

# Morning Pour with D4

DISTRICT 4 ASDA NEWSLETTER

June 12, 2020



## Standing in Solidarity Against Racial Injustice

**District 4 ASDA stands in solidarity with the Black community and with all students against injustice.** We mourn the deaths of George Floyd, Ahmaud Arbery, Breonna Taylor and all who have lost their lives to racial injustices. Our hearts go out to all impacted by the acts of unjust violence and systemic racism that has existed for centuries and continues to this day. We stand with all victims of marginalization and oppression due to their race, ethnicity, and identity. ASDA District 4 vows to continue the conversation around diversity and inclusion and condemn all acts of bigotry, racism, intolerance, and acts of discrimination.

ASDA D4 Statement: <https://www.youtube.com/watch?feature=youtu.be&v=UzpPzSPAsSo&app=desktop>  
Resources: [Wellness](#) and [diversity and inclusion](#) resources are available, including [the contact information of your university's wellness center](#).

## APPLAUDING ADVOCACY

ASDA supports initiatives that alleviate the burden of debt for dental students. In 2019, ASDA signed a letter, along with 31 other organizations, thanking the House of Representatives for introducing the Resident Education Deferred Interest (REDI) Act as well as sending letters to members of Congress pushing them to co-sponsor this act. Last April, approximately 500 ASDA members lobbied for student loan reform on ADA Dentist and Student Lobby Day.

To learn more:

<https://www.asdanet.org/index/get-involved/advocate/issues-and-legislative-priorities/Dental-Student-Debt>

### Student Debt

Dental student debt has grown at an astounding rate in the past 15 years. ASDA considers the student debt crisis a top priority and advocates for financially sustainable, long-term solutions. In April 2019, nearly 500 dental students lobbied members of Congress to support two bills (HR 1554 and HR 2186) aimed at easing the dental student debt burden. Since that time, 19 members of Congress have added their support.

**\$285,184**

The average debt for all indebted dental school graduates in 2018.



**80%**

The percentage of dental school graduates in the class of 2018 who reported more than \$100,000 in debt.



**1,841**

letters sent to the 115th and 116th Congresses by ASDA members urging support of issues related to dental student debt reform.



**4x**

The increase in the amount of debt for a dental school graduate since 1990.



Created by the American Student Dental Association. Statistics were taken from ADEA's Survey of Dental Seniors and ADEA's Money Matters, Educational Debt web page. For more on ASDA's efforts to address student debt, visit [ASDANet.org/advocate/](https://www.asdanet.org/advocate/).

## DENTAL SCHOOLS OF DISTRICT 4

Attached is helpful information on total tuition costs, school fees, and living expenses for each dental school in District 4!

[Dental School Cost Comparison District 4](#)

## WEEKLY WELLNESS TIP

**Don't Over Sit Your Welcome:** Sitting too long makes you tired, can cause brain fog, increases your insulin levels, and slows your metabolism. Stand up and walk around while working, watching TV, or while on the phone with a friend!

### KEEP UP WITH US!

Instagram: @asdad4predental

Facebook: District 4 ASDA Pre-Dental

### MARK YOUR CALENDAR!

July 1st at 5 pm: Perspective of a D1 Student with Alex Besmar

July 10th at 5 pm: Interviewing Tips and Formats with Dr. Rothas

July 22nd at 6:30 pm: The Application Process with Dr. Hyman and Dr. Reside of UNC School of Dentistry