Teaching Development Chair – *Alex Wong*

Fundraiser – *Sean Full*

2018 Representative – *Joe Kwan-Ho*

Yun

IDP Representative – *Perna Vijan*

Outreach Committee: *Joseph Chen,*

Irene Luoie