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UTSD ASDA NEWSLETTER

ISSUE 2 | MARCH 2018

Save the Date!

MARCH 26

L&L: Virjee Consulting

APRIL 4

L&L: Cain Watters & Assoc.

APRIL 6

SIC Crawfish Boil

APRIL 6-7

Dental Olympics at UTHSCSA

APRIL 8

ADA Dentist and Student Lobby Day in Washington D.C.

APRIL 9

L&L: American Academy of Periodontology

APRIL 14

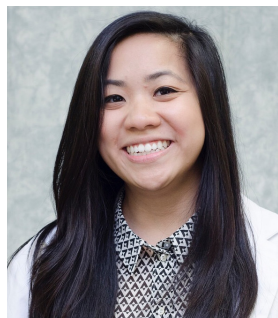
Class I Prep: Interview Prep Day (Pre-Dental)

APRIL 16

L&L: American Academy of Endo

LATERAL EXCURSIONS: *hiking the homestretch*

Christine Nguyen '19



As a third year in my second semester, I can safely say I have made it over the hump. While I feel nowhere near the end and still comfortably inside the tunnel, I have gained growth and the mentality to somehow continue in this difficult journey we call “dental school.” This past spring break, I had the privilege of returning to one of my favorite places on the planet—Big Bend National Park. Over the course of 3.5 days, I walked about 72,200 steps. With my short strides, that translates to 324 flights of stairs climbed and almost 28 miles of stumbling, rock climbing, toenail destroying, and leg cramping moments with the earth. Here I was, thinking I was going on break to relax. However, I realized that these treks are not so different from dental school and perhaps, in some ways, almost as rewarding. My breaks have always given me some clarity, peace, and a regained sense of purpose. Big Bend was no different as it has recharged and motivated me to finish the semester strong. I would thus like to share some thoughts and advice as we move forward and finish these last six (SIX!) weeks of the academic school year:

1. Nothing in the world that is worth having comes easy.

So yes, dental school is tough as nails but so are you. We all have our fair share of bad tests, days, weeks, and maybe even months. But remember that you fall in order to get up again and that when you fail at something, it is only considered a mistake if you do not learn from it. This may also be a good time to seriously re-evaluate where you are in school and figure out how to make this last month and a half count. That is okay - just remember that the end of the journey is worth the blood, sweat, and tears; so do not give up. **Climb the mountain.**

Continued on Page 2

JOKE OF THE DAY

Q: Why do dentists like potatoes?

A: Because they're so filling.



2. They say when you are hiking you should not stop on an uphill segment of the trail, because you will tire quicker and easier (when you start hiking again) than if you stopped on flat ground.

The same can be applied to school. This is in no way saying to work when you have been depleted of all your rations and burn out. You will need to rest, but recognize that some moments are better than others to stop and that you will benefit more in the long run by working a little harder on some days than quitting sooner rather than later. **Breathe when you need to, but make every effort to not break in a difficult position.**

3. You are never alone.

At Big Bend, there are bear warning signs everywhere and one of the tips to ward off a bear is to hike in groups. What a solid piece of advice when facing something scary and unknown (like dental school)! There is strength in numbers, and you mustn't be afraid to turn to those who can help support or carry you whether they are colleagues, family, friends, or faculty. I firmly believe that you cannot accomplish anything in this world without others, and I can say **I would not have made it this far without the family I have found in the Class of 2019.**

We are coming onto the sunset of the long academic year. These last six weeks are going to be trying, but remember that everyday the light at the end of the tunnel becomes increasingly bigger and brighter as you continue to work harder.

Good luck to everyone reading this, and, before you know it, there will be three letters tacked on to the end of your name!



South Rim, 12.6 miles round trip; 7403 ft. in elevation



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THANK YOU TO EVERYONE WHO SIGNED UP TO BE IN A COMMITTEE!

2018-2019 is going to be a great year, and we're so excited to see what we can accomplish together.

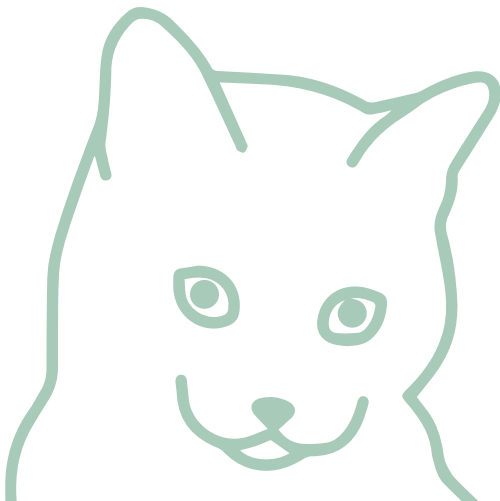
Annual Picnic

RECAP

Before leaving for spring break, members of the UTSD family came together to eat fajitas, discuss vacation plans, and recapture the magic of youth by watching children play corn hole. Tensions were high among some of the canine guests, but any contention quickly dissipated once the concerned parties realized there were plenty of table scraps to go around. Dogs were, in fact, some of the more popular guests, and this reporter came away with a newfound appreciation for wet-wipes after a dog kissing incident that got out of hand.

All in all, this year's ASDA Family Picnic provided a much appreciated opportunity for students to reconnect with family and friends, decompress, and sun themselves in the Cooley Courtyard, like so many lizards on so many warm stones.

-Jeannie Binder '21



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