

6500 Soquel Dr. • Aptos, CA 95003 • 831-479-6100

## How To Enroll

There are three steps to follow if you wish to enroll in the Dental Hygiene Program at Cabrillo. Please go to the website for complete information about the application process: [www.cabrillo.edu/academics/dentalhygiene](http://www.cabrillo.edu/academics/dentalhygiene). For more information call the Dental Hygiene Program Specialist 831-479-6471.

**STEP 1** Meet with a college counselor to determine an educational plan. Complete all Dental Hygiene prerequisites prior to applying to the program. It is strongly recommended that you complete G.E. requirements before being accepted.

**STEP 2** You must submit a separate Dental Hygiene Application by certified mail, return receipt requested, with two official sealed transcripts documenting all college coursework, including prerequisites courses.

**STEP 3** Students are accepted according to GPA requirements on a completed Dental Hygiene application. Applicants are then selected based on the postmark date.

## Who May Enroll

Cabrillo College is open to anyone 18 years of age or older, or anyone with a high school diploma or proficiency certificate. High school students also may attend classes at Cabrillo on a limited basis with the permission of their high school principals.

## Nondiscrimination Policy

Cabrillo Community College does not discriminate on the basis of ethnic group identification, national origin, religion, age, sex, race, color, physical or mental disability, or sexual orientation in any of its policies, procedures, or practices. This nondiscrimination policy covers admission and access to, and treatment and employment in, the college's programs and activities, including vocational education programs. Limited English language skills will not be a barrier to admission to and participation in vocational education programs.

## Plan De Acción No Discriminatoria

Cabrillo Community College no discrimina a base de identificación con grupos étnicos, nacionalidad de origen, religión, edad, sexo, raza, color, incapacidad mental o física ni orientación sexual en ninguna de sus reglamentaciones, procedimientos o prácticas. Este plan de acción no discriminatoria incluye la admisión y el acceso a los programas y actividades, y el tratamiento y el empleo en los mismos, incluyendo la educación vocacional. Tener limitadas destrezas en el idioma inglés no constituirá una barrera para ser admitido o participar en los programas de educación vocacional.

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# Dental Hygiene

*“My experiences with Cabrillo College have been the best!*

*The school has some of the best instructors, who really care about each student.*

*I am very fortunate to be in the dental field.”*

— Hilda Rocha, R.D.H.



## The Profession

If you get a sense of satisfaction in helping others, care about preventing disease, delight in using your mind, and are good working with your hands, then becoming a dental hygienist may be the career for you!

Dental hygienists are key members of the dental health care team. As a dental hygienist you use clinical skills to provide dental hygiene care and interpersonal skills to motivate and instruct patients on the proper methods to prevent oral disease and maintain oral health.



# Dental Hygiene



## Who is a Dental Hygienist?

Dental hygienists are valuable assets in a dental practice. A dental hygienist assesses a patient's dental health, develops a dental hygiene diagnosis and treatment plan, helps implement the plan and assesses the effectiveness of the treatment. Hygienists also teach patients appropriate oral hygiene techniques and counsel them regarding good nutrition and its impact on oral health. Dental hygiene offers women and men of all ages, races and ethnic backgrounds rewarding career opportunities.



*"I love my career in dental hygiene! It is so rewarding to help educate people and make a difference that you can really see. Cabrillo College is looked upon as one of the top schools when seeking potential employment."*

— Kari Gallant, R.D.H.

in dental offices, clinics, and education or health care institutions. Studying in an accredited program provides an education based on the latest procedures and techniques. That's an important consideration if you want to increase your chances of becoming a Registered Dental Hygienist (R.D.H.).

University-based dental hygiene programs offer baccalaureate and master's degrees which generally require two more years of school. These additional degrees may be required if you want to teach or do research. Additional degrees may also be required for clinical practice in school or public health programs.

## Requirements

High school level courses such as health, biology, psychology, chemistry, mathematics and speech are beneficial in a dental hygiene career. Most Dental Hygiene programs prefer that students have completed at least one year of college prerequisite courses prior to entering the program. Prerequisite courses for the Cabrillo College Dental Hygiene program include:

- English 1A/IMC
- BIO4 Human Anatomy
- BIO5 Human Physiology
- BIO6 Microbiology
- CHEM 30B Intro. Organic Chemistry & Biochemistry for Health Occupations

Prior to applying for the program, you should contact a



college career counselor to verify program requirements. In Cabrillo's Dental Hygiene education program, your clinical education will include supervised patient care experiences. The program also offers courses in liberal arts (English, speech, sociology and psychology), basic sciences (anatomy, physiology, pharmacology, immunology, chemistry, microbiology and pathology) and clinical sciences (dental hygiene, radiology and dental materials). Upon completion of the Dental Hygiene program, you may choose to pursue additional training in such areas as education, business administration, basic sciences, marketing and public health.



**For more information:**

**[cabrillo.edu/academics/dentalhygiene](http://cabrillo.edu/academics/dentalhygiene)**

## Career Opportunities

Dental hygiene is an honorable and exciting profession. Dental hygienists provide services that are needed and valued by a large percentage of the population. Because of the ongoing success of preventive dentistry in reducing oral disease, the growing older population is retaining their teeth longer and is more aware of the importance of regular dental care.

The current trend toward group practice, coupled with practice styles that stress effective and productive use of office personnel makes dental hygiene a very stable career.



## The Program

Many community colleges, technical colleges, dental schools and universities offer Dental Hygiene programs. The majority of community college programs take at least two years to complete with graduates receiving associate degrees. Receiving this degree allows a hygienist to take licensing examinations (national and state or regional) to become licensed to work in a dental office.

A minimum of two years of college education, which combines classroom and clinical coursework, is necessary to become a dental hygienist. This education prepares you to provide care to patients