

Freshers' Edition

Paperpoint

Issue 1 • February 2016

Facts
Preliminary ideas
Summarise

UNDER NEW MANAGEMENT

PRESIDENTIAL WELCOME

UPCOMING EVENTS TO JOIN IN

PUBLICATIONS REGENERATES

HIGH EXPECTATIONS?

**Personal views
disguised as wisdom
Tips for international
students
Gym article
Artist drawings
AND MORE!**

plus

TIPS

KNOWLEDGE PASSED DOWN

YOU WON'T FIND THIS STUFF

IN TEXT BOOKS

**What to do in Adelaide
Textbook guide
What to eat
Older years advice**

THE GUIDE TO YOUR UPCOMING LIFE AS A DENTAL STUDENT



//

Our aim is to provide students opportunities to develop networks, have fun, build friendships, and at the same time, achieve academic success and wellbeing

2016 AUDSS COMMITTEE

Photo by:
Saideepan Mohanadas

PRESIDENTIAL WELCOME



AUSTIN J YOO
PRESIDENT

Welcome to 2016 and to our first edition of PaperPoint for the year!

To those of you who are new to the Dental School, we welcome you and hope you find some useful information and light-hearted amusement in this Freshers' edition of Paperpoint presented before you. A shout out to our highly talented Publications Team for their excellent work, led by Darren and Joshua.

In 2016 we have a packed schedule of exciting events, initiatives and opportunities. Freshers, if there's one piece of advice to take from this publication and for this year, it's this:

Make the most of every opportunity the AUDSS and university life has to offer you and you're guaranteed to build some lifelong friendships and unforgettable memories. Seriously.

Upcoming events and initiatives to look forward to:

1. *Join the Faculty of Health Sciences Peer Mentorship program* and transition into the AUDSS' dentistry-specific buddy system.
2. *Meet and socialise with fellow BDS and BOH students* in a casual, laid-back setting at Freshers' barbecue (Sunday 28th February) and Freshers' basement party (Friday 11th March) – yes, we have parties in the lower levels of our dental hospital.

3. *MIPS Dental Camp* (18th-20th March) is sure to provide you with a totally unforgettable experience (or maybe one you'll totally forget).

... and much more!

Keep up-to-date by joining the Adelaide University Dental Students' Society Facebook page and via our **website: www.audss.org.au**

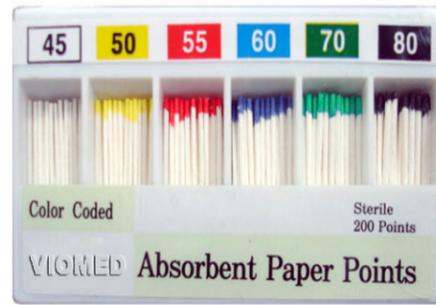
Looking forward to meeting you all and cheers to a fantastic year ahead!



PETRONILLA GRACE
VICE PRESIDENT

FROM THE EDITORS

Paper point definition - "disposable articles used to dry root canals"



"Something something Paperpoint ...
Thank you something something"

- **Darren Cai, Publications Exec.**



Hello first years. We tried to have a bit of fun writing the fresher's edition of the paper point which traditionally was a guide to first years on how to survive dentistry. Not sure if this achieves that goal but hopefully you get a bit of fun out of reading this. Please don't take too much offence at any of the stuff written in this publication we're just trying to have fun. As the saying goes don't shoot the messenger.

- **Joshua Lee, Publications Committee**



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FRESHER'S BBQ



DENT CAMP



FRESHER'S BASEMENT

VOLLEYBALL



By: Diffy Zhou

UPCOMING AUDSS EVENTS

28/02/2016 Fresher's BBQ

The first event is the Fresher's BBQ coming up this weekend. This is a great chance to meet other dental students who are in 1st years just like you, or seniors who will guide you on the path of dentistry. Best of all? This event is free for freshers!

04/03/2016 Fresher's Basement

Now that you've met your fellow classmates in a daylight setting, time to see them in a different light. I bet you never thought that the basement of the Dental Hospital gets transformed with lights and music (+food and drinks). Again, this event is free for freshers so there's nothing to lose!
Note from Josh: This is potentially the last year that we get basement parties so get in while you still can guys.

18/03/2016 MIPS Dent Camp

What can go wrong when you go off somewhere with a group of teeth specialists? Dent camp has heaps of fun activities during the day and it gets more fun during the night. There is something for everyone at the camp, from educational activities presented by Student Affairs, team-building exercises, to themed nights where you can all dress up and dance. So come and chill at Aldinga beach for some awesome time.

Note from Josh: You get heaps of alcohol at this event for two nights in a row so it's a great opportunity to party hard. If you guys don't like drinking (fair enough) there is always the sober room to chill

1/4/2016 Interyear Volleyball

What better way is there to prove that your year is the best other than this? Interyear volleyball is the first AUDSS sports events of the year, and be sure not to miss it! Will the freshers triumph over the seniors, or remain as fresh meat?

Stay tuned on the AUDSS Facebook page for more details~



MOLLY'S GUIDE TO ADELAIDE

By Molly Connell

This is a fantastic guide posted by Molly last year on our Facebook group. We were more than grateful when she gave us the thumbs up to feature it. What you see here only includes things close to, or in the city - so check out the full guide attached to the electronic copy of this Paperpoint - Darren

Bars. Anything on Peel or Leigh Street is good. Haines And Co, The Botanica - east end, La Rambla, La Moka. *The Howling Owl* - cheese plates, near uni on Frome Road.

East End Cellars - a bit more expensive, more during the day time nice cheese and cold meat plates, good range, a bit \$\$, good for 1 casual drink.

The Wheatsheaf Pub - just down from the Bonython Park tram stop. They have a massive beer/cider range here and make their own too. It's pretty casual, they have live music and food trucks here on the weekend or you can bring your own food or buy a cheese plate. Nice Sunday location to try some different beers!

2KW is a rooftop bar on top of Jamie's Kitchen (which is apparently terrible) is meant to be really nice, good view, quite expensive for drinks and has a dress code

I THOUGHT I

WOULD SHARE IT WITH

YOU ALL!

Nightclubs

I like 90's nights - good ones for that are the monthly *Night Call* events at *Rhino Room*, also lots of different nights at *Pirie and Co* on Pirie Street. *Night Call* is a bit more casual and less busy than *Pirie*. Both \$5 entry! Check Facebook for these. *Cats Friday night at Rocket Bar* on Hindley - has a rooftop bar. Can be expensive if they have an event on There is also a monthly event at *Rhino Room* (on Frome) called *Transmission* where they play more indie music, it's pretty casual there! *Destiny Five* events (\$11 presale or \$15 on the door) check their Facebook!



Beaches near the city

Henley Beach

Somerton - get the tram to Glenelg, then walk about 20 minutes in a Southern direction. Really nice and clean, some rocky areas you can snorkel around but not too rocky at all and very clear

Things to do

King William Road - get the tram down to the other side of King William Street, there is the original *Melt Pizzeria*, lots of shopping (I like *Flourish* it's a gift shop), cafes etc

Botanic Gardens Stirling - The bigger and better version of the city gardens. It's about 15 minutes from the city. There are 2 different entrances! So nice in autumn/spring for a picnic!

Wine Tour - you can drive yourself or get a tour and go to any wineries in the hills or McLaren Vale, nice to sit outside and have some food and try some wine. Check out *Nepenthe*, *Bird in Hand*, *Maximilian's*, *Barrister's Block*, *Goldings*, *Wirra Wirra*. Check out some breweries too like *Prancing Pony*! *Adelaide Zoo* is very cute,



I'm not an expert but if you want to know anything about Adelaide I'm always happy to help!

there's also a big safari park zoo called *Monarto* in the hills

Check out *Rip It Up* (<http://ripitup.com.au/>) for things that are happening/new food places/bars etc

Bowerbird Bazaar is a design markets on twice a year where we have exams, it's great for jewelry/clothes/house stuff/food. They also have *Sunday Farmer's Markets* there with nice produce.

Monthly food truck meetings at *Fork On The Road* (*Sneaky Pickle* is my favourite)

Sunday's The Market Shed on Holland Street - healthy food + market.

TIPS FOR INTERNATIONAL STUDENTS

BY: ANH VU DINH

If English is not your first language, learn the basic vocabulary and dental terminology as soon as possible. Otherwise, the difficulty will build up really quickly and that language barrier can become a real problem!

1. Speak English and learn the Australian culture.

Try to pick up Aussie slang; call your friends 'mate'.

2. Don't be afraid to talk to locals – students or staff.

They can seem a bit intimidating at first, but you will be grouped up randomly with classmates that you don't know anyway.

3. Australia is expensive!

Spend your money wisely, budget your money for food, expect extra cost for books and dental instruments. We all know that dent is sooo expensive for us! \$\$ can go low really quickly if you're not careful – unless you're a lucky rich kid.

4. Getting over homesickness.

There will probably be hard times where you will really miss your mum's food or even your house or city. Remember that not only international students feel that, but also the interstate students! My best advice would be to get involved with other people, join a club

(join AUDSS), make friends! Go to events – highly recommended!!

5. Be prepared for the inconsistent weather

The weather can be really weird in Adelaide. Some days can be really hot (over 40 degrees), and the next day it can be as low as 18. Make sure you bring warm and light clothing!

6. Be ready to cook for yourself!

Unfortunately, food at uni is pretty basic and quite expensive. Although some people might like it, most people will end up cooking for themselves, especially when your lunch breaks start to get shorter and shorter. Also, don't expect the food here to be as good as the food from your home country – get your parents to teach you those recipes now!

7. Sort out your phone plan/number and banking

Do this as early as possible! You'll thank me later. :3

8. Get active!

Get active! If you're looking for a good way to relieve stress or to get fit, I recommend you to go to the gym! The Fitness Hub (university gym) has good deals during O week, and you'll see a surprising amount of fellow dentistry students there, too!



Don't think too much of you being an international student because at the end of the day, people won't care as much as you think! You're a dental student just like everybody else!
Enjoy these 5 years with everybody as much as you can!!



WELCOME TO THE IRON TEMPLE

BY MERLIN BRAH

THE GREATEST WIZARD OF ALL TIME



//
Brah.

New Year, New You.

These words endlessly resound in your mind as you approach the front desk, asking the nice girl behind the counter if you could please get a year's worth of membership. Upon finalising your membership, she asks you if you've been to this gym before, to which you respond with a sheepish "no." She gets out from behind her desk and gives you a tour.

"Here are the treadmills, the elliptical trainers; the free weights; the pin-loaded machines..." she says as she walks you through the musky building.

"And that's it. Do you have any questions?" You give the gym one quick glance; you see people of all ages, races, and body types lifting heavy objects up, and putting them back down again, for sets of ten.

You've only ever used a treadmill before, and its monotony has often left you feeling disappointed with your lack of progress and consistency. You regain eye contact with the girl and respond –

"How do I lift weights?"

Squats

1. *Setup.* Ensure the barbell is set on a rack slightly above shoulder level. Once done, step under the bar, allowing it to rest on your upper back (below the neck). Hold onto the bar with both of your hands at each side. Raise your chest.

2. *Unrack the barbell.* Position your feet to roughly shoulder-width, with the toes pointed slightly out. Straighten your legs to unrack the barbell. Step back with straight legs, keep your head up, and preserve a straight back. Lock your hips and knees. This will be your starting position.

3. *Squat.* Breathe in, and begin to squat down. Bend your knees and sit back with your hips. Keep your lower back neutral, and your head up. Continue going down until your hamstrings are on your calves.

4. *Squat back up.* Exhale as you start to raise the bar. Push the floor with the heels of your feet as you begin to straighten your legs and bring your hips upward and forward. Lock your hips and knees at the top.

5. Repeat for the necessary amount of repetitions.

Bench Press

1. *Setup.* Lie on a flat bench. Lift your chest and squeeze your shoulder blades (bringing them back and down). Maintain a medium-width grip on the bar-

bell (put your pinky finger inside the ring marks). Hold the barbell in your palms with a full grip, ensuring that your wrists are straight.

2. *Unrack the barbell.* Whilst exhaling, unrack the barbell by straightening your arms. Move the bar over your shoulders and keep your arms and elbows locked. This will be your starting position.

3. *Lower the bar.* While inhaling, bring the barbell slowly down until it touches the middle of your chest. Keep your forearms vertical, and hold your breath at the bottom.

4. *Press.* Exhaling, push the bar from your chest back to above your shoulders. Lock your arms and elbows, and squeeze your chest muscles at the top of the motion.

5. Repeat for the necessary amount of repetitions.

Deadlift

1. *Setup.* Stand with your feet hip-width apart, and underneath the bar. Toes pointed out slightly.

2. *Grab the bar.* Keep your arms vertical, and grab the bar just outside your legs. Use an overhand or an overhand/underhand grip for heavier sets.

3. *Bend your knees.* Keep doing so until your shins make contact with the barbell.

4. *Lift your chest, and straighten your back.* This will be your starting position.

5. *Pull.* Hold it the barbell against your legs, and pull while standing up. Drive through the heels to pull the weight upward. After the bar passes your knees, pull your shoulder blades back, and drive the hip forward towards the bar.

6. *Lower the bar by bending your hips, and direct it towards the floor.*

7. Repeat for the necessary amount of repetitions.

Overhead press

1. *Setup.* Have the bar rest on your front shoulders. Using a narrow overhand grip, keep your wrists straight and your forearms vertical. Lock your knees and hips. Lift up your chest. This will be your starting position.

2. *Press.* While exhaling, press the barbell directly above your head in a vertical line. Lock out your elbows and arms.

3. *Lower the barbell back to the starting position while you inhale.*

4. Repeat for the necessary amount of repetitions.

THE ART OF SLIPPING BY



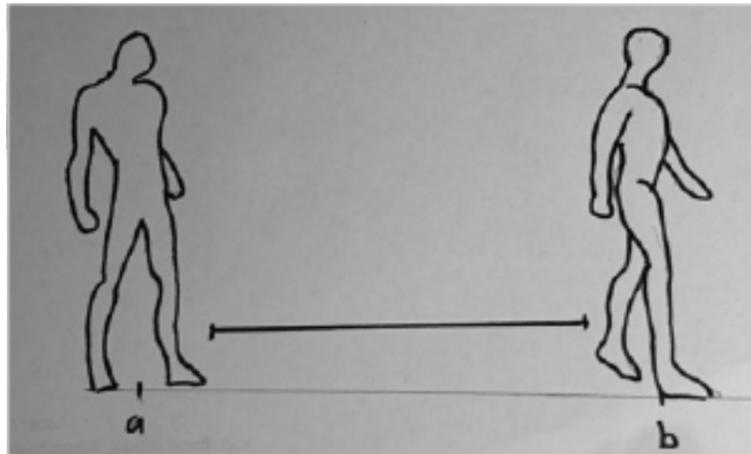
Take the road less travelled. Even if it means arriving home 5 minutes later.

Minimise the chance of encounters

SOMEONE WHO IS KNOWN, BUT FEW HAVE SEEN

The first year dental student is often stereotyped into one who seeks social engagement at any and all opportunities. Some of us simply do not have the social stamina - and that is fine.

Therefore, the most efficient method to conserve energy is to minimise exertion. For newcomers seeking a path of solitude during their university career, all I can provide for you is not a fixed guide or style - but simply an art.



Speed & timing

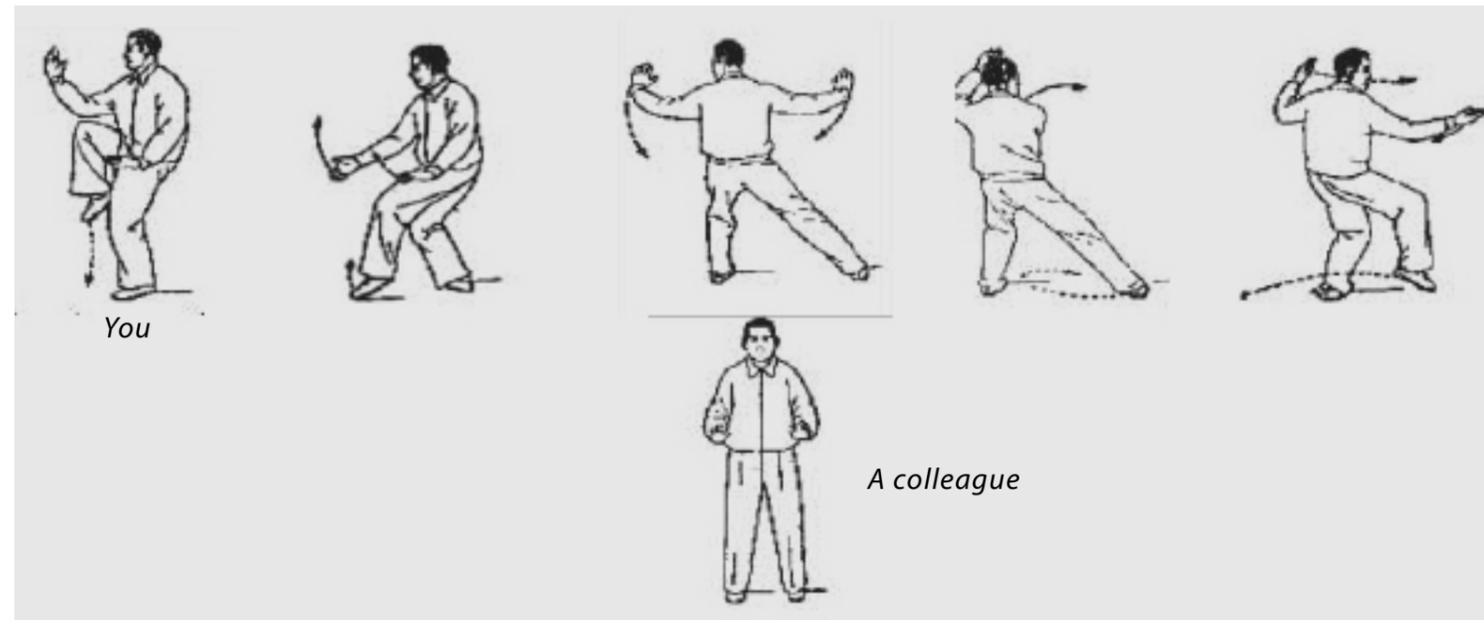
Your path to and from university will be walked countless times. A basic step is to determine the timing of traffic lights. If you notice an acquaintance is waiting to cross the road - you can calculate the pace required to avoid awkwardly approaching them from behind and saying "Hi." Either slow down such that they cross the road or speed up to walk to another traffic light without being spotted.

Distance, footwork, evasiveness

Approach this art with the will of cultivating discipline. Forget about pleasing others because you desire a quick friendship. Bonds will be forged along the way - whether you prefer it or not. For now, do not be concerned with opinions.

Be economical in all movement. The optimal distance between yourself and another is 4 to 5 metres - not too close to be noticed but, at the same time, offering the advantage of slipping past if necessary.

Your mind must be calm and not at all disturbed. When you advance each step should be light and secure, your behaviour no different from that of when you are alone.



SEQUENCE TO AVOID CONTACT

Slipping

To slip is to avoid notice when within close range. It calls for exact timing and judgement. Therefore it must be executed so that you escape only by the smallest fraction.

To employ this technique, you must first accept that you may look awkward. This is because a good technique includes quick changes, adaptability and speed.

Refer to above diagram

As soon as the colleague stops - pivot, rotate, shift weight

Blocking

Comes in various forms:

- Walking behind someone
- Wearing headphones
- Checking your phone
- Opening your bag in search for an item

Vision awareness

Visual recognition is vital to all scenarios as high levels of perceptual speed allows for faster action. Once you see someone, you have

a small window of time to formulate a response - whether it is to seek an alternate route, adopt headphones or quicken your pace. Where others lack in peripheral vision, you must excel. Exercise - in a lecture hall, determine the identity and position of your peers with minimal head rotation. Mirrors and reflections are your friend.

Body feel and space

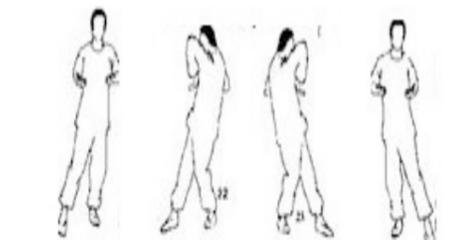
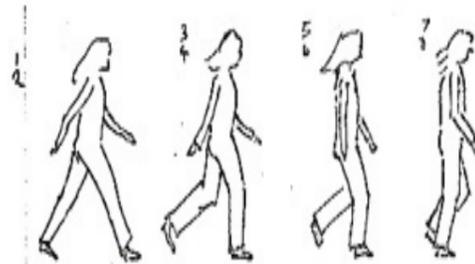
Hold control of the entire radius within your arm length. Swift maneuvers results in a weaving motion through a crowd. In the split second when contact is made, dodging is possible. An absolutely calm mind is demanded.

Exercise - Purposely move through the gaps within small crowd without making contact.

Offensive counters

No matter how skilled the practitioner is, absolute avoidance is impossible. Therefore, equip yourselves with topics which can start and end under your control.

That lecture was [blank]. What do you have next? How was clinic/SIM? Has your group started the flowchart? Ugh research questions. Am I right? Man, I'm so hungry/tired. The water in Adelaide tastes bad!



Move with confidence, with accuracy and great speed.



FRESHERS' GUIDE

By Tessa Elise, Bella Matheson & Jared Vanmali

HELLO AND WELCOME!
WE HOPE THAT YOU ENJOY
YOUR TIME AS PART OF
THE COOLEST COURSE EVER :)
HERE ARE SOME TIPS
TO GET YOU STARTED!

1.

Overview of subjects

- Biology Cells
- Macromolecules
- Tissues
- Epithelium
- Endocrine system
- Renal system
- Cardiovascular system
- Nervous system
- Respiratory system
- Immunity
- GIT
- Muscles & Bone
- Chemistry
- Dentistry Basic clinical skills
- Dental terminology
- Oral anatomy
- Tooth morphology
- Mastication muscles
- Rubber dams
- Fissure sealants
- Prophylaxis
- Evidence based dentistry
- Health (try to stay awake during these lectures)

2.

AUDSS

- Membership: \$25
- Events include Freshers' BBQ (FREE)
- Basement party (FREE)
- Camp Dental Ball
- Interyear sports
- Bake offs & sales
- Pubcrawls
- Other Benefits: Food discounts, free alcohol

3.

Shopping list/Cheap food

- AUDSS membership (% off @ Zouki) *check out basement café*
- Union card (free lunch every second Wednesday + loads of other discounts) *check website)
- \$2 sushi in Hub after 5pm
- Baguettes from Blue Lemon (1/2 price after 4pm)
- Taco Tuesday (\$2 tacos @ Salsas)
- Sandwich contents for making a toastie at the Hub
- Download Hungry Jacks Shake to Win app

4.

Food places to try

- Myer and David Jones food court -Burger Theory
- Austin & Austin
- Hey Jupiter
- St Louis Dessert
- Baker on O'Connell
- Note from Darren: \$5 Kaarage rice at Southern Cross Arcade foodcourt. My diet during first year.

5.

How to Pass

#1 Go to resource session

They give you weekly online quizzes for these – do them!

#2 Prepare for clinic / sim clinic - Write out session plans Prepare and ASK questions Take note of self/tutor assessments

#3 ILA Make sure you understand the mind map your group presents – that means you can explain it ILA is a group effort (so put in the effort you expect the over achiever in your group to put in), however, do YOUR OWN research so that you understand EVERY section, not just your own – ILA topics will be in the exams Don't get freaked out by steps 1-4 in the first week – they don't care if it's not what they want straight away – it is about getting you to think through the info you've been given to pull out and logically order it then work out what you need to do next

#4 Rubber dams - Always grab some extra when you're in sim clinic for home practice

#5 It's not a competition - Everyone can pass so help each other!!

#6 Lecturers and exams - If they say it's in the exam – it is in the exam If they say it isn't –it's likely not to be but it has happened.

6.

Things they don't tell you about the course

You do an assignment on dental product advertisements – older years won't be able to help but the hard part is finding an ad. All textbooks and references you need can be borrowed from the library They'll teach you stuff that don't seem important but it will make sense in the end How the grading works: 1st sem: clinic (excellent, good, sat, borderline, unsat) & 2 written exams. Trial PIA and resource session test aren't graded but still take them seriously, they consider them if you're in danger of failing. 2nd sem: clinic and sim clinic (E, G, S, B, U), ILA (S, B, U), 2 written exams + pia (pass or fail – you have to pass). Your overall year grade (HD, D, C, etc.) is found on Access Adelaide and all other grades throughout the year are on MyUni.

7.

How to book a study room

(Don't leave it until the day or the day before to book, they will not be available – rooms can be booked up to a week ahead, get in asap)

1. **Go to MyUni**, on the left under MyUni Links click on Unified and then login (or alternatively <https://unified.adelaide.edu.au>)

2. **Click on the bottom option** Hub Room Booking (on the far left menu)

3. Click on Project Rooms under the left menu

4. **Fill in the boxes** – date, time, etc. etc. This will show you the available rooms and the times that they are available

5. **Click on the room that you want to book** and then tick the time that you want to book it for. **NOTE: You can only book 1 room for 1 hour per day so if you want longer get different people to each book an hour consecutively**

6. **Fill in the rest** of the information as required

8.

Places to visit:

Any beach Waterfall Gully. Morialta Falls Gorge Wildlife Park Barossa Valley/McLaren Vale

-Hahndorf (& go strawberry picking) Victor Harbor Ride along the Torrens Bounce/ Ice Arena



HOW TO FRESHER 101

BY SALONI SINGH

There are many articles out there giving out tips and tricks on how to find your way about the big bad University world. This is not that kind of article. No, ladies and gentlemen, this is the kind of article that really talks about nothing and doesn't help anyone.

First of all congrats on making it to Adelaide, to the Dental Hospital and for getting your hands on this article. You are already a success in my eyes. So what I'm gonna to do is give you a realistic idea on what you can do to make the most of this short, fun year and be the best Fresher you can be.

1. Go to the events! Get involved, little buddies, because one of the great and fantasmagorical things about our degree is that we are a tight knit group! Everyone knows everyone and every pubcrawl is like being in a club with 300 of your best mates. For all those who just left high school, welcome back to high school!

2. Attend those pesky 8ams! Ah, 8am – what a blissful time to learn about physiology. If only I knew how heavily tested those little lectures would be. Seriously guys, get some coffee and go to these things. You too, BOH!

3. Embrace ILA. Go with the flow, kids – don't fight it. For those of you who weren't eager enough to research this on your own, ILA stands for Integrated Learning Activities. That is my guess anyway; nobody really cares what it stands for. What is it? It's the bane of your existence. You will complete a case every fortnight in the form of a flowchart. By the end, you'll love flowcharts, Mr Peel, and self-directed learning. Embrace it now, and thank me later.

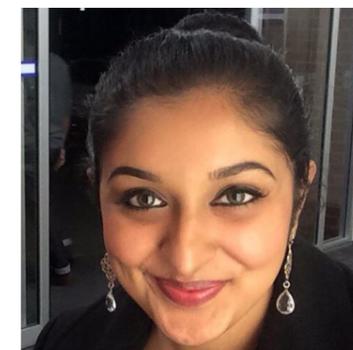
4. You don't need to be drunk to have a good time. It definitely helps though, especially if there's nobody above a 5/10 in your grade. HAHA JOKING. Fooling around in your grade is no longer a rite of passage; word on the street is that the Freshers grow progressively more mature and can skip this step of the #dentify. Seriously though, there is something on the events schedule for everyone and you don't need to be a party animal to get involved.

5. Last but not least – as I'm am sure the events committee will remind you – there are plenty of events dedicated to YOU BRIGHT EYED AND BUSHY TAILED GO GETTERS. For example: Freshers' BBQ, Freshers' Basement, Fresher Hunting Day...laugh guys, that last one was a joke – there is no Fresher Hunting Day! We abolished it after that one year where things got a little too crazy.

Now, some parting wisdom in the form of a good story. I was once told by the Wise Dr Kym Lockwood during a conversation, "Your entire generation is made up of wimps and pansies. Back in my day we would have actual basement parties that lasted into the wee hours and we would pass out, wake up the next morning, shower downstairs and then head up to clinic."

Sadly King Lockwood, we are pansies in your eyes and I can accept that basement parties are not what they were. Luckily for you, Freshers, nobody expects this level of excellence from you. In fact, nobody really expects anything at all from you this year. You can rock up, make some buddies, learn some rubber dam placement, go to a few lectures and parties and POOF – it's second year.

Anyway, if you've made it here and you're still ready to go guns blazing, then I have words for you – you're going to be an ace Fresher! Catch you later guys; gimme a high-five if you see me.



***Disclaimer: This article is written completely in good humour and not to be taken seriously. No joke, we love freshers and welcome you all to the Adelaide Dental and Oral Health Family. In order to demonstrate this, I myself, personally will be handing out free hugs to Freshers during O week. Extra hugs will be given to Freshers who pass my 'Aesthetics' test.

***Disclaimer: 'Aesthetics' test has no relation to dentistry whatsoever.

//
*Welcome,
welcome,
welcome,
Freshers
[to Illyria]!*

TEXTBOOK GUIDE

BY JOSHUA LEE

Now, we all know how pricey textbooks can be - especially when you're a new university student, living on a budget, not knowing when your next meal will be so - buying one is a big dilemma for us all. I'm sure Student Affairs or someone will make a list of recommended textbooks (it's happened in previous years), but here's the ones I used.

Tortora Principles of Anatomy and Physiology (Recommended)

Sherwood Human physiology: From Cells to Systems (Recommended)

Both of these textbooks are very useful, especially when it comes to researching for tutes and the basic biology ILA questions. These textbooks offer good diagrams and explanations when Wikipedia becomes too complex. I also used Campbell Biology (pretty much the same thing).

Junqueira's Basic Histology (Recommended)

This textbook was good at explaining cell and tissue structure and function in the human body. The histological images in this textbook were good since there is a large focus on histology in 1st year.

Color atlas of dental hygiene: Periodontology (Optional)

Good pictures and diagrams. The immunology part may be difficult to understand at a first year level. Lecturers reference this textbook and use their diagrams (sometimes the info is word for word). Can be useful later on in future years.

Primary preventive dentistry (Optional)

Useful information on oral hygiene - e.g. brushing methods, types of toothbrushes, fluorides etc - but lecturers will give you the information you need from this book in their slides. You can buy it for your collection but don't get too upset if you don't have this one.



DSP I and II resources

This is the textbook with a face on the front. You'll know the one.

This was very useful especially when it comes to learning the tooth morphology since it goes through every single tooth and the features of them. Important to learn these features; not only to pass the tooth morph test and know the differences between the teeth but to recreate them when you do restorations in second year. The part on occlusion is also quite useful and you'll use it in second year when you learn more about occlusion.

Wikipedia

(Use with caution. 'Officially' not recommended)

Now I know this isn't really a textbook, but I cannot stress enough how useful Wikipedia is. They'll tell you not to cite Wikipedia as it's not reliable, etc. but just use it anyway and then use the references that Wikipedia use. Just make sure to change the formatting of the reference as they use a different system to us.

You might still use these textbooks as you move forward but they definitely become less useful as you move forward in your dental career. If you need any of these textbooks, the people from college usually have the electronic copies. Either that or ask a senior they probably have them too (or you can send me a message on Facebook).

Don't use info to put down in ILAs but very helpful during discussions where you talk.

Seriously though, if you want a really good guide on textbooks - the one from 2014 Publications is amazing. Join the AUDSS facebook page - go to files- AUDSS Textbook guide_2014.pdf
March 6, 2014 at 10:51pm (by our predecessor Cham Karunaratne)

REFLECTIONS - CONSIDER YOURSELF IN THE COMPANY OF TWO OTHERS

You've read this far huh.

I've left the safety and comfort of anonymity. I will have to get accustomed to having more than 2 facebook message notifications at any one time.

We had yet to debut and already people were praising us as the all new Publications.

"Publications? I don't know how to do that."

There's already so much to do in dentistry and I didn't fancy myself much of a writer or even a collaborator - but then curiosity got the better of me and I nominated myself for the position. One speech video later and I found myself in the AUDSS exec committee.

A timeline of my thought process during the period of making this:
I guess I'll make a facebook group, wonder if anyone will join, huh people are applying - that's interesting,

editing software is confusing, layers? Wow - cute drawings. Guess I'll Youtube how to photoshop. Is that funny? Am I funny? No way printing costs that much.

All in all, I'm fairly happy with the outcome. Satisfactory.

I owe an enormous debt to all the kind people who have taken the time out of their schedules to write and help with the creation of our first Paperpoint. Most of all I want to thank my good friends Josh and Merlin Brah for their creativity and assistance.

Truly the Zaibatsu I had envisioned.
- Darren Cai

We've done it.

After stalking Darren Cai, I finally made it into the publications committee. It's been a long journey.

What started out as me and Darren has now become a large team of dedicated(?) enthusiastic(?) writers, artists and sources of moral support. Questions continuously pop up during the writing process. Are we doing this correctly? Does that fit in? Does this sound okay? The answer was always no.

However, against all the odds, we have completed the Freshers' edition of the Paperpoint, through sheer trial and error, dedication and hard work.

Shout out to Darren and the rest of the publications team. Hopefully the quality of our work improves with time.

Love from,
-Joshua Lee



Paperpoint 2016

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