

Explore Career-Focused Education in the Dental Field

- **Importance of Post Secondary Pathways**
- **Entry level programs at SODC**
- **Beyond the Op**
- **SODC Events**

THE ROOT OF THE MATTER: EXPLORE DENTAL CAREERS BEYOND HIGH SCHOOL

Attending post-secondary pathways and career fairs at high schools is a valuable opportunity for students to explore the many options available after graduation. These events allow students to learn about colleges, universities, skilled trades, apprenticeships, careers, and other pathways they may not have considered. By asking questions, gathering information, and exploring different possibilities, students can make informed decisions about their future and choose a career path that matches their interests, strengths, and goals—ultimately helping them find a career they will enjoy and find rewarding.

Dental Assisting and Dental Hygiene are excellent post-secondary career options for students who are interested in healthcare, working with people, and making a difference in their community. These programs offer students the opportunity to gain practical, hands-on skills and prepare for rewarding careers in the dental field. With ongoing demand for qualified dental professionals, both dental assisting and dental hygiene can provide strong employment opportunities after graduation. Exploring these pathways while still in high school can help students discover a career that matches their interests, strengths, and goals—and one they can enjoy for years to come.

Beyond the OP

Q: What do you enjoy most about attending high school career and post-secondary pathway fairs?

A: High school is an important time for students as they begin thinking about their future careers and professional goals. Understanding the educational and career options available to them can help students make informed decisions and choose courses and subjects that align with their interests and future aspirations.

Q: Why is it important for students to start exploring their options before Grade 12?

A: The sooner students have an understanding of the career path they would like to pursue, the better positioned they are to focus their efforts and work toward their goals. Early planning allows them to select the appropriate courses and subjects that are relevant to their future education and career aspirations.

Q: What do you hope students take away from meeting you and learning about SODC?

A: Dental professionals are in demand, making this a rewarding time to pursue a career in the dental field. Dental professionals play an important role in supporting patients' oral health and overall well-being, including helping children develop healthy habits early in life.

SODC provides students with pathways into dental careers, from Dental Assisting and Dental Hygiene to further education and career advancement. With multiple programs and opportunities to continue their education, students can begin building their dental careers while working toward their long-term professional goals.

Dr. Roland P. Estrabillo, DDS
Dean and President



DISCOVER OUR ENTRY-LEVEL PROGRAMS

10-MONTHS

DENTAL ASSISTANT - LEVEL I & II

Admission Requirements

- Be at least 18 years of age
- Provide an official Ontario Secondary School Diploma (OSSD) or equivalent*
- Provide one recommendation letter
- Attend Pre Admissions Testing Day that consists of writing assessment



22-MONTHS

DENTAL HYGIENE

Admission Requirements

- Be at least 18 years of age
- Provide an official Ontario Secondary School Diploma and transcript successfully completing the following courses:
 - Grade 11 or 12 English (C or U) – minimum 70%
 - Grade 11 or 12 Math (C or U) – minimum 70%
 - Grade 11 or 12 Biology (C or U) – minimum 70%
 - Grade 11 or 12 Chemistry (C or U) – minimum 70%
- Provide two recommendation letters
- Attend Pre Admissions Testing Day that consists of interview, online entrance exam, reading and writing assessments



EVENTS AT SODC

OCTOBER 3 & 4 - SUPPLEMENTAL ORTHO COURSE 2-DAY PROGRAM

OCTOBER 6 - PATHWAY FAIR - ST. THOMAS MORE SECONDARY SCHOOL

OCTOBER 6 - PATHWAY FAIR - BISHOP RYAN SECONDARY SCHOOL

OCTOBER 7 - PATHWAY FAIR - ANCASTER HIGH SCHOOL

OCTOBER 8 - PATHWAY FAIR - SHERWOOD SECONDARY SCHOOL

OCTOBER 8 - HARP 19 BEGINS

OCTOBER 15 - PATHWAY FAIR - FLETCHER'S MEADOW SECONDARY SCHOOL

OCTOBER 21 - PATHWAY FAIR - GLENDALE SECONDARY SCHOOL

OCTOBER 31 - HAPPY HALLOWEEN



STUDY TIP OF THE MONTH

During stressful times of tests, assignments and clinics, don't underestimate the importance of SLEEP.

While you sleep, your brain locks in what you studied. Cutting sleep to study more often leads to remembering less. Recognizing sleep as an important aspect of one's academic success and taking steps to improve duration, quality and schedule of sleep can positively impact your academic performance and overall well-being.

A study published in NPJ Science of Learning titled Sleep quality, duration and consistency are associated with better academic performance in college students considered connections between sleep and cognitive function. Although they could not prove a direct correlation between getting a "good night's sleep" the night before an exam and better scores, they did provide evidence that better quality, longer duration and greater consistency of sleep are strongly associated with better academic performance.

Interesting article: Sleep and Academic Excellence: A Deeper Look | Lifestyle Medicine

Anna B, RDH

Dental Hygiene Clinical Instructor

Study Referenced:

Okano, K., Kaczmarzyk, J.R., Dave, N. et al. Sleep quality, duration, and consistency are associated with better academic performance in college students. npj Sci. Learn. 4, 16 (2019).
<https://doi.org/10.1038/s41539-019-0055-z>



Your Feedback Matters

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.

