



### **“Take a Break with Dr. J”**

This session served as a motivational and informative launch for an evolving initiative aimed at supporting students in their educational journeys, fostering a culture of resilience, and emphasizing the power of mentorship.

#### **Strategies for Effective Studying**

Dr. J expressed several strategies for students to enhance their studying effectiveness, such as recognizing their peak alertness times and maintaining consistent engagement with course material. They warned against cramming and advocated for proactive learning, including seeking assistance when needed. Students were advised to allocate more time to challenging subjects while balancing their overall study schedule.

#### **Overcoming Doubt in Pursuit of Dentistry**

Dr. J shared personal experiences of self-doubt during their journey to becoming a dentist, including questioning their place in dental school. They emphasized the importance of self-belief and encouraged students to hold their heads high, assuring them they belong in every space they enter.

#### **Strategies for Overcoming Doubt and Embracing Challenges**

Dr. J stressed the necessity of self-trust and determination when facing challenges. A second-year dental student, Jaylon Sims, reflected on overcoming doubt and how persistence has been a motivator in their academic journey. The conversation underscored the value of faith, mentorship, and peer support in overcoming obstacles.

#### **Sharonda's Journey Back to School**

Sharonda Wilson shared her inspiring decision to return to school at age 50 to pursue a supervisor certificate, required for her career advancement as a school psychologist. Despite initial doubts and adapting to an online learning environment, she has excelled, achieving top grades while managing personal and professional responsibilities.

#### **Building a Supportive Community for Students**

Dr. J elaborated on his vision for a community model that connects students with mentors through a user-friendly portal. He emphasized the importance of ensuring every student receives the guidance and resources they need to succeed, especially those without strong support systems.



### **Tips for Academic Growth and Success**

Dr. J advised students to reflect on their academic performance, identify areas for improvement, and implement strategies such as utilizing tutoring, office hours, and study groups. They shared success stories of students who experienced significant breakthroughs after consistent effort, reinforcing that improvement takes time and dedication.

### **Engagement and Support for New Members**

Dr. J called for active participation from new members to build a supportive community with mentorship and resources. They highlighted the importance of surveys to shape future programming and reiterated the expectation that successful students would contribute to mentoring others in the community.

### **Community Support and Mentorship in Dental Education**

Dr. J shared examples of how the mentorship program has supported students in their dental education journeys. Students like Cambria and Lorraine spoke about the positive impact of the program, emphasizing the reciprocal nature of support within the community.

### **Key Takeaways:**

- **Preparation & Adaptation:** Effective planning and engagement strategies for webinars and speaking engagements.
- **Resilience in Challenges:** Learning to navigate group dynamics and academic struggles as valuable life lessons.
- **Mentorship & Community Building:** The importance of a tiered system where success is passed forward, creating a cycle of encouragement.
- **Overcoming Doubt:** Strategies for self-belief and leaning into challenges.
- **Academic Improvement:** Emphasis on personal academic strategies and consistent effort leading to breakthroughs.
- **Inclusivity:** Expanding the program to support students across various fields beyond dentistry.