EDITORIAL

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Hello all, and welcome to the latest edition of *BDJ Student*.

As spring rolls around, so does a multitude of exams. Finals are close. But what happens if it all gets too much?

This edition's cover feature looks at just that. Student stress is not simply down to exams. Stress can be anything at any time. And that's what happened to one student, Hiraaj Jamil. In our cover feature, Hiraaj looks at some of the reasons why we get stressed, signs we're stressed and where we can turn if we're stressed. I'd like to stress, it's well worth a read.

We also dig into one of our favourite topics – social media. We look at how it can be used in dentistry, and what you need to know about this fluid, ever-changing environment. It's a platform we all use, so it's well worth knowing what to bear in mind.

Alongside these you'll find your usual mix of clinical articles designed to bring out the very best of your ability – not to mention a great update on the new perio classification. We also hear from one practitioner who became a patient, and how you can navigate a tumultuous time, should you find yourself in a similar position.

And finally, we're delighted to now be able to bring you *BDJ Student* online. Take a look for yourself – visit www.nature.com/bdjstudent to access content online.

For those preparing for exams, from everyone here at the *BDJ* and the *BDA*, we wish you the very best of luck.

David Westgarth ■

This editorial marks my last issue as Student Editor, so I thought it was only fitting to reflect on the past year and my involvement with the magazine.

The opportunity for the role came as a surprise to me! Having written for the magazine before and learned so many writing tips and advice from the ever-helpful David – the editor I am lucky to share this page with – I of course accepted, with a little apprehension, the challenge.

Initially I was worried and thought, 'who wants to read the things I say?' Yet the more I engaged in the role and learned about the ever-changing world of dentistry the 'what to write' part became clear.

As Student Editor I was lucky to attend leadership days, conferences and seminars. I met people, forged connections and made friends who I never otherwise would have had the chance to meet. All of this came from simply saying yes to an opportunity that came my way. Using this 'say yes' attitude I then became student editor of another publication and further honed my editorial writing skills with a monthly online publication, something which I would never have dreamed of doing before! It's an opportunity that opens doors – some sooner than others.

From day one David said he valued that I could accept critical pointers, this the key take home message I learned

from this year. There is always someone around you ready to help you reach your full potential, you simply have to listen to them! Knowledge is what you learn yourself; wisdom is what you learn from others..

Hopefully I will soon begin my first job within the very real world of dentistry. I know I will use the experience I

have had with the magazine to help me enjoy this new challenge, as I said in the first issue, with any luck I will continue to learn and improve every day.

Beth Bradley ■