

Morning Pour with D4

DISTRICT 4 ASDA NEWSLETTER

July 10, 2020



TONIGHT AT 5PM!

Dr. Katie Rothas, a GPR resident at NYU, will be sharing her interview tips with us as we continue the July Webinar series tonight! Join us for this webinar to have all your interview questions answered. Sign up using the google form linked in the bio of the @asdad4predental instagram.



Dr. Kalliyoti E. Rothas

PRE-DENTAL CLUB SPOTLIGHT

Winthrop University's first pre-dental club began this past school year. During their first year on campus, Winthrop's pre-dental students hosted a Smile Drive in affiliation with America's ToothFairy. Through this event, the pre-dental club members were able to collect close to 300 oral hygiene products which they donated to the local homeless shelter in Rock Hill, South Carolina. Phenomenal work, Winthrop Pre-Dental Club!

Courtesy of Sydney, Former Winthrop Pre-Dental Club President

@wupredentalclub



APPLAUDING ADVOCACY

WHAT IS H.R. 2186?

H.R 2186 is the Student Loan Refinancing Act and allows a borrower of a Federal Direct Loan program the ability to modify the interest rate on a federal student loan to the current applicable rate. This interest rate is fixed for the life of the loan, unless the borrower decided to modify it again. This will give students a more accessible repayment plan. With H.R. 2186 recent graduates can refinance their federal student loans more than one time so new dentists can take advantage of lower interest rates. With the power of our voices and collective efforts we can help reduce the burden of student debt. Given this, it is very important to contact your representatives today and ask them to co-sponsor the Student Loan Refinancing Act.

HOW CAN YOU GET INVOLVED?

You can send an Engage Alert to Support H.R. 2186!

1. Visit <https://cqrcengage.com/asda/>
2. Send your Engage letter following the instructions in the website provided
3. Forward your email confirmation with the subject "Name of your school/Engage" to d4asda.advocacy@gmail.com to be entered into the D4 Engage Competition and help your ASDA chapter win \$100!

WELLNESS TIP

Do you feel like the days blur together and the months lurch ahead during this pandemic? Studies of time perception show that days feel long but add up to very little in hindsight, making the months of repeat routines feel very short. To avoid days blurring together, take on a new hobby, set aside time for self-care, and get outside every day!

KEEP UP WITH US!

Instagram: @asdad4predental

Facebook: District 4 ASDA Pre-Dental

MARK YOUR CALENDAR!

July 17th at 5 pm: Affording Dental School & Scholarship Opportunities with UCLA's Rocio Zaragoza, UNC's Katherine Malyszec, and MUSC's Jack Rogan

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