

ODHA STUDENT AMBASSADOR PROFILE – Jazmin Grigor

SCHOOL: Toronto College of Dental Hygiene and Auxiliaries



What made you want to become a dental hygienist?

Before pursuing dental hygiene, my original goal was dental school. I planned to reapply while working as an assistant, but after working full-time, I questioned if dentistry was truly what I wanted. I chose dental hygiene because it allows for more one-on-one time with clients and gives the opportunity to build trusting relationships through regular dental visits. Client education is also a key part of the role, which resonates with my early interest in teaching. My previous experience in tutoring has reinforced my passion for helping others learn, especially in ways that benefit their health. My goal as an RDH is to be a compassionate, non-judgmental healthcare professional, and during school, I received compliments on how much my clients learned from me. Several clients mentioned nearly falling asleep during their cleaning, which I consider a compliment as it means I was gentle and they felt at ease in my care. I aspire to become a clinical instructor one day and appreciate the diverse career paths in dental hygiene that go beyond private practice, such as public health, education, research, and advocacy.

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

I envision myself working in a private practice or corporate office, as I'm eager to gain any type of work experience as soon as possible. Most importantly, I want to work in a practice that feels like a good fit—ideally, one with a supportive team focused on providing optimal client care. My goal is to help clients understand the importance of their oral health.

How will you celebrate your graduation?

I graduated in February, and it was such a great day! My family from Calgary and my significant other's parents from Chatham all attended the ceremony, followed by a celebration dinner at Earls. I also invited one of my closest friends from the program, who's originally from Brazil and didn't have family or friends attending. The celebration was amazing, especially after a tough final stretch in my program. To top it off, I found out the day before graduation that I passed my board exam! That made the moment even more special, and I'm so proud to say I'll be working as an RDH very soon!!

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

While in school, I found the ODHA membership very valuable due to the many benefits that were available and easily accessible to student members. As a student member, the ODHA provided professional liability insurance, discounts at various retailers, and helpful resources for clinics during client care. I also recommend students check the student corner emails, as they highlight special offers like discounts for loupes (I strongly encourage purchasing loupes while in school since companies usually offer student discounts), GoodLife memberships, life insurance, and more.

Being a member also opens up networking opportunities, such as in person seminars. Lastly and most importantly, I want both current and future students to know that the ODHA is a safe place to turn to if

there's ever an issue. The ODHA is a supportive resource for advice, and I encourage students to become members and take full advantage of everything they have to offer!

For more information on the ODHA student ambassador program, visit
<https://odha.on.ca/students/student-ambassador-program/>
