

WELCOME CLASS OF 2025



Photographer: William Christensen

Give Kids a Smile Day 2018

DENTAL SCHOOL

A BALANCING ACT

Don't forget to live a happy and fulfilling life outside of academics. Do things that make you feel calm and content. There is so much more to life than dental school.

Make sure to heed this advice! From fitness to mental health to relationships to assignments--dental school is a juggling act. Life during dental school will go on with or without you, and sometimes it requires work to not be a bystander in your own life. So what's the key to balancing it all? *Time Management*. Mastering this can help ensure that necessary time is devoted to the things you care most about. Everyone talks about the importance of time management, but how does one go about actually avoiding procrastination? *Here's How*

IN THIS ISSUE:

- TIME MANAGEMENT
- CHAPEL HILL LIFE
- DAILY LIFE AS A CAROLINA DENTAL STUDENT
- ALL ABOUT UNC ASDA

Organize Your Studying:

- Use Lists
- Set Goals
- Do the Important Tasks First!
- Use Timers
- Be Proactive
- Turn OFF Your Phone

Practice Self Care:

- Learn to say "no"
- Get outside -- Fresh air is essential!
- Get quality sleep
- Schedule procrastination breaks
- Eat healthy and exercise regularly

THE DAY-TO-DAY AT UNC ASOD

A BRIEF NOTE ON THE NEW ACT CURRICULUM

Starting this August 2021, UNC ASOD will begin the implementation of Phase 1 of its new ACT Curriculum. Advocate-Clinician-Thinker framework will be the new model encompassing the dental school's didactic and clinical education. More information on this transformative curriculum will come from administration and during your D1 Basecamp!

DRESS CODE

To exemplify excellence and professionalism, the school has enforced the following options for dress code: **Business Casual:** This includes khakis, button-up shirts, dress pants/slacks, blouses, shirts with collars, and shirts with straps thicker than 2 inches. Skirts and dresses must be at least knee level when standing. Closed-toed shoes are required for clinic and lab.

Scrubs: Students have the option of wearing matching scrub sets that are black, navy blue, Carolina blue, gray, or surgical green. UNC T-shirts can be worn with scrub bottoms. Figs, Jaanuu, and Cherokee are popular, commonly-used brands.

***Pro Tip:** Ask about the student discount, try on scrubs, and price match at Scrubs & Beyond!

PARKING & TRANSPORTATION

Parking at UNC is often hard to come by and permits are given through a lottery system. The closest parking deck to school is Craige Deck Parking Garage (about a 10-minute walk). Most students either walk to campus, ride their bike, or take the bus. UNC has a great system of free buses throughout the Chapel Hill area. Utilize the "NextBus" or "Rider" App to track the location of the buses in live time. The apps tell you the routes, stops, and estimated time of arrival. For those living outside of Chapel Hill and commuting, there is the option to buy a Park & Ride Pass. There are several locations of these lots, including the Friday Center, Eubanks Road, and Southern Village. The pass costs around \$50 for one semester.

NEARBY LUNCH SPOTS

There are fridges in the student lounge for you to store your lunch from home, but if you didn't have time to pack lunch or find yourself in desperate need of a coffee, check out the places below:

The Gas Station: Located in the dental school's atrium. Perfect for a quick coffee, soft drink, lunch, or snack. (Pro Tip: The burritos are great)

Beach Cafe: Consists of many options—Bandido's, Chick-Fil-A, Med Deli, Italian Pizzeria III, Grab & Go, and Raaga. Only a 5-minute walk from the dental school. (Bandido's nachos on Friday are a must!)

UNC Hospital: Get a "Freedom Pay" card to receive 10% off all purchases. This will likely be your cheapest option. Options including BBQ/chicken dishes, Asian-inspired dishes, sushi, pizza, salads, subs, burritos/burrito bowls, and frozen yogurt.

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Photographer: Lauren Cowart

FRANKLIN STREET AFTER THE 2017 NATIONAL BASKETBALL CHAMPIONSHIP

NAVIGATING CHAPEL HILL

LIFE EXISTS OUTSIDE OF ZOOM UNIVERSITY/KOURY G405

While you'll spend several weekends studying for exams during your first year, there are more than enough opportunities to get out and have some *mask-wearing/vaccinated* fun. With the hope that COVID-19 will become well-controlled during the latter half of 2021, we've taken the liberty of compiling a list of our favorite places to spend time outside of class pre-pandemic!

"Sometimes taking a nap can be more productive than forcing yourself to study."

- CLASS OF 2023 MEMBER

RESTAURANTS

TOP OF THE HILL RESTAURANT & BREWERY

The place to take visiting family and friends. This rooftop restaurant has an iconic view of Franklin St.

MINT

Indian buffet with unlimited mimosas on Saturday/Sunday. Ask about the student discount!

TRU DELI AND WINE BAR

More than likely, you'll see a tinder date happening here. Very cute vibe & perfect for any occasion

VECINO

Very cool brewery with great outdoor seating. This place has a wide variety of beers on tap

MEDITERRANEAN DELI

Fresh, authentic, and *mostly* healthy Mediterranean and Greek food

BANGKOK 54

Arguably the best Thai food in the area. Perfect for those who love spicy food (spice levels 1-5)

SPOTTED DOG RESTAURANT & BAR

Best known for its vegan/vegetarian options, but has a little of everything

MERRITT'S GRILL

A Chapel Hill staple. Famous for their BLT's, but you won't be disappointed with the cajun chicken

COFFEE AND TEA SHOPS



Coffee and tea shops are great places to study while also fueling your caffeine addiction. The Chapel Hill area has *plenty* of places to choose from:

- Perennial
- Gray Squirrel Coffee Co.
- Caribou Coffee
- Caffè Triade
- Coco Bean Coffee Shop
- The Purple Bowl
- Epilogue Books Chocolate Brews
- Open Eye Cafe
- Yaya Tea
- Cha House
- The Honeysuckle Cafe & Bar
- Johnny's Gone Fishing



OLD WELL IN THE SPRING

NIGHT LIFE

DANCING

- Goodfellows
- Might as Well (MAW)
- The Library
- La Res

SIP & CHAT

- He's Not Here
- Tru
- Vecino
- Steel String Brewery
- The Crunkleton
- Beer Study
- Pantana Bob's

*"Make sure that you make
time for the relationships
that matter to you. Dental
school can't (and shouldn't)
be your whole life"*

- CLASS OF 2021 MEMBER

LATE NIGHT EATS

Linda's Bar & Grill
Benny Capella's
Supdogs
Cosmic Cantina
Time-Out

OTHER ACTIVITIES

- Friday's on the Front Porch
- UNC Basketball Games
- Carrboro Farmer's Market
- NC Botanical Garden
- Morehead Planetarium
- Eno Rock Quarry

WHAT IS UNC ASDA?

AMERICAN STUDENT DENTAL ASSOCIATION

ABOUT OUR CHAPTER

ASDA is the only national association entirely devoted to student concerns and the student viewpoint on professional issues, representing more than 20,000 students at all 65 US dental schools. At UNC, our student organization aims for active involvement at local, state, and national levels regarding issues affecting dental students and the dental profession as a whole. UNC ASDA committees that you can get involved in include advocacy, wellness, community outreach, events, fundraising, pre-dental, BTG, diversity & inclusion, public relations, and vendor.



WHAT'S INCLUDED?

As a member of UNC ASDA, you will receive a number of benefits, all of which are included in the yearly ASDA membership fee that you pay as part of your dental school fees.

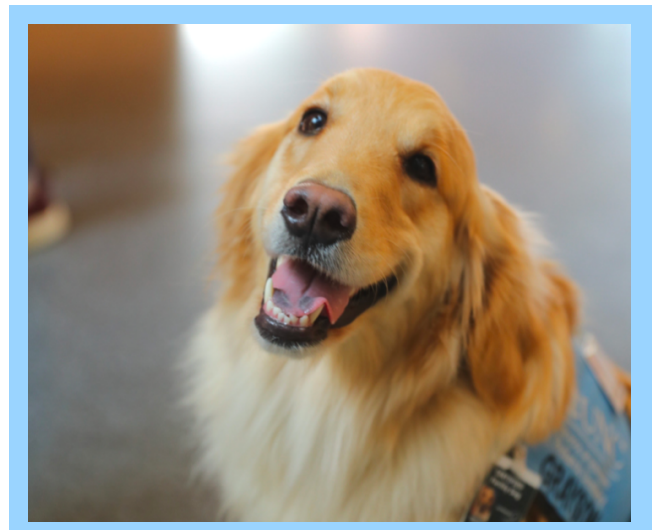
AUTOMATIC MEMBERSHIPS

- American Dental Association (ADA)
- North Carolina Dental Society

FREE SUBSCRIPTIONS

- Contour Magazine
- Journal of the American Dental Association (JADA)
- ADA News

FREE LIFE INSURANCE AND DISABILITY PLAN, KAPLAN DISCOUNTS, AND MORE!



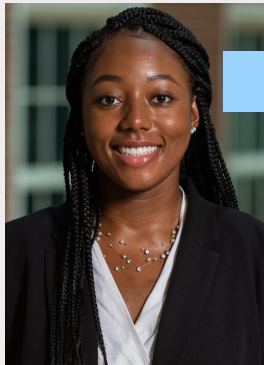
6 EXECUTIVE BOARD MEMBERS



Madeline Howell, Co-President



Olivia Nillissen, Co-President



Sarah Dobson, DFNC Liaison



Pierre Querette, Treasurer

This could
be you!

D1 ASDA Representative

D1 ASDA Representative

This could
be you!

10 COMMITTEE CHAIRS

Pre-Dental

Bridging the Gap

Fundraising

Events

Diversity & Inclusion

Vendor

Advocacy

Community Outreach

Wellness

Public Relations

Committee Spotlights

Wellness Committee

We are pleased to have a committee, which has the sole purpose to encourage wellness and provide opportunities through which students can reach a more balanced lifestyle. UNC ASDA's Wellness Committee is here to listen to your needs so that we can create more personalized events that resonate with you. The Wellness Committee works closely with Kate Thieda, our school counselor, to host events promoting physical wellness, creativity and relaxation. This includes free weekly yoga classes, fitness challenges, healthy treats during finals week, and a dedicated Wellness Week during the semester.

Diversity & Inclusion Committee

This committee's focus is on celebrating and raising awareness of the unique differences among our students and our community. This includes encouraging our students to understand and deliver culturally competent healthcare. We also hope to partner with and support dental student groups that promote diversity (including AAWD, ADSO, HSDA, LGBDenT, and SNDA). Finally, we plan to help promote DocSpeaks, a speaker series hosted by the Office of Diversity and Inclusion.



UNC ASDA 2020-2021 BOARD

We look forward to meeting you! Interested in contributing to the ASDA newsletters? Send us an email at gparpia@ad.unc.edu