

February 2019

PAPER

FRESHERS'
EDITION



Janice
23/8/18
11.25 pm

POINT

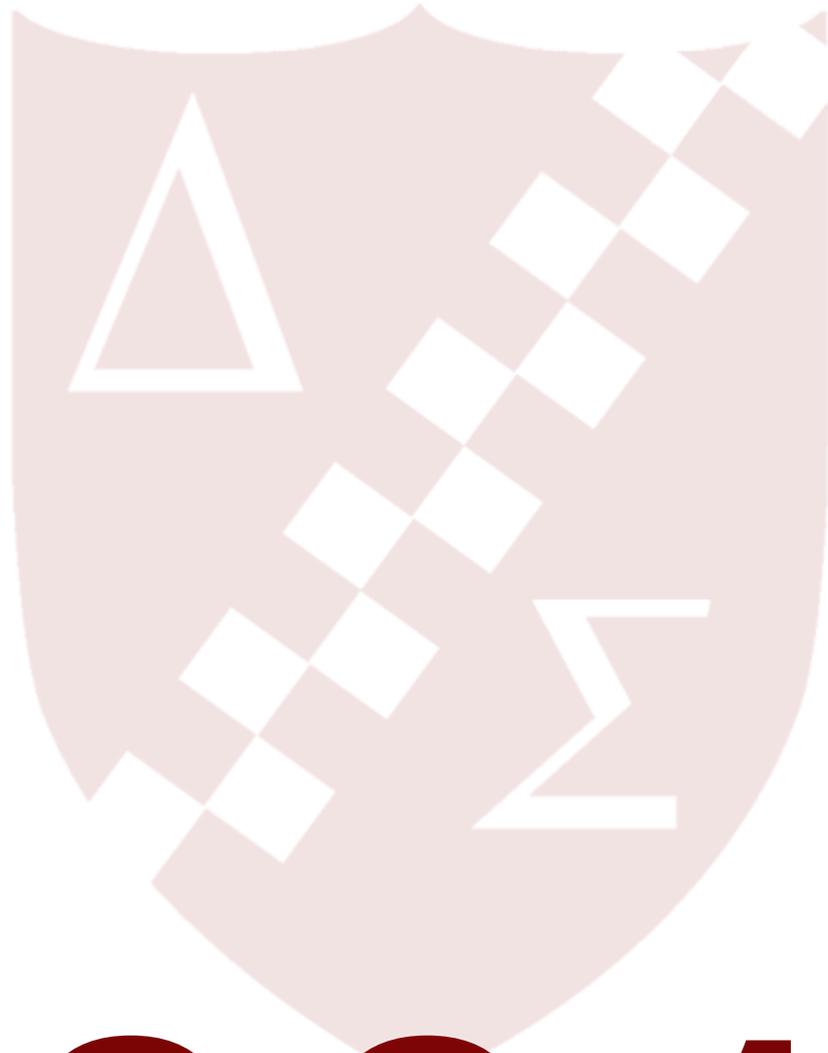
Photo: Jeremy Lee
Drawing: Janice Soh

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AUDSS



2019

PATRON WELCOME

A/PROF DIMITRA LEKKAS

I would like to extend a very warm welcome from the AUDSS and Adelaide Dental School to all our first year Dental and Oral Health students. I am Associate Professor Dimitra Lekkas, the 2019 AUDSS Staff Patron as well as the BDS Program Coordinator. I love interacting with students and look forward to hopefully positively supporting your learning journey. I am an Adelaide alumni myself, graduating a long time ago (don't bother working it out), and have been a dental academic in the school for twenty years. Outside of dentistry, I enjoy travelling with my family (which includes two primary school-aged sons), doing kid things again, roses, chocolate (that's why we have dentists), learning to prepare vegan dishes (if you have some nice easy to prepare family tasty recipes please share) as well as Greek cooking and rediscovering reading for pleasure (Harry Potter annotated book 1).



You are all taking your first steps towards a wonderful career in the dental profession, so I would like to welcome you all on behalf of all the teaching staff and tutors. Over the next few weeks, months and year you will certainly feel lots of emotions, including being excited, overwhelmed, scared, frustrated, homesick and jubilant (from passing at the end of year). Always remember that your peers, seniors and AUDSS committee/members are all here to help support you along your learning journey. I hope you can join in on the many activities that the AUDSS has on offer. Have a wonderful year ahead.

SPONSORS



PUBLICATIONS COMMITTEE

EXECUTIVE - MELODY CHEN

Hello first years, and welcome to dentistry! I'm Melody, a fourth-year dental student and your Publications Executive for 2019! Paperpoint is the dental school's semesterly student magazine, with this one aimed especially at freshers! The name may seem a little confusing right now, but I promise it will make sense eventually (I personally didn't get it until the end of third year, despite having been involved with publications since first year).

AUDSS is turning 100 this year, so you've really chosen a great time to enter the course. The entire committee has been hard at work to ensure that 2019 will be absolutely unforgettable!

Publications personally has many new initiatives, including a **Travel Guide**, to help out all you interstate/international students looking for a quick getaway during breaks (cherish these - they only get shorter as you progress through the course!)

So sit back, enjoy the ride, and I look forward to meeting you all soon!



GENERAL - ELIZABETH JEONG

Hello dear first years, and welcome to Adelaide! I'm Elizabeth, a fourth-year student and part of the Publications team with Melody and Elaine. We really hope you enjoy this Paperpoint Freshers' Edition and our other beautiful publications of 2019!

Your first year here will be an unpredictable roller coaster ride, as you learn to gather your bearings around Adelaide, make new friends, and delve into the wonderful world of dentistry. The AUDSS Publications team will be with you every step of the way, sending you tidbits of information and entertainment when it's most needed!



GENERAL - ELAINE YU

Welcome to Adelaide (or RADelaide as we call it), my name is Elaine and I am one of the Publications General Committee members, currently in BDS3. A rare Adelaide local herself, I hope you make this city a home and if you need some help getting around, check out my Adelaide tour guide! I'll be working closely with Melody and Elizabeth to provide many more fun publications like this one throughout the year. Keep up to date by joining the AUDSS and help out our aim for this year which is to increase our exposure and get more readers (notice us pls). Of course if you'd like to get involved yourself, feel free to contact any of us. Please don't be shy!

AUDSS COMMITTEE

PRESIDENT - CALVIN CHUNG

Congratulations and welcome to the BDS/BOH program!! My name is Calvin and I am the President of the Adelaide University Dental Students' Society (AUDSS) for 2019. This year the AUDSS will be celebrating its 100th birthday, and I am glad you are coming along to join us. We have jam-packed this year with lots of parties as well as academic events for you to de-stress from all the contact hours you will have at uni.

The AUDSS has been a family to me since my first year of dental school. These last few years would not have been the same without the support the AUDSS has given me. We at the AUDSS are here to assist you in all of your endeavours and are willing to help with any concerns. Feel free to come up to any of us for a chat regarding your issues, no matter how big or small!

Lastly, make sure to join our Facebook page to keep up to date on all the events we are having this year.

I look forward to meeting you all this year!

See you soon,
Calvin



VICE PRESIDENT - JOEY TEH

To all new students, a warm welcome to the Adelaide University Dental Students Society and congratulations for getting into Dentistry and Oral Health! I'm Joey, a fifth year dentistry student and Vice President this year.

The AUDSS is a student-run organisation which has been pivotal in supporting students through dental school. We represent and voice the needs of the student body, and are constantly bringing in new initiatives and evolving current ones to enhance students' well-being and experience. We are proud to say 2019 will be the 100th year of AUDSS! Many of our professors and tutors were involved with the AUDSS committee as students, just like we hope you will be, too. The next few years will be the most demanding yet fulfilling years of your life, so make the most of it by taking advantage of what AUDSS has to offer, whether it be social events or academic workshops. Remember, 'there are no strangers here; only friends you haven't yet met', so don't be shy to participate!

I can't wait to meet you all very soon!

All the best,
Joey



AUDSS COMMITTEE

SECRETARY - BREE ZACCARDO

Now this is a short intro for you,
To get to know me and the things I can do.
So I guess I should start with "my name is Bree,
Your 2019 AUDSS Secretary."
Back in Mount Gambier, born and raised,
Now the clinic is where I spend most of my days;
Scaling, cleaning, and gaining consent
are some of the first skills that you'll learn during Dent.
But you should know that there are social things to do,
Stuff involving pubs and meeting people too.
They're the type of things I'll be helping to organise, along
with doing general things that 'secretary' implies.

EDIT: Melody told me I should probably include what my
role actually entails for all of you.
I'm Bree, I'm in BDS4 and here to welcome you to the rest of
your life! You'll come to learn over the next few years that
communication is key. As secretary, I'll be seeking feedback
on occasion, and I want to hear about your experience of
dental school. A lot of my work can be a bit behind the
scenes (many, many emails) but I usually get to all of the
events so I'm looking forward to meeting all of you!
Bree



TREASURER - MEGAN LU

Howdy first years, congrats and welcome to BDS! My
name's Megan, a current 4th year and your AUDSS
Treasurer for 2019. I'll be overseeing the
funds/account/budget for the committee, which ensures
that our student body can put on plenty of wild social events
and educational workshops for everyone to enjoy!
Just a few tips I hope will help you at the beginning of this
aesthetic-yet-functional journey called dentistry:

- Tooth ID and rubber dam seems pretty tedious at first,
but if you get a handle on it early - you're set!
- Get to know your cohort - these strangers become life-
long friends! Find a lil dent family who have your back
- Adelaide is cool**, don't let anyone tell you otherwise -
make the most of your time here and get to know this lovely
lil city (outside the CBD or it doesn't count)

Anyway, have fun and good luck and come say hello
sometime! - Megan

***Disclaimer: this statement may or may not be affected by my
Adelaide-born bias (I still stand by it)*

AUDSS COMMITTEE

SPONSORSHIPS EXECUTIVE - ABHISHEK MATHEW

GENERAL COMMITTEE - ALI MUSA, EDWARD JIN

Hello Freshers!

Congrats on getting into the course and starting your career in Dentistry. Hope O-week is good to all of you and you've had heaps of fun getting to know each other in your year as well as the seniors.

Our sponsorship team is mainly involved in maintaining relationships with our very generous partners who sponsor many of our social and academic events throughout the year. This year we'll also be adding a few extra membership perks and bringing out a loyalty card for all you, so go grab a membership bag!

Enjoy yourselves here in Radelaide and we look forward to meeting you all over the coming weeks!

Abhishek, Ali and Eddie



MARKETING EXECUTIVE - KAWAI CHEUNG

GENERAL COMMITTEE - GEETANJALI MAMUTIL, SCARLETT KIM

Congratulations on getting into dent! I'm Kawai, Marketing Executive for 2019 and your resident foodie (check out my later post). You've all come at the perfect time as AUDSS celebrates its 100th birthday this year. We've got some amazing events and goodies planned so be excited and welcome to our dent fam! Marketing helps AUDSS by providing you with awesome dent merchandise, memorable pubcrawl shirts, and punny posters and banners. If you're reading this, you're most likely already a member but make sure you join ASAP if you aren't! Not only does membership get you discounts to all the events and access to our educational library, there is also a jam-packed show bag with AUDSS-branded merchandise so you already get your money's worth! Expect a full year ahead with Freshers BBQ, rooftop parties, pubcrawls, dent camp, interfaculty sports competition, grand dental ball and the very first food crawl. Marketing is also revamping the AUDSS Instagram account this year so make sure you follow us @theaudss and join our Facebook group to keep up to date about everything that is happening.

Come up and say hi!

Kawai



AUDSS COMMITTEE

IT EXECUTIVE - YOSEIF HADDAD

GENERAL COMMITTEE - MELISSA CHU

Hey everybody! Welcome to Adelaide Dent! Hope you have a wonderful time here, and we're here to help you do so! I'm Yoseif, currently in my 3rd year of the program, and I'm an ex uni graduate with a BSc. I like to do photography in my spare time, mainly sports and portraiture whenever I get the chance, and I also do some gaming and swimming on the side.

I'm the IT Exec for this year and that basically entails me taking care of some of the social media stuff and most importantly, the AUDSS website (audss.org.au). If you haven't checked it out yet, I highly recommend that you do! It's the hub for our news, activities, tickets, and future events, and it also has many resources to help you through the years!

Best of luck, hope to see you soon!



STUDENT AFFAIRS EXECUTIVES -

CALVIN WONG, ESTHER CHENG

GENERAL COMMITTEE - CORAL YEUNG, HARSHA CHUGH, LEILA CHYE

Hey everyone! Congratulations and welcome to Adelaide Dent School! We hope you have an amazing time and make the most of everything the course has to offer. As your Student Affairs Executives, we're here to help you out with your academic needs and overall wellbeing. Throughout the year we have many events such as:

- **Buddy Program**
 - A program that gives you a chance to meet some of your fellow seniors who can help you out with any questions that you may have
 - Look out for the *Buddy Meet & Greet* event coming up soon!
- **GILs**
 - Student-run lectures/workshops to help and supplement your coursework throughout the year
- **AAPDPs**
 - Presentations run by experienced local or interstate practicing dentists covering a variety of topics
- **RUOK Day**

We'll keep you updated with any upcoming events via Facebook throughout the year and if you see us around, don't be afraid to say hi!



AUDSS COMMITTEE

EVENTS EXECUTIVES - LUCAS CIACCIARELLI,

JOSH LITTLE

GENERAL COMMITTEE - PRAVEENAA

SARAVANAMUTHU, JOHN BOURAS, SINCLAIR SU,
WILLIAM YAN, TAMARA ZHANG, BRANDON PUMP

To our freshers - welcome to dentistry! And to everyone else, welcome back for another round.

We are your Events Executive, Josh and Lucas, and we are here to organise your social life for the year. We've got a bunch of awesome events lined up for you all this year that will put anything you did in the holidays to shame. Get ready for some incredible Pubcrawls, the unmissable Dent Camp, and a Grand Dent Ball (just to name a few!)

These events are a great way to chat to older years and make friends that will help you get through what will be a pretty demanding degree. Make the most of these events and create some great (or embarrassing) memories that you'll talk about when you're tutoring in forty years' time. Make the most of your university experience and have no regrets about not attending anything. Don't live life through Instagram; it's not the same! Live. Laugh. Love (or whatever is hip with Insta-kids these days... #hashtag). All the best for BDS/BOH!



COMMUNITY AID - ALICE ZHANG

GENERAL COMMITTEE - SURBHI SEHGAL

Hello freshers!! Welcome to your first year of Dentistry and Oral Health! My name is Alice, and I'm the Community Aid Executive for this year. Moving in and adjusting to a new state or just a new course in general can be quite hard so I hope you are settling in well. Now is the perfect opportunity to join volunteering, as you will meet many wonderful and compassionate people who share the same interests as you! I will be organising a few charity events throughout the year such as Sleep Out, Dental Health Awareness Week and Trivia 4 Timor, where you can meet the upper years and also be able to contribute to charities that matter to you.

Dentistry and Oral health can be quite challenging. However, it is also rewarding and you always have the support of those around you, including myself. Good luck and I can't wait to meet you all throughout the year! Feel free to say hi if you ever see me around!!

AUDSS COMMITTEE

BOH LIASION - SINEAD WRIGHT

My name is Sinead Wright, and I am currently in my final year of the Bachelor of Oral Health. I am originally from Mildura in rural Victoria, but in 2017 I relocated to Adelaide to study Oral Health. This year I was humbled to be selected for the role of the Bachelor of Oral Health liaison officer as part of the AUDSS for 2019. Having this role will allow me to offer more of my time, energy and focus on helping others thrive and get the most out of university, whilst furthering the reach of the AUDSS to oral health students. Caring and providing support for others is the reason why I chose a career path in the dental field, and it underpins my passion for representing my course and my fellow students. I am keen to promote and improve the amount of involvement by oral health students in the society, starting with increased attendance rates at AUDSS events. I see my role as a valuable part of the feedback loop between the student cohort and the AUDSS committee, as well as a conduit to providing relevant information to all to achieve the best outcomes.



ADSA LIASION - MIKOLLE MONTANO

Hey guys! My name is Mikolle and I am your ADSA Representative. I am a final year dental student, and this is my first time on the committee. I have been going to the annual ADSA convention since 2nd year and I am excited to bring my knowledge and experience to the AUDSS. The Australian Dental Students Association or ADSA is the national organisation that supports dental, oral therapy and hygiene students in Australia. It is a means for the various student bodies from all the dental schools to communicate and collaborate, informing its members of issues that affect their student life and future profession. ADSA holds many events throughout the year such as the **Blood Drive** (for which Adelaide Uni always has a strong showing), **ADSA Talks**, **ADSA Cruise**, and of course the event of the year, **CONVENTION!** 2019 is an exciting year for both AUDSS and ADSA as they celebrate their 100th and 10th birthdays respectively! Adelaide is lucky enough to host this year's convention, so I expect to see a lot of familiar faces there. ADSA is free to join and if you had any questions you'll see me at all the AUDSS events. Alternatively, you can also visit adsa.org.au.



AUDSS COMMITTEE

AUHRA LIASIONS - TESSA JENSEN, TARYN DESOUZA

Hey everyone!! We are Taryn and Tessa from BDS5, and your 2019 AURHA Representatives!

AURHA is the university's Rural Health Alliance and encompasses all of the allied health disciplines. It is completely free to sign up to, and a great chance for you to learn more about living and working in rural areas. We also provide free ice-cream to members every so often. AUHRA hosts many events, such as **Rural High School Visits** (promoting career opportunities in health for rural students), **Teddy Bear Workshops** (visiting kindergartens to teach kids about their teeth) and the week-long **Yalata** trip to work in a remote Indigenous community. All of these offer you an awesome chance to get out and see some of rural SA and meet students from different disciplines. We also hold a **Rural Careers Night** with some fantastic speakers, and work to support our students out on rural placement.

For more info or to sign up, head to our website:

<https://www.nrhn.org.au/aurha/register/> or send us an email at dentistry@aurha.org.au. We encourage everyone to get involved, and we look forward to seeing you around soon!



INSIGHT REP - JOANNE CHEONG

Hi everyone! I am Joanne, currently in my fifth year, and I am the Dentistry Officer for INSIGHT.

Insight is a global health charity run by the Adelaide University Medical and Dental Schools. Despite significant improvements in the oral health of populations globally, problems still exist. These problems extend not only to developing nations, but also to the under-privileged in developed nations. Insight aims to promote awareness and understanding of health issues in developing communities, as well as to improve health inequalities. This includes addressing issues of Indigenous health, refugee health, healthcare in developing countries, and the health consequences of global warming.

In 2019, look out for our incredibly exciting events such as **FUTURE CALLINGS** (where guest speakers will be sharing their invaluable experiences about their recent volunteering trips) and **AMAZING RAISE** (which is a must for those who intend to go for the annual CWF Cambodia trip)!

So, buckle up and let's solve these pressing issues together, one tooth at a time!

UNIVERSITY - IT'S NOT QUITE WHAT YOU THINK

by Elaine Yu - BDS3

Dear first year student,

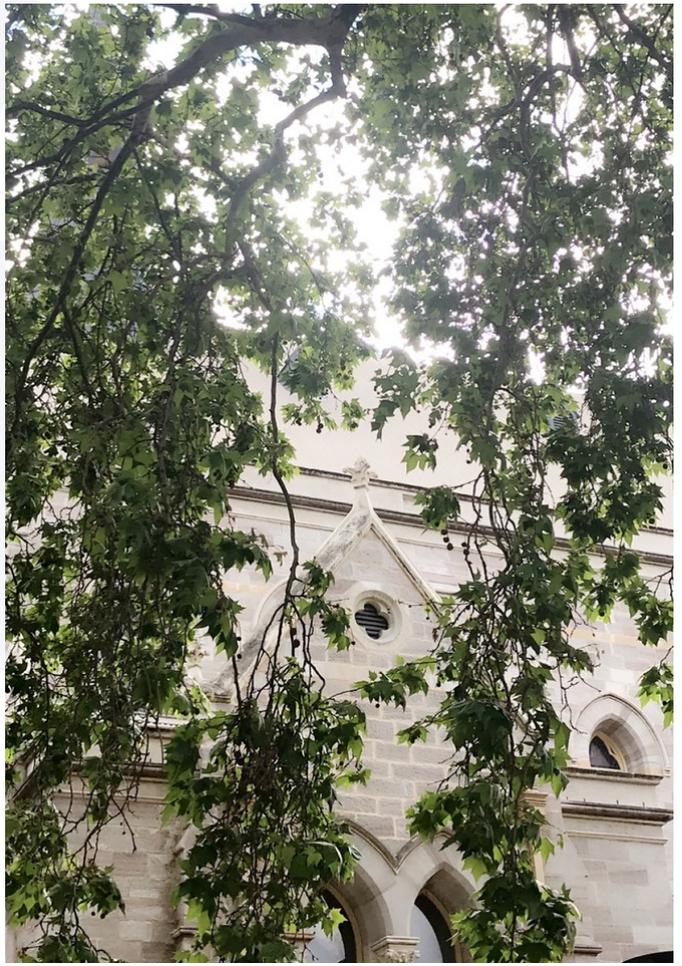
Welcome to university... or should I say, High school 2.0? Whatever you may have heard about university life, let me assure you that BDS is pretty much none of those things.

Organising your own timetable so you get sleep ins? No. Everyone gets sent the same one and you just have to deal with whatever the coordinators throw at you, even those 8am lectures.

Weekdays off? Never heard of them.

Dodgy group members that at least you'll never see again after a sem? No. You will be stuck with them until the end of the course and will probably have more group assignments together at some stage. It's ok, you will build tolerance over the years.

Shameful, drunken encounters with classmates whom you can just ghost the next morning? Nope. Get to ILA on Monday and not only will you have to face the man/woman of the hour but also the recounts from at least 5 or so witnesses (with the accompanying evidence: shaky snapchat videos). I'm telling you, be careful at those dental events!



Jokings aside, dentistry is a whirlwind of ups and downs and you'll look back thinking, what an absolute time to be alive. The people you meet here will become your closest confidants and so many memories will be made together. In the blink of an eye, it will already be third year. Take in a deep breath and you'll be graduating. First year is a time to explore what it is to be you, I urge you to go to all the events, talk to as many people as you can (older years are all very friendly and were once a first year like you not long ago!) and get to know the city. Try not to stress too much about the academics – first year is a special time to enjoy yourself and also the most forgiving in making mistakes, learning them earlier is always better than later.

Whatever past you may have left behind, it doesn't matter because you have a fresh start in this course! Make it a good one, enjoy yourself and we'll see you around.



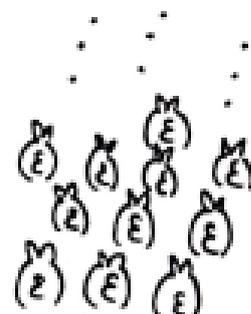
FIRST WEEK OF DENT



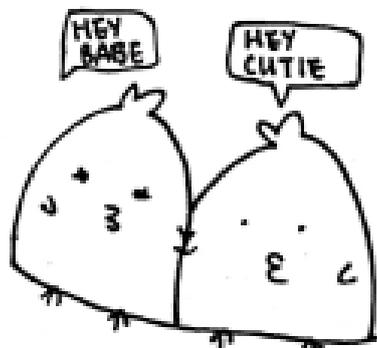
HI, I'M BOB. I'M A FIRST YEAR STUDENT.



HERE'S WHAT I NOTICED IN MY FIRST WK OF DENT...



AMONGST THE MASSES, THERE WERE-



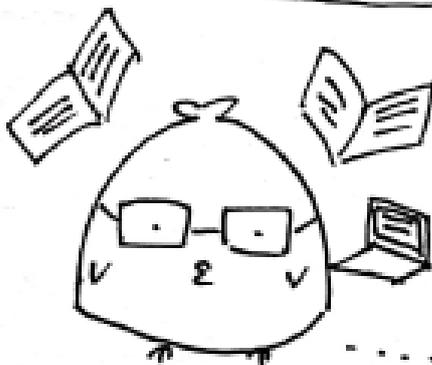
LOVEBIRDS



(LOTS OF LIFE SKILLS & KNOWLEDGE)



MATURE AGE STUDENTS (A LOT OF THEM)

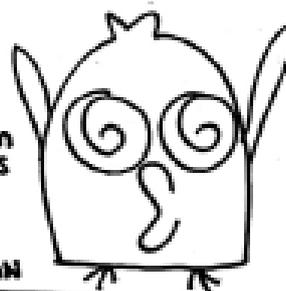


NERDS, WHO SOMEHOW KNOW THE WHOLE CURRICULUM

LIBRARY

THE DRUNKARDS

Beer in a glass
IN A CAN



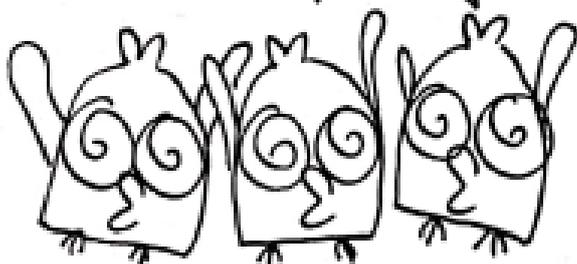
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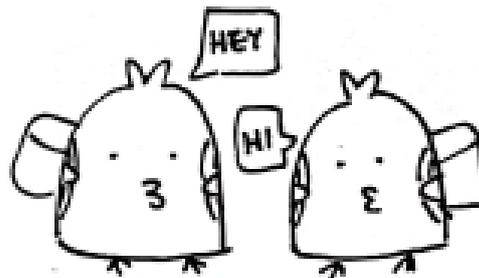
MUNT

THE DRUNKARD'S FRIENDS

WOOOOOO!



AND POSSIBLY ...



... A NEW FRIEND.

UPPING YOUR DIET DIARY GAME



by Kawai Cheung - BDS4 (@eatwithkawai)

If you're like me and on the SEE-FOOD diet (I see food...I eat it), here are FOUR of my best student feeds close to the uni campus that you'll love! Ozbargain mention: Taste Baguette located in the HUB food court do half price food every weekday from 4:30pm so nab a steal for an easy dinner!

#Adelaide #freshers #AUDSS #dentistry #dietdiary #brunch #foodie #instafood #foodstagram #droolclub #foodporn #foodgasm #foodcrawl #cameraeatsfirst #hangry #followforfollow #pleasenoticemytoothheart



NanYang Cafe
Renaissance Arcade



123 likes

NanYang cafe Authentic Malaysian food with super generous portions right opposite North Terrace main campus! Value for money (unless you're from Singapore or Malaysia then there's a bit of adjusting to Australian prices for food 😂) Usually always a line during lunchtime but that's a good sign!!!!

@eatwithkawai

[View all 4 comments](#)

eatwithkawai Try the Wat Tan Hor!!!!



Miss Mai
73 Gawler Pl



259 likes

Miss Mai Introducing Bahn Mi (a Vietnamese baguette filled with your choice of meat, cucumber, pickled carrots and daikon, coriander with homemade pate). Miss Mai's version may not be the most authentic but DAMN it's a good meat packed roll! (I mean PACKED) Super affordable at \$7-8 a roll and guaranteed to send you into a blissful food coma after!.

[View all 7 comments](#)

eatwithkawai Best Roast Pork in town! Skip the lettuce in the rolls and also give their bowls a try

Follow me @eatwithkawai as I eat my way around Adelaide and keep you in the know on what's new and nomworthy! #shamelessplug



Two Bit Villains

Adelaide Arcade Rundle Mall



...



Hot & Spicy Kitchen 香辣三國

57 Gouger St



...



330 likes

TwoBitVillains You wouldn't have guessed this was vegan by looking at it right? This one's for our vegetarian and vegan freshers introducing one of the best "chicken" burgers Adelaide has to offer! Also on the menu are house-made pressed "beef" patties, chilli dogs, nachos, fries, onion rings, and so much more! They also have refreshing handcrafted botanic sodas in their in-house Soda Bar! Make sure you pop in and prepare to be mind blown how good their "meat" burgers are!

[View all 15 comments](#)

eatwithkawai Make sure you get tater tots for your side and enjoy the outdoor balcony seating overlooking all of Rundle Mall



888 likes

Hot & Spicy Kitchen Think you can handle your spice? This is the perfect place for groups! You've heard of Hot Pot, but have you heard of "Dry-Pot"? This place offers all the goodies you find in a hearty hot pot dinner so pick your ingredients and they will be dry stir fried in delicious chilis, veges, and hot chips (yes potato fries!). Tastebuds will be tantalised on first bite and before you know it you've downed a whole tub of rice! Don't fear - you can also choose your spicy levels starting from no chilli to extra-spicy (if you're up for a challenge!)

[View all 8 comments](#)

eatwithkawai Fish-roe balls are a must order if you've never tried them before!

What is your Dental Horoscope?

♈
Aries
21.3 - 26.4
Don't be too speedy,
double check
your rpm

♉
Taurus
21.4 - 21.5
Finding it hard to
see things clearly?
Perhaps it's time for
some loupes

♊
Gemini
22.5 - 21.6
Don't be so uptight,
wedge yourself in
there

♋
Cancer
22.6 - 22.7
What lies beneath?
Maybe a few BUs
will help clear things up

♌
Leo
23.7 - 22.8
Some things burn,
don't forget to switch
water on!

♍
Virgo
23.8 - 22.9
It's time to reflect.
Use indirect vision!

♎
Libra
23.9 - 22.10
Lay off those sweets,
there's some equally
hungry strep. about

♏
Scorpio
23.10 - 21.11
Someone you know
has eyes on you...
(hint: it's your tutor x)

♐
Sagittarius
22.11 - 21.12
You might find yourself
in a prickly situation -
watch out for those needles

♑
Capricorn
22.12 - 20.1
Hold onto your gloves,
always remember
PPE

♒
Aquarius
21.1 - 19.2
Life's a grind,
night guards are your
best friend

♓
Pisces
20.2 - 20.3
Hey sweet tooth,
sugar tastes good but
your sweet talk is a
bit hard to swallow ♡

THINGS ADELAIDE DENTAL STUDENTS WILL UNDERSTAND

by Melody Chen - BDS4

1. Losing count of how many free check-ups you've promised to people
2. Using FDI notation when your friends have food in their teeth
3. Constantly having to convince others you're not a med reject
4. Walking down Rundle with your clinic coat on a hanger like NBD
5. Is your Tinder bio even a Tinder bio if you don't allude to being a dental student somehow?
6. Normal words will take on a whole new meaning (calculus, your co-worker Victoria who goes by 'Tori')
7. Using 'caries' to describe anything sweet
8. Friends and family come to you about their short, sharp, sensitive-to-cold pain even though you're still a first year figuring out how to retract
9. Sharing (and finishing) life stories with your neighbour/patient while waiting for tutor checks
10. Freezing in Joe Verco air-con even in 40-degree summers
11. Getting hungry from the formaldehyde in anatomy labs
12. Nodding enthusiastically to everything the tutor says even when two textbooks and five evidence-based articles have said otherwise
13. Not understanding how your non-dental friends literally do not start uni until March
14. Considering 2mm to be a massive distance
15. Spending more money on plastic teeth than lunch
16. Insta-storying photos of the clinic or your sim clinic restorations to remind others you're a dental student
17. ILA group members who don't pull their weight (if you can't think of one, it's probably you)
18. Considering anti-fluoride people to be on the same level as anti-vaxxers and flat-Earthers
19. Not being from Adelaide and having very few non-dentistry friends
20. Just never being able to wear shorts

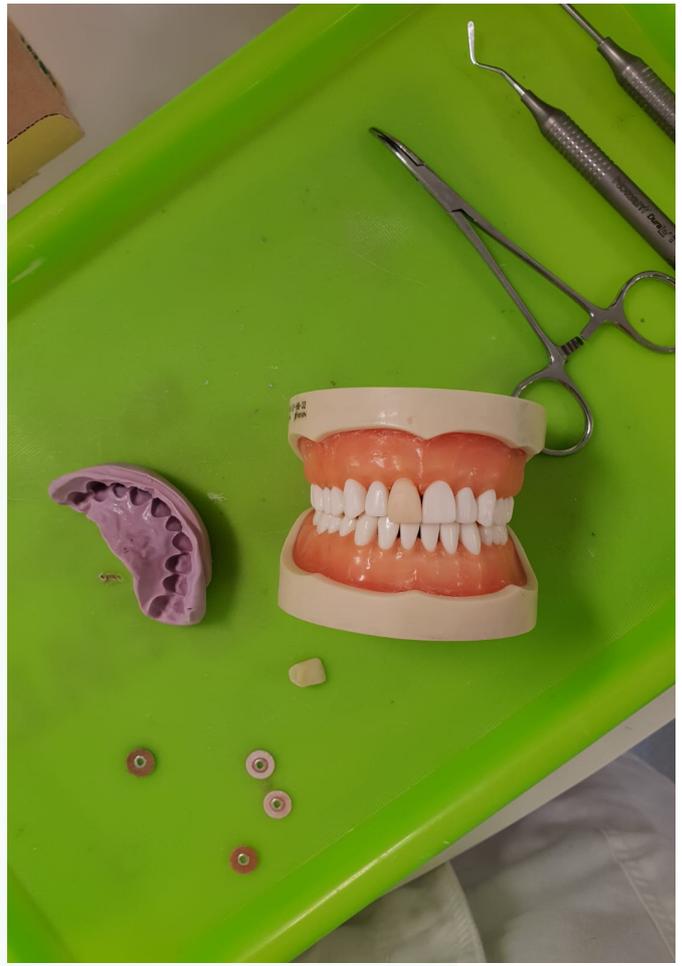


Photo: Jeremy Lee

First years - don't worry, you will all come to understand every single one of these soon enough!

FIRST THINGS FIRST...

by Doug Lam - BDS2



Hi guys, I'm Doug, a Canadian international student starting BDS2 this year. Last year, in addition to being new to Australia, I also had to get used to the local university life as well, despite having attended several years of uni prior. Here are some tips I've put together – I hope you will find the following info helpful!

1. Do this ASAP

- Purchase lab coat, clinic coat, lanyard (to hold ID card during clinic)
- Begin collecting of extracted teeth by dropping jars off at practices. City clinics get pretty saturated so you may have to reach out to clinics in the suburbs
- Learn to navigate MyUni/Canvas
- Download the **Canvas Student** and **Echo360** (lecture recordings) apps
- Obtain a **MetroCard** for public transport
- Ensure you have completed the required vaccinations

2. Mentorship programs

There are two major mentorship programs specific to dentistry

- **AUDSS mentorship** – info will be released in due time
- **Faculty of Health and Medical Sciences** - <https://health.adelaide.edu.au/study-with-us/student-support>

3. Transportation

- BDS1 clinic sessions are once a week at **Gilles Plain TAFE** (northeast of the city). Busing takes approximately 30-40 minutes (includes a 10-minute walk). From the city, take **#501** which departs along Grenfell St.
- Never be late for clinic! Always get there at least 15 mins early.
- Uber is available in Adelaide, and it is great for sharing a ride to get to Wayville Pavilion for exams

4. Keeping disciplined

- No one will force you to go to lectures or study, so this is all up to you!
- Attend as many lectures as you can
- Review recordings of lectures you have missed
- Pull your weight in ILA (Integrated Learning Activities)
- Don't copy off others when completing tutorial or resource session worksheets

Never be late for clinic! Always get there at least 15 mins early.

5. Bulk purchase of items (organise within the year)

- A hard-copy of the **DSP1/2 Resource Book**
- Organise a group order for double-sided color and coil-bound order through SNAP printing
- Retractable lanyards to hold ID cards during clinic
- A case to hold the dental instruments
- Recommend negotiating with eBay sellers. Contact derek.likwokcheong@student.adelaide.edu.au for info on last year's order
- Toolboxes to hold sim clinic supplies and instruments.
- Recommend **Bunnings** or **Lincraft: CraftRight 435MM Tool Box. 435x210x190mm**

6. Studying techniques

- Flash cards (Quizlet, StudyBlue, etc.)
- Group learning (form a good study group)
- Whiteboard teaching (take turns teaching subject material)
- Practice procedures on your Nissin models (plastic teeth)
- Participate in tutorials to practice public speaking skills

7. Exam season

- All exams at **Wayville Pavilion** (southwest of the city) – recommend Ubering to exam (low risk) and busing/tramming back
- Semester 1 exams occur in winter (~10 degrees Celsius) so be well dressed unless you're from Canada like me (shorts and T-shirt weather heh)
- Attend GIL sessions to get an idea of what will be tested

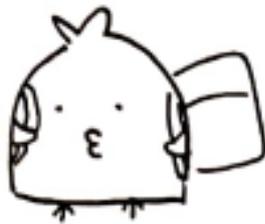
8. Lifestyle

- **Pocketbook** is a great budgeting app available on iOS that will auto-track purchases made via card for Australian banks
- Coles and Woolworths are the two major supermarkets in the city. Chinatown and central market are nearby and are easily accessible via tram



For the sake of everyone, don't whinge about trivial things like lecture theatre locations and time. These are things that the faculty can't actually control. More useful feedback would concern teaching styles, assignment submission methods, content delivery, etc. Faculty do take feedback seriously so please complete and submit the SELTs at the end of each semester.

BOB GETS READY FOR DENT

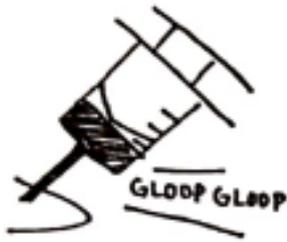


HI, IT'S BOB AGAIN.



SONIA - the School of Dentistry Clinical Placement Portal

THE UNI SAID I NEED TO DO ALL SORTS OF THINGS BEFORE I CAN GET INSIDE THE DENTAL CLINIC...



LIKE BLOOD TESTS

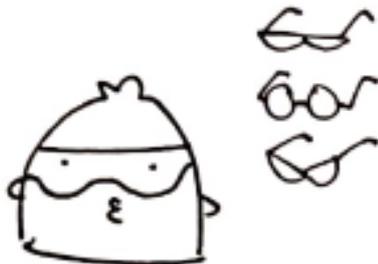
LOOK, I TOLD YOU TO TRY THE SIZE SMALL.



TRYING ON NEW CLINIC COATS...



...LAB COATS...



SAFETY GLASSES...

lol



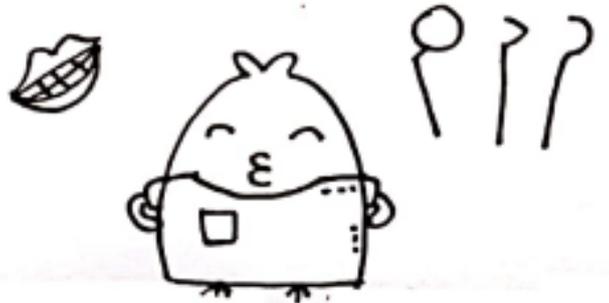
CAN YOU HEAR ME? OPEN YOUR EYES! WHAT'S YOUR NAME? SQUEEE MY HAND!

LEARNING FIRST AID...



AND ALL SORTS OF OTHER FUNNY DOCUMENTS

BUT THIS WHOLE TIME, ALL I CAN THINK IS...



IT'S HAPPENING!!! I'M BECOMING A

DENTIST!



TRAVEL GUIDE

Welcome to Adelaide! For those of you who aren't from here, Publications is launching a new initiative this year to help you get acquainted with your surroundings! Keep your eyes peeled for a travel guide which will be available on the AUDSS website soon. Here's a sneak-peek for Adelaide; we will also be doing the same for other cities in Australia, and even oversea countries!

Created 100% by local dental students, for visiting dental students #wanderlust

WELCOME TO
ADELAIDE

A local's guide to your home for the next 5 years

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a d e l a i d e

애들레이드

अदिलैड

アデレード

EXPLORE THE WORLD

DINING

MALAY/SING

NanYang Cafe \$
 Renaissance Arcade
 Only a short 5 min walk from the main campus, be sure to find a line of hungry students ready to feast at lunchtimes.

Hawker Walker \$
 Francis St
 When this place opened it was all any of the Singaporeans or Malaysians in BDS could rave on about for a good week. I think that speaks for itself.

IMMERSE YOURSELF

CULTURE

ndorf

Located about a 30 minute drive from the city, this little German town makes for a perfect day excursion. Picturesque alleys, candy stores and novelty shops displaying souvenirs from abroad, it's a place not to be missed.

Art Gallery of South Australia

The University of Adelaide's next door neighbour, step in past the grand columns and browse the ever changing art exhibitions. Entry is free.

State Library

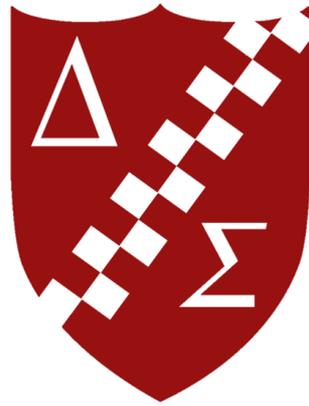
Ever felt like studying at Hogwarts?

NIGHTLIFE

SPEAKEASY

Lindes Lane \$-\$\$\$
 Lindes Lane
 Journey into an unassuming lane, down a windy staircase and step past a deceptive fireplace to reveal a hidden bar.

Maybe Mae \$-\$\$\$
 15 Peel St
 Take your friends, take your lovers or dare to venture alone, speakeasies are a cities best kept secret. Wind down after a long day in clinic and drown your sorrows, I'm sure we all have a few.



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Semester One

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2019

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