

SODC INSIDER

The Value of Hands-On Learning

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THE ROOT OF THE MATTER:

HYBRID LEARNING, HANDS-ON SUCCESS

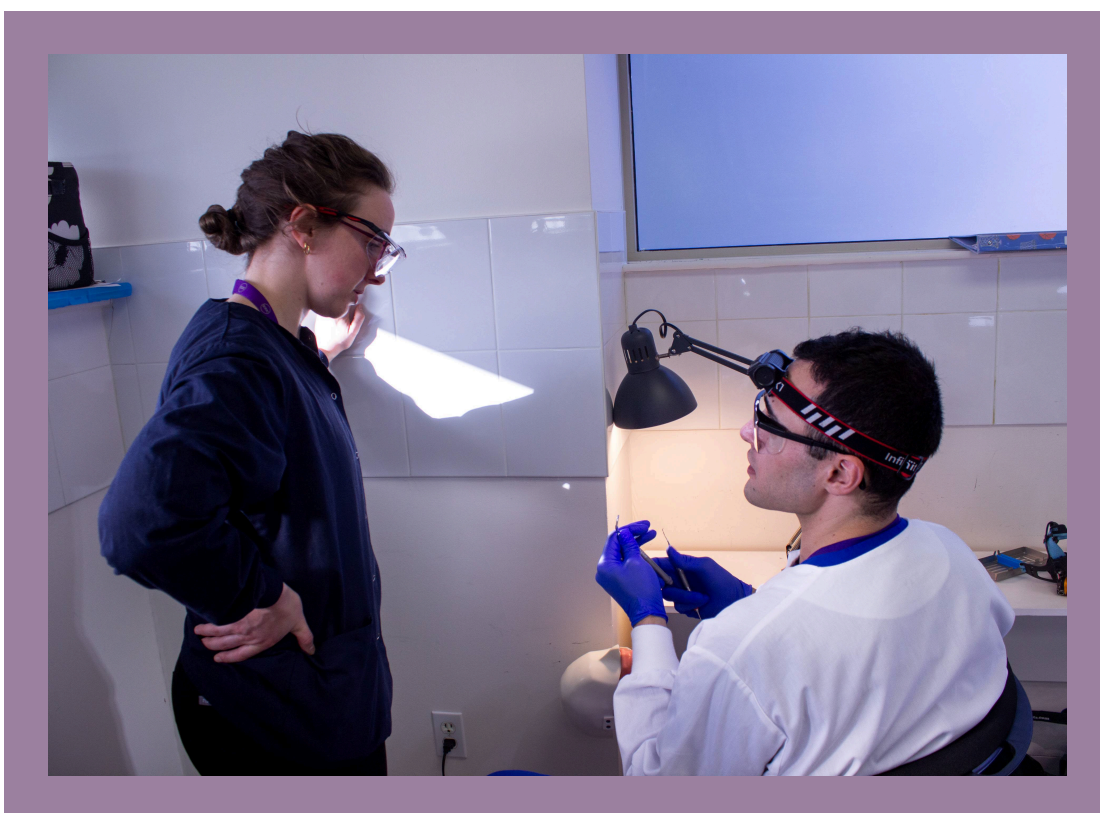
"Your background doesn't define your future. Your next step does. Discover how our flexible programs can help you build a rewarding career in dental healthcare."

Whether you're a recent graduate, a parent returning to school, changing careers, or looking for a fresh start, your journey is unique—and there's a place for you in dental healthcare. With flexible hybrid learning and hands-on clinical training, there's never been a better time to invest in yourself.

No two journeys look the same. Some of our students come straight from high school. Others are parents, newcomers to Canada, career changers, or professionals ready for something more meaningful. What they all share is the courage to take the next step.

Our Dental Assisting, Dental Hygiene, Restorative Dental Hygiene, Orthodontics, and HARP Qualification programs are designed to fit real life, offering a hybrid learning model that combines the convenience of online coursework with essential hands-on clinical training. Whether you're balancing work, family, or other commitments, your education can work around your life—not the other way around.

It's never too late to pursue a career that makes a difference. Every day, dental professionals help people improve their health, confidence, and quality of life. If you're ready for a career with purpose, support, and opportunity, your journey can start today.



Apply now or book a college tour to see it for yourself. **Call us at 905 304 4706**



THE TOOTH TRUTH FILES

Life at Southern Ontario Dental College



Every Smile Has a Story. So Does Every Student.

As an internationally trained dentist from India, I always knew that periodontology was the field closest to my heart. During my Bachelor of Dental Surgery (BDS) journey, I gained valuable clinical experience in periodontal care, participated in tobacco cessation initiatives, contributed to periodontal research, and developed a passion for preventive oral healthcare. Those experiences inspired me to continue my education in Canada and pursue Dental Hygiene.

What attracted me most to Canada was the opportunity to build a career dedicated to prevention, patient education, and periodontal therapy. Dental hygienists play an essential role in oral healthcare, and I wanted to be part of a profession that helps patients improve both their oral and overall health through prevention.

Southern Ontario Dental College became my first choice because of its strong reputation for preparing students for professional success. I was also excited to learn that SODC offers a pathway into Restorative Dental Hygiene, allowing students to continue advancing their careers. A licensed dentist in my family also recommended SODC after speaking highly of an SODC graduate working in his practice, which gave me even more confidence in my decision.

My journey was not without challenges. My first application was unsuccessful because I did not achieve the required math score. Instead of giving up, I worked harder, reapplied, and earned my place at SODC. That experience taught me resilience and reminded me that persistence creates opportunities.

Moving to Canada was another adjustment. I was initially nervous about adapting to a new education system and communicating in a different environment. However, the welcoming atmosphere at SODC quickly made me feel at home. My instructors and classmates have been incredibly supportive, helping me grow not only academically but also personally. Today, I am far more confident than I was when I first arrived.

My advice to other internationally trained dental professionals is to approach this journey with humility and an open mind. Your previous education provides a strong foundation, but success also requires a willingness to learn new standards, techniques, and clinical approaches. Trust the process, trust your instructors, and embrace every opportunity to grow. Every challenge is an opportunity to become a better clinician, and every step forward becomes part of your story. I am grateful that my journey brought me to SODC.

Krusha P.





Every Smile Has a Story. So Does Every Student.

As anyone is, I was nervous when my time at SODC first began, but I think it was heightened in a way it might not have been for other people. I was constantly hearing from people how difficult coming into dental hygiene straight out of high school would be, and the discipline required for a program like this one. There was a feeling of inadequacy present before I had started to do anything at all. The shift from high school to college felt less like stepping into a new building and more like crossing an invisible threshold where suddenly the standards I held myself to had to be much higher.

What surprised me most was how quickly uncertainty became a constant in my life. In high school, it was easy to float through classes, so the confidence associated with school came easily. In college, however, it had to be earned. I had to relearn study methods and learn to organize myself in a new, more efficient way. At first, even asking questions was nerve-wracking because, in many areas, I was ashamed of my lack of knowledge.

What helped me slowly regain my footing was, simply, organization. Making clear schedules for myself, so I was able to be on top of the numerous assignments and exams that constantly needed attention. I found that making little notes on the material provided by instructors during class, then reviewing with all those little tidbits makes the information feel less daunting because it's already got pieces of my own words in it. Small things that had been voiced to me before, but seemed silly really helped the transition.

If I had to recommend anything it would be to lean on others. That may mean complaining to friends and finding comfort in the fact that you're going through this together. Or maybe it means reaching out to instructors and joining in on office hours, even just to have a concept explained another way.

Many people, myself included, really do not like it when we aren't immediately great at something. It's a frustrating feeling, and one that came often during the first term for me. Unfortunately, the only way around it is through, and the biggest change was accepting I won't be perfect all the time, and that is perfectly fine. Progress comes from making mistakes and learning from them, mistakes are human and help me be a more capable student.

Nina B.

STUDY TIP OF THE MONTH

Focus on Understanding “why” Instead of memorizing.

“Using a Gracey 13/14 on the distal”

Ask yourself:

- Why?
- Why is the shank angled this way?
- Why wouldn't another instrument work?

Understanding makes information easier to remember during practical.

Practice Visualization

Before pre-clinic or clinic, mentally rehearse the procedure and what you, your client and equipment will look like. Picture yourself:

- Adjusting your client
- Positioning yourself correctly
- Obtain the correct visualization with your light and mirror
- Choosing your instrument
- Stabilizing your fulcrum
- Adapting the instrument
- Activating the correct stroke
- Exploring the entire area systematically

Mentally rehearsing each step helps you

Recognize areas for improvement and prepares you to troubleshoot challenges that may arise during treatment.

Progress Over Perfection

No one enters dental hygiene school already knowing how to scale.

Competence comes from:

- Repetition
- Intentional Practice
- Reflection
- Feedback
- Persistence

The skills that feel challenging today will eventually become second nature!

Paige Crouch, RDH
Dental Hygiene Clinical Instructor

EVENTS AT SODC

AUGUST 3 – CIVIC HOLIDAY

AUGUST 6 – HARP 18 START

**AUGUST 8 – LAST DAY TO APPLY
DENTAL ASSISTANT –
LEVEL I & II PROGRAM**

AUGUST 24 – RDHP 4 START



If you had a positive experience at Southern Ontario Dental College, please consider leaving a Google review. It helps us improve and reach more future professionals.