

## **ODHA STUDENT AMBASSADOR PROFILE – Janik Vézina**

**SCHOOL: Collège Boréal**



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

Many dental hygienists are drawn to the profession because they have a strong interest in health care, enjoy helping others, and want to make a positive impact on people's lives by promoting oral health. The profession also offers a balance of hands-on client care, education, and the ability to work in a variety of settings, from private practices to hospitals or public health programs. Learning about these possibilities was such an inspiration for me. Having a young mind, soul and a willingness to learn, I knew this program was for me!

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

I am thrilled to share that after three years of dedicated study and hands-on experience in dental hygiene, I am on the verge of becoming registered to practice. Once officially registered, I will have the privilege of joining an independent practice under the guidance of the incredible Jennifer Frood in Sturgeon Falls. Jennifer is a true inspiration, and I am beyond excited for the opportunity to learn from her wealth of knowledge and expertise. I eagerly anticipate the chance to grow professionally under her mentorship and contribute to the exceptional care she provides to her clients.

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

As someone who cherishes family deeply, I will undoubtedly be celebrating this milestone surrounded by my loved ones, sharing the joy of this achievement with both my family, close friends and my boyfriend, who have all been so encouraging throughout these years. In addition, I look forward to celebrating with the incredible friends I've had the privilege of making throughout my time in the program. These friendships have been a source of support, inspiration, and shared growth, and I am excited to commemorate this accomplishment with some of my closest companions who have been by my side throughout this journey.

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

I strongly believe that dental hygiene students should be aware of the numerous benefits offered through their ODHA membership. As many students can attest, managing finances and maintaining an active lifestyle can present significant challenges while navigating the demands of their studies. Fortunately, the ODHA membership provides a wealth of valuable discounts designed to alleviate some of these pressures. In addition, the association offers a vast array of resources, from guidance on ergonomics to help ensure optimal physical well-being for long, demanding days, to advice on what to expect as a new graduate and the essential steps to take in the early stages of one's career. These resources are invaluable in supporting students both during their education and as they transition into professional practice.