

Dental Hygiene

When I was a kid I surprisingly enjoyed going to the dentist, unlike other kids who were afraid to step foot in a dental office. Even as a little kid I enjoyed getting my teeth work done and feeling good about my smile. The major that I would enjoy doing in the dental field is a hygienist. I put two things that I like and found a career out of it. The first thing I like to do is clean, from home to my job I could clean all day long. The second thing I like to see is a pretty smile, a person's smile is the first thing I look at when I first meet them. My two significant skills that can take me a long way are attention to detail and manual dexterity. Since the mouth is so small you need to be precise when dealing with patients, so attention to detail is an important trait. The dental field is known for dealing with sharp tools in the mouth, so manual dexterity is a great trait to have in this profession. I have a lot of experience and knowledge in the dental field thanks to my personal dentist and cousin, they helped me out a lot by giving me internships in their practice. In the internship I got to interact with patients, watch the procedures, and review x-rays with the dentist. If I could choose a setting to work in it would be a relaxed but busy setting. I would also like to work in my own section of the practice cleaning teeth. I work better when it is just me and another person, so me and the patient I am working on in my section is something I would like. A relaxed and busy setting is what a dental practice looks like most of the time. My goal in five to ten years is to be in my bosses' position. I want to excel in my career any way that I can, so I will do all it takes to achieve my goal. I took the quiz and I am quite happy with my results. My top three picks are dance, physical education, and cytotechnology. The one that really caught my eye was cytotechnology, because this job pays well and looks remarkably interesting.

A transition from elementary to middle school is chilling. Now imagine the transition from high school to college. The biggest difference between high school and college are the classes and most kids have more freedom. I personally enjoy having more freedom because my mom was an extremely strict parent. My biggest challenge this semester would have to be adjusting to the university life and all the classwork that is being thrown my way. For example, I had three assignments to do before any of my classes even started, but it is a challenge I can overcome with time. The only challenge I would have with going away to college is being home sick. I already miss my twin brother and my silly dog. I miss my dogs sweet bark and my annoying brother's laugh. My challenge with commuting to class would be finding where it is and trying not to get lost. My new job Grubhub is the best occupation that I have ever had. It is so great because I get to work for myself, be in the comfort of my car, and pick my own hours. I usually work Monday through Friday, and at the minimum five hours a day.

When you do homework, you are technically studying for the course and test that is coming up. In my opinion there is not really a difference between homework and studying, because they both correspond with each other. I plan to study all day at the minimum four hours until I utterly understand the material. My most challenging class is chemistry, so I will be studying for that class the most. The class that does not seem too hard is English, so I will be studying for that class the least. The quietest place on campus is the library and my room, so I will be studying there most of the time. A distraction in my room is my roommate, bed, and my phone. My roommate is a distraction because she could have people over and be listening to her music extremely loud. My bed and phone are a distraction because they both relax me and occupy my time when I am bored. I could avoid these distractions by asking her could they go somewhere else for a few hours. For my bed not to be a distraction I could sit at my desk and study. The most distracting thing is my phone, I could put it on airplane mode and put it up in my closet. The morning time is the best time to study for me. I say that because that is when you feel your

best and so refreshed. This fall I have five classes online and one class meeting face to face. I have never had classes online, so this is going to be incredibly challenging for me. I can manage all my assignments on blackboard and in my notes. My roommate has also been helping me with staying on track with my schoolwork. I have a lot of commitments outside of school, but nothing comes before my schoolwork. My other commitments are working and spending time with my family. I am exceptionally good at balancing out my priorities. I can work on the weekends for a few hours to make some money. My family can come hang out with me at the end of the day after I am done doing all my work. I take my #ReignResponsibly pledge serious, so I will always be wearing my mask around campus.

Studying is important because it can help you adapt and better understand the course. I have three study habits that work best for me and they are organization, taking notes, and dividing up my work. First, I take as many notes as I can in class and try to comprehend everything the teacher is saying. Then I organize all my paperwork and assignments by their due dates. Dividing up my work from easy to hard helps me a lot. I do the hard work first and the easy work last, and this strategy helps me out the most. I honestly use the same technique to study for each class. There is also a website that I enjoy using and it is called quizlet, it has helped me pass so many tests and quizzes in the past. Studying is a task I enjoy doing because I like learning new things.

My main goal this semester is to make straight A's I can use the peer academic coaching resource at ODU to make good grades. This resource can help me by improving my time management skills and setting goals for myself. A non-academic resource at ODU that can help me this semester is the library. The library helps me study well, when I go to the library it is always peaceful and quiet. They also have the best technology such as apple computers and at least six printers. A resource I will use this semester is the tutor center. I have this center in my building on every floor and I will be there often. There are a few classes that seem challenging and I will need a lot of help in them. I would like to learn more about the writing center at ODU. I want to meet the people giving free tutorials to freshman and see what else goes on there. My high school had many clubs and sports, our girls' basketball team was the best in the state. I joined the step team, dance team, women of worth organization, and track in high school. I love to get active and all these activities achieved that. If I could join any of these activities again it would be step. When I step, I feel alive and I have so much confidence. This semester of college I plan to join the Delta Sigma Theta sorority. Many of my mom's friends have joined sororities and told me great things about it. By being in a sorority you gain access to better scholastic achievements and sisterhood for a lifetime. I am looking forward to this semester and I cannot wait until everything goes back to normal so I can have a real college experience.