

# Your Roadmap to Success in Dentistry

## YEAR TWO

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# HOW TO GET INVOLVED

As a second-year student, you are well on your way to becoming a dentist. Now that you are probably feeling more settled into your school and classes and know your way around Boston, this is a great chance to find some additional ways to get involved in dentistry and build your résumé.

Becoming more involved in organized dentistry allows you to develop the knowledge and skills that are necessary to be a successful leader and well-rounded professional. There are many opportunities for you to become a part of leadership in both American Student Dental Association (ASDA) and the Massachusetts Dental Society (MDS).

## **ASDA Leadership – [asdanet.org](http://asdanet.org)**



All ASDA districts have leadership teams called cabinets made up of representatives from the member schools. Every position in the cabinet requires different levels of commitment and qualifications, but each of them fulfills an important duty in keeping the district running smoothly and organizing district-wide events and initiatives.

If you don't want to jump directly into district leadership, a great alternative is simply getting involved in your school's ASDA chapter. BU, Harvard, and Tufts all have executive boards and committees comprised of students who help to run the chapter as well as act as liaisons to the ASDA national office. Each chapter always has a first and second delegate that serve in the ASDA House of Delegates. Other common positions include: secretary, treasurer, legislative liaison, membership chair and newsletter editor.

## **MDS Leadership – [massdental.org](http://massdental.org)**



The MDS has many committees that meet to discuss issues in dentistry and recommend appropriate policy and programs to address these issues. While full committee membership is generally reserved for licensed dentists, there are opportunities for student representatives to participate and have a voice in these meetings. If you are interested in joining a committee, you should reach out to your ASDA representative for more information.

Visit [massdental.org/About-the-MDS/Leadership-and-Governance](http://massdental.org/About-the-MDS/Leadership-and-Governance) to view a list of committees.

**Participating in some type of leadership role during your time at dental school will allow you to grow and learn important business skills such as public speaking, as well as how to work with and inspire a team.**

# HOW TO GET INVOLVED

## Cultivating Your Mentorship

A mentor is a great resource to have during your time in dental school. He/she can answer your questions and help provide you with direction as you learn about dentistry and work to establish yourself in the professional world. Once you've chosen a mentor, it is important to continue to develop a relationship with him/her so that they can be of the most help to you. You should stay in contact with your mentor and keep them updated on your accomplishments and the activities that you're involved in. When possible, you should also spend time together attending educational or social events. The more you build the relationship with your mentor, the more he/she will be able to provide you with advice and information about building a career in dentistry.

While you may start out with one mentor, it is more than alright to cultivate additional mentor relationships as you progress through school and even into your tenure as a dentist.



## Health & Wellness Tip

### Get plenty of sleep!

Getting seven to eight hours of sleep per night can help you to get sick less often, reduce stress, improve mood, allow you to think more clearly, and focus better in class.

If you are having trouble sleeping, try making changes to your routine to get the sleep you need:

- **Change what you do during the day** – You should avoid drinking caffeine later in the day, exercising right before bed, and eating a big meal close to bedtime.
- **Create a good sleep environment** – Consider when you sleep best and try to adapt your room to suit that. There is no right or wrong as long as you are getting your best rest.
- **Set a bedtime routine** – While this may be difficult due to the changing schedule that can come with being in dental school, a routine can help your body get into a more well-regulated sleep pattern.
- **Limit screen time before bed** – The light from the screen can tell your body to stay awake and alert, which makes it harder for you to fall asleep.

