



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY
كلية طب الأسنان | College of Dentistry

ما أهمية
الأسنان؟

Dental Student Extracurricular Activities Guidebook

College of Dentistry

Contents

Introduction.....	3
Welcome Message	3
Purpose of the Guidebook	3
Why Engage in Extracurricular Activities?.....	5
Benefits for Personal and Professional Development.....	5
Enhancing Clinical and Soft Skills	6
Building a Professional Network	6
Available Extracurricular Activities	7
At IAU College of Dentistry, we recognize the importance of a well-rounded education that extends beyond the classroom. Our diverse array of extracurricular activities is designed to provide you with opportunities for growth, skill development, and community engagement.....	7
Clinical Skill Enhancement Programs:	7
Getting Involved.....	8
Flexibility and Accessibility.....	10
Ethical Guidelines	11
Conclusion:	13
Contact Information.....	14



Introduction

Welcome Message

Dear Esteemed Students of IAU College of Dentistry,

Welcome to the thriving community of IAU College of Dentistry, where excellence in education goes hand in hand with a holistic approach to student development. We are delighted to present the IAU College of Dentistry Extracurricular Activities Guidebook, your key to unlocking a world of opportunities beyond the traditional academic realm.

Purpose of the Guidebook

At IAudent, our commitment to your education extends beyond the lecture halls.

As part of our educational mission, we recognize the profound impact that extracurricular activities have on refining the personalities of our students. The college actively encourages you to invest your time in meaningful and useful programs, uncovering, developing, and documenting your talents and abilities through collaboration with professors and fellow colleagues.

Extracurricular activities play a pivotal role in spreading positivity and enthusiasm among our students. Our curriculum is designed to facilitate your active participation in proposing, planning, implementing, and evaluating the expertise needed for continuous and meaningful learning experiences.

Moreover, these activities go beyond traditional learning objectives. They create opportunities for learning initiative, self-direction, desire formation, and skills development. The IAudent extracurricular activities crafted to nurture not only academic excellence but also emotional well-being, fostering a sense of satisfaction, acceptance, and compatibility with university life and its requirements.



Objectives of Extracurricular Activities

1. **Inform and Inspire:** Learn about the wide array of extracurricular activities tailored to complement your academic journey. From clinical skill enhancement programs to community outreach initiatives, each activity is designed to contribute to your personal and professional growth.
2. **Facilitate Engagement:** Understand the steps to get involved and actively participate in various programs. Discover leadership opportunities within student-led committees and clubs, fostering a sense of ownership and community.
3. **Enhance Communication:** Stay informed about upcoming events through our designated communication channels, ensuring that you don't miss out on valuable opportunities. From social media platforms to newsletters, we aim to keep you connected.
4. **Promote Well-Being:** Recognize the importance of your well-being. Explore wellness programs designed to support your mental and physical health, ensuring a balanced and fulfilling dental school experience.
5. **Encourage Recognition:** Celebrate your achievements! This guidebook outlines how we acknowledge and appreciate your dedication to extracurricular activities, fostering a culture of recognition and motivation.



Why Engage in Extracurricular Activities?

Benefits for Personal and Professional Development

Engaging in extracurricular activities at IAU College of Dentistry goes beyond the traditional classroom setting, offering a wealth of benefits for your personal and professional development. These activities serve as a cornerstone for cultivating a well-rounded and accomplished individual.

1. **Skill Enhancement:** Participation in extracurricular programs provides a platform to enhance a broad spectrum of skills, ranging from critical thinking and problem-solving to effective communication and time management.
2. **Leadership Development:** Take the lead! Involvement in student-led committees and clubs fosters leadership skills, empowering you to initiate and drive positive changes within the university community.
3. **Self-Discovery:** Uncover hidden talents and abilities through diverse activities. Extracurricular involvement allows you to explore new interests, paving the way for self-discovery and personal growth.

Enhancing Clinical and Soft Skills

1. **Clinical Excellence:** Workshops and simulated clinical scenarios offered in extracurricular programs complement your formal education. These experiences hone your clinical skills, ensuring you are well-prepared for the practical challenges in the field of dentistry.
2. **Soft Skills Development:** In addition to clinical proficiency, extracurricular activities emphasize the development of soft skills such as empathy, teamwork, and adaptability. These skills are integral to building strong patient-doctor relationships and thriving in a collaborative healthcare environment.

Building a Professional Network

1. **Connecting with Peers:** Engage with your fellow students in extracurricular activities to form lasting connections. Collaborating on projects and participating in events create a sense of camaraderie and support within the student community.
2. **Networking Opportunities:** Extracurricular activities provide unique opportunities to connect with faculty, alumni, and industry professionals. Networking events, seminars, and conferences offer a platform to build a professional network that extends beyond the academic setting.
3. **Career Advancement:** Building a strong professional network opens doors to mentorship, internships, and future career opportunities. The relationships forged through extracurricular engagement can be instrumental in your journey toward a successful and fulfilling career in dentistry.

Available Extracurricular Activities

At IAU College of Dentistry, we recognize the importance of a well-rounded education that extends beyond the classroom. Our diverse array of extracurricular activities is designed to provide you with opportunities for growth, skill development, and community engagement.

Clinical Skill Enhancement Programs:

Workshops: Immerse yourself in hands-on workshops tailored to enhance your clinical skills. These sessions provide a practical and interactive environment for refining your techniques and staying abreast of the latest advancements in dentistry.

Research Opportunities:

Research Mentorship: Embark on a journey of discovery with our research club. Collaborate with experienced faculty members to delve into cutting-edge research, contribute to advancements in the field, and hone your analytical and investigative skills.

Research Seminars: Participate in research forums where you can showcase your projects, exchange ideas with peers, and engage in meaningful discussions. These forums provide a platform for intellectual exchange and contribute to the scholarly atmosphere at IAUdent.

Community Outreach:

Community service and partnership Unit: Make a difference in the community by participating in community service unit. These initiatives offer you the chance to apply your skills in a real-world setting, providing dental examination to those in need and promoting oral health awareness.

Volunteer Programs: Join volunteer programs that extend a helping hand to various community organizations. Through these programs, you can actively contribute to societal well-being while developing a sense of social responsibility.

Professional Development:

Seminars: Broaden your horizons with seminars conducted by industry experts. Stay informed about emerging trends, technologies, and best practices in dentistry, and gain valuable insights that will enrich your academic and professional journey.

Conferences: Participate in conferences that bring together professionals, researchers, and students. These events provide a platform for networking, knowledge exchange, and exposure to the diverse facets of the dental field.

Student-Led Clubs and Committees:

Leadership Opportunities: Take charge of your academic and extracurricular experience by joining student-led clubs and committees. These platforms offer leadership opportunities where you can contribute to the student community, organize events, and shape the direction of extracurricular initiatives.

In embracing these extracurricular activities, you'll find avenues for personal and professional development, connecting with peers and mentors, and making a positive impact in the field of dentistry.



Getting Involved

Getting involved in extracurricular activities at IAU College of Dentistry is a rewarding journey that enhances your academic experience and personal growth. Here are the steps to actively participate, details about student-led committees, opportunities for leadership, and where to find advertisements for each activity:

- **Steps to Participate:**

1. **Explore Opportunities:** Begin by exploring the diverse extracurricular activities outlined in this guidebook. Identify areas of interest that align with your academic and personal goals.
2. **Attend Information Sessions:** Stay informed about upcoming information sessions, orientations, or workshops related to extracurricular activities. These sessions provide valuable insights and answer any questions you may have.
3. **Connect with Peers:** Reach out to your fellow students who are already involved in extracurricular activities. Their experiences and perspectives can offer valuable guidance as you consider different opportunities.
4. **Participate in Introductory Events:** Attend introductory events or meet-and-greet sessions organized by various clubs and committees. This is an excellent way to learn more about their objectives, activities, and how you can contribute.
5. **Submit Applications or Express Interest:** For activities that require applications or expressions of interest, be proactive in submitting your application. Showcase your enthusiasm, skills, and commitment to make a meaningful contribution.

- **Student-Led Committees:**

Why Join Student-Led Committees?

1. **Collaborative Decision-Making:** Student-led committees empower you to actively participate in decision-making processes, shaping the direction of extracurricular initiatives.
2. **Community Building:** Committees provide a platform for fostering a sense of community among students who share common interests and goals.
3. **Leadership Development:** Serving on a committee allows you to develop leadership skills, organizational abilities, and teamwork dynamics.

Popular Student-Led Committees:

- Thanya Sport club
- Thanya Fiker Club
- Thanaya Cultural Club
- Thanaya Dentart Club
- Thanaya Students Research Club
- Thanaya ShapeVolunteering Club

- **Opportunities for Leadership:**

1. **Leadership Roles within Committees:** Consider taking on leadership roles within student-led committees. Positions such as president, vice president, or committee chair offer opportunities to guide and inspire your peers.
2. **Organize Events:** Propose and organize events within your chosen committee or club. This could include workshops, awareness campaigns, or social gatherings that contribute to the enrichment of the student community.
3. **Initiate New Programs:** Have an innovative idea? Seize the opportunity to initiate new programs or activities. As a leader, you can influence positive change and introduce initiatives that align with the needs and aspirations of your fellow students.
4. **Mentorship and Peer Support:** Leadership goes beyond formal roles. Be a mentor or provide peer support to fellow students. Your guidance and encouragement can make a significant impact on their journey at IAU College of Dentistry.

- **Advertisement on Social Media:**

Stay updated on upcoming extracurricular activities by following our official IAU College of Dentistry social media accounts. Advertisements for each activity, including workshops, events, and committee announcements, can be found on our:

- Instagram Page: @IAU.dent
- Twitter: @IAUdent

By actively engaging in student-led committees and embracing leadership opportunities, you not only contribute to the vibrant extracurricular culture at IAU but also embark on a transformative experience that shapes your leadership skills and personal development.

Flexibility and Accessibility

At IAU College of Dentistry, we understand the diverse commitments and schedules of our students. Flexibility and accessibility are key principles embedded in our extracurricular programs to ensure that every student can actively participate in a manner that suits their individual needs.

- **Flexible Timing:**
 1. **Adaptable Workshop Schedules:**
 - Workshop schedules are designed to accommodate varying academic and clinical commitments. Whether you're in your preclinical years or immersed in clinical rotations, we strive to offer workshop timings that align with your curriculum.
 2. **Event Timing Diversity:**
 - Events are organized at different times throughout the academic year to provide flexibility for students with diverse schedules. From evening seminars to weekend workshops, our goal is to make participation accessible to all.
 3. **Recorded Sessions:**
 - For select activities, we offer recorded sessions. If you are unable to attend a live event, you can access the content at your convenience. This ensures that valuable learning opportunities are not restricted by time constraints.
- **Inclusive Scheduling:**
 1. **Consideration for Clinical Rotations:**
 - Recognizing the demanding nature of clinical rotations, extracurricular activities are scheduled with consideration for students involved in hands-on patient care. We aim to create a balance that allows you to engage without compromising your clinical responsibilities.
 2. **Accommodating Academic Demands:**
 - Inclusive scheduling takes into account peak academic periods. Whether you are preparing for exams or working on research projects, extracurricular activities are strategically planned to complement rather than overwhelm your academic pursuits.
 3. **Accessible Venues:**
 - Event venues are chosen with accessibility in mind. We select locations that are convenient for all students, taking into consideration factors such as proximity to campus, transportation facilities, and ease of access.

- **Your Feedback Matters:**

Your feedback is crucial in shaping our commitment to flexibility and accessibility. If you have specific scheduling needs or suggestions for improvement, we encourage you to share your thoughts. Our aim is to foster an environment where every student can actively participate in extracurricular activities, enhancing their overall educational experience.

At IAU College of Dentistry, flexibility and accessibility are not just principles; they are integral components of our commitment to providing a well-rounded and inclusive education.

Ethical Guidelines

At IAU College of Dentistry, ethical behavior is at the core of our values. We believe in fostering an environment where integrity, respect, and inclusivity are upheld. The following ethical guidelines are a foundation for your active participation in extracurricular activities:

- **Code of Conduct:**
 1. **Professionalism:**
 - Uphold the highest standards of professionalism in all interactions. Whether you are participating in workshops, events, or committee activities, maintain a demeanor that reflects positively on the dental profession and the university.
 2. **Integrity and Honesty:**
 - Conduct yourself with integrity and honesty in all aspects of extracurricular engagement. Be truthful in your representations, academic work, and interactions with peers, faculty, and external partners.
 3. **Responsible Citizenship:**
 - Recognize the impact of your actions on the community. Act as a responsible and engaged citizen, adhering to local and university guidelines, and contributing positively to the well-being of the university community
 4. **Confidentiality:**
 - Respect the confidentiality of sensitive information shared within the context of extracurricular activities. Protect the privacy of your peers, faculty, and any individuals involved in these activities.
- **Inclusivity and Respect:**
 1. **Diversity Appreciation:**
 - Embrace and celebrate diversity in all its forms. Extracurricular activities should be inclusive, providing a welcoming environment for individuals of different backgrounds, cultures, and perspectives.
 2. **Respectful Communication:**
 - Communicate respectfully with your peers, faculty, and guests involved in extracurricular programs. Foster an atmosphere of open dialogue where diverse opinions are valued and acknowledged.
 3. **Anti-Discrimination:**
 - Stand against discrimination of any kind. Extracurricular activities at IAU College of Dentistry are committed to being free from discrimination based on race, ethnicity, gender, religion, or any other characteristic.
 4. **Conflict Resolution:**
 - Approach conflicts with a commitment to resolution and understanding. Seek constructive solutions that promote harmony and mutual respect among participants in extracurricular activities.
- **Upholding these Principles:**
 1. **Shared Responsibility:**
 - Every participant in extracurricular activities shares the responsibility of upholding these ethical guidelines. Your commitment to ethical conduct contributes to a positive and inclusive community.

2. **Reporting Violations:**

- If you witness or experience any violations of these ethical guidelines, report them to the appropriate authorities. We are dedicated to addressing concerns promptly and maintaining a safe and respectful environment for all.

3. **Continuous Learning:**

- Recognize that ethical conduct is an ongoing process of learning and reflection. Engage in continuous self-improvement and seek opportunities to enhance your understanding of ethical principles.

By embracing these ethical guidelines, you contribute to the creation of a respectful, inclusive, and ethical community within the extracurricular landscape at IAU College of Dentistry.

Conclusion:

At IAU College of Dentistry, we encourage your active participation in the diverse extracurricular activities outlined in this guidebook. Your involvement is an invitation to shape your educational experience, foster personal growth, and contribute to our vibrant community.

- **Encouragement for Active Participation:**

Participating in extracurricular activities goes beyond academics, offering holistic development, community building, and essential career readiness. We invite you to embrace these opportunities as a commitment to excellence in becoming a well-rounded dental professional.

- **Reinforcement of the Value of Extracurricular Engagement:**

Your engagement is about making meaningful contributions, fostering connections, and leaving a lasting impact. Thank you for being an integral part of the IAU College of Dentistry community. Here's to an exciting and fulfilling journey ahead!

At the end, we invite you to embrace the myriad opportunities available to you at IAU College of Dentistry. As you embark on this journey, remember that your engagement goes beyond attendance; it is about making meaningful contributions, fostering connections, and leaving a lasting impact on the community. We look forward to witnessing your growth, achievements, and the positive influence you bring to the extracurricular landscape.

Thank you for being an integral part of the IAU College of Dentistry community.

Contact Information

Office of Academic Affairs:

For general inquiries, guidance, and support related to extracurricular activities, please contact the Office of Student Affairs.

- Email: vdaa.dent@iau.edu.sa

Student Activities Unit

- **Feedback Mechanism:**

We value your input and suggestions to enhance the quality of our extracurricular programs. Please use the following channels to provide feedback:

- **Providing Input and Suggestions:**

Your opinions matter! Share your ideas, concerns, or suggestions with us to contribute to the improvement of extracurricular activities at IAU College of Dentistry.

- **Continuous Improvement:**

We are committed to continuous improvement based on your feedback. Stay engaged and be a part of the process of making our extracurricular activities even more enriching.

- Email: cd.staffairs@iau.edu.sa