

ODHA STUDENT AMBASSADOR PROFILE – Dr. Parul Sharma



SCHOOL: APLUS Institute

What made you want to become a dental hygienist?

I have a Doctorate in Medical Anthropology and the majority of my professional experience is in research and teaching. I have many transferrable skills as a researcher, educator and administrator. The topic of my PhD is "Oral health and Dental Variations". I was exploring different professions for my second career in this new country of my residence, and found that my skills and experience would fit and be suitable for the role of a dental hygienist. Now here I am on the path of becoming one.

Now that you've graduated, what type of practice setting will you be working in, or do you envision yourself working in? If you do already have a job lined up, tell us a little about it!

I will try to explore the public health sector and wish to work in the community and preventive dentistry. I would love to contribute back as an educator or researcher.

When you start working, what aspect of the job do you think you'll enjoy most?

As a dental hygienist, you are directly dealing with the people to whom you are providing services. I am a people person and would love to have healthy educative interactions especially here in Canada, where I will have the opportunity to meet people with different cultural and linguistic backgrounds.

Tell us about your best study tip or technique.

Dental Hygiene is no doubt a very intensive course and the best mantra that I would suggest is: time management. This is a skill we all can learn. I use this technique called the "Pomodoro method" where you focus on the task at hand or study for 25 mins and then take a 5 min break and start again.