

## **ODHA STUDENT AMBASSADOR PROFILE – Demitria Otara**



**SCHOOL:** Georgian College

### **What made you want to become a dental hygienist?**

I was inspired to my career choice by a figure in my life who was a dental hygienist at the time. This allowed me to learn more about the profession and visualize myself in health care. I have a passion to live a healthy life and wish to inspire others to do the same. Dental hygiene is a great opportunity to educate my community and share my passion. This career allows me to help people improve not only their oral health but overall health through so many different ways. I am also able to expand upon a career in dental hygiene by becoming an educator or founding my own business. Understanding the importance of dental hygiene and overall health and wellness is crucial and I aim to do my part in maintaining and promoting it both in and out of my career.

### **What type of practice setting do you hope to work in?**

Now that I've graduated, I would like to work in a traditional practice setting. I think this would be best for kick-starting my career and a great environment to learn and get on my feet. In the future I may consider opening my own independent practice.

### **How will you celebrate your graduation?**

I plan to travel for a few weeks to visit my family in Newfoundland. I hope to spend some quality time with them and get a chance to decompress and celebrate my achievements.

### **What do you think dental hygiene students should know about their free student membership?**

Dental hygiene students would be missing out if they didn't make use of the ODHA's helpful information on what to do after graduation. The ODHA provides great resources such as the Roadmap to Practice. This is a guide which can be really helpful in navigating through the overwhelming process of becoming registered and getting malpractice insurance. I personally have been following this roadmap to guide myself through starting this career. Another benefit of being a student member are the discounts the ODHA provides. After graduating, you still have access to your ODHA membership for free until October 31<sup>st</sup> of the year you graduate. The following October 31<sup>st</sup>, you will get the entry to practice membership for 50% off. ODHA also provides fact sheets on many different topics that are great resources for both educational and clinical use.