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Nova Southeastern University ASDA Newsletter

A National Board Part 1 “Heads-Up” for First Years

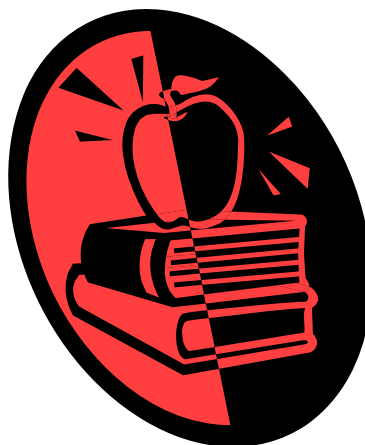
By: Anna Fedak
ASDA Representative
for Class of 2009

Nearing the end of their second year, dental students across the country will one night wake up in a cold sweat when they realize they still have to take the first part of the National Board exam. Most of those students will find that they do not remember much of the science classes they had two years ago and the inevitable stress-filled cram sessions will ensue. Nova Southeastern University’s dental students, however, will be preparing at the end of their first year. With the information still fresh in their mind, all students are encouraged to take the exam before the beginning of the fall semester of their second year.

The NSU faculty and older dental students are already familiar with the joy of the National Board experience.

Therefore, the information shared here will most likely benefit the D-1 Class. So, considering that this exam is a major milestone on the road to specializing and is the accumulation of most of the information you will have learned your first year, listen up. D-2’s have been surveyed and listed here are a few pointers for you:

1. Go ahead and commit to your long term memory every single thing you learn in your basic sciences classes and dental anatomy. (Why learn information three times preparing for a midterm, a final, and the boards?) That obscure detail about what that nerve (that is no where near the head and neck area) does or where it crosses some random leg muscle and bisects actually is important to know. Once you are in the thick of your



classes, details like this might seem trivial but just wait, you might just be the lucky person who gets asked about it 3 times on the boards. So don’t be shy in Dr. Dribin’s class when she’s going over a gland and you are wondering, “Did she say serous or mucous?” Speak up; it’ll definitely be worth it when you are in the trenches of the Anatomy section.

“Heads-up”
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Summer 2006 Issue

Edited by Michelle Mayer
NSU ASDA Secretary 2006

Upcoming ASDA Events:

- September 6: Kavo Lunch and Learn
- September 13: MBNA Lunch and Learn
- September 16: Pub Crawl
- September 20: Guardian Lunch and Learn
- September 27: Mercer Advisors/ Patterson Lunch and Learn

Note: Schedule is subject to change

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2. Déjà vu is the best feeling when you are taking a test. As it turns out, the folks making the National Boards are not that original. Go over old tests as many times as you can and utilize any study aides given to you by professors. Pay attention in class when they review using old board questions. Hearing Dr. Galka's voice in your head while reading the dental anatomy questions during the boards will make you feel like it is just another Monday afternoon in class. Nothing is better than that warm, fuzzy feeling you get when you realize you have heard these question before and the correct answers are practically filling out the scantron themselves.
3. Start studying early. (No, not now. Finish reading this article first and then you can go to the library, ambitious D-1 student, and start studying already if you must!) At the end of your first year go ahead and start reading over your decks or practice questions. You'll find that you will eventually grow attached to your dental decks and will feel anxiety if you travel without them. Go ahead and embrace those feelings. Your dental decks are your new best friends.
4. Relax. If you put the effort into this exam all signs point to you passing it (and probably doing well above average). Everybody will procrastinate at some point. It is ok. And if you are the type of person who experiences minor meltdowns before exams, go ahead and schedule 15 to 20 minutes of meltdown time. Then get back to studying, fool!

So just remember, your hard work will pay off. One day, when we are big time dentists we will think back to dental school and laugh about this. (Remember those board exams we had to take and how stressed we were. How silly of us!!)

For now, D-1s, put this pesky board stuff on the backburner and concentrate on your first year. From all of us at ASDA, good luck!

An Update on Dental Licensure – The Current Situation

By: Jared Young
Class of 2009
ASDA Legislative Liaison

With the hard work of ASDA members and legislators, we have come a long way in the hunt for a single national licensure exam. However, we are far from all 50 states agreeing on one national exam. The proposed exam, the American Dental Licensing Examination, or ADLEX, is currently administered by the North East (NERB), and Central (CRDTS) Regions. A student who passes the ADLEX is eligible for licensure in 40 states!!! The ten states that do not recognize it yet are Alabama, Arkansas, California, Delaware, Florida, Louisiana, Mississippi, Nevada, North Carolina, and Oklahoma. The Florida Board of Dentistry recently voted to recommend that Florida accept the ADEX exam, but it still has to pass through

legislation. New York will require a one year residency to obtain a license starting 2007. But don't forget, with five years experience, you can typically move to any state (except Delaware, Florida, & Hawaii) and obtain a license without taking another board exam. This process is

called licensure by credentials. The bad news this year is that the Western (WERB) and Southern (SRTA) Regions have recently withdrawn from the ADEX, however a few independent states have joined. More information is available on this topic at www.asdanet.org.



ASDA Membership



The American Student Dental Association is a national student-run organization which provides information, education, and services to dental students around the world. This organization provides involvement in organized dentistry and offers many opportunities to its members.

ASDA offers many benefits to its members such as monthly subscriptions to ASDA News and JADA, major medical health insurance, low-cost student disability insurance, free \$50,000 life insurance, automobile insurance, MasterCard or Visa, car rental discount, as well as discounts on National Dental Board Exam review materials.

Quotes and Jokes

- “Live as if you were to die tomorrow. Learn as if you were to live forever.”
-Mahatma Gandhi
- “You don’t have to floss all your teeth—just the ones you want to keep.”
- Author Unknown
- “If a patient cannot clean his teeth, no dentist can clean them for him.”
- Martin H. Fischer

ASDA National Events Calendar

- October 16– 20: **ADA Annual Session** in Las Vegas, Nevada. The American Dental Association’s Annual Session and House of delegates meeting will take place during this week.
- **2007 National Dental Student Lobby Day** is March 26th-27th in Washington D.C.
- **Florida Dentists Day on the Hill** is April 19th in Tallahassee, Florida.