

## Self-Assessment Questionnaire

This questionnaire is designed to help an individual evaluate whether they possess the aptitudes to be successful in the Harper College dental hygiene program and as a dental hygienist in clinical practice. Read and reflect on each question and then circle your response. "Yes" answers predict success; "No" answers represent obstacles to success and warrant further examination.

### Clinical Dental Hygiene

- Yes No I understand that dental hygiene is physically demanding, using hand, wrist, arm repetitive Motions, requires quick reflexes and upper body strength.
- Yes No I have always been a fairly coordinated person.
- Yes No I have performed adequately in activities that require good gross motor skills like athletic activities.
- Yes No I have performed well in activities that require good fine motor skill, i.e., dexterity of small muscles such as buttoning a shirt, like drawing, sewing, or arts and crafts.
- Yes No I can perform well in activities that require good eye-hand coordination: sports such as tennis, racquetball, baseball, softball and hockey; music reading, computer gaming and tasks or activities such as applying make-up, coloring, jigsaw puzzles and writing.
- Yes No I feel that I have quick reflexes or that my body can respond quickly.
- Yes No I can hold my hand steady without tremor.
- Yes No I believe I will be able to manage multiple variables such as collecting assessment data, monitoring patients' reactions, processing information, communicating with patients and faculty, using problem-solving and critical thinking skills to make important decisions regarding patient care, provide competent, ethical care, and self-assess performance.
- Yes No I am self -assured in most situations and I do not get raddled under pressure.
- Yes No I can attend for long periods of time so that critical information is not missed.
- Yes No I am appropriately assertive and an effective communicator in order to relate well with the patient and the health care team.
- Yes No I have **no** musculoskeletal problems.
- Yes No I understand that 80% or more of dental hygienists experience musculoskeletal injuries at some point in their career and that a percentage of these are career ending.
- Yes No I have **no** chronic illnesses that result in fatigue or pain.

Yes No I participate in regular physical activity and maintain my upper body strength.

Yes No I am comfortable working in close physical proximity to people that I do not know.

### **Clinical Dental Hygiene (continued)**

Yes No I am able to tolerate the sight of and working with body fluids such as blood and saliva.

Yes No I understand that will be caring for patients that may have diseases such as AIDS, hepatitis and tuberculosis.

Yes No It does not bother me when I am close to someone who has body odor.

Yes No It does not bother me to see needles or watch dental injections.

Yes No I am able to hear patient blood pressure.

Yes No I am able to discern fine detail, color and variation in gray shades under dim lighting.

Yes No I am emotionally prepared to work with children and the elderly.

Yes No I exhibit great patience and compassion with people who may be difficult.

Yes No I want to help people.

Yes No I can empathize with patients and their circumstances.

### **Academic Readiness & Time Commitment**

Yes No I am aware that I will need to be compliant with all program participation requirements including CPR certification and I must maintain my certification throughout my attendance in the program or I will not be permitted in clinic.

Yes No I enjoyed and did well in the sciences of biology, chemistry, anatomy and physiology.

Yes No I see myself being able to devote large amounts of time to studying; I am prepared to spend a minimum of 3 hours on homework and study for *each hour* that I spend in class, labs and clinics.

Yes No I am prepared for continual study since one cannot succeed with last minute preparation in a professional health care program such as dental hygiene.

Yes No I can remain organized and implement successful learning and time management strategies

Yes No I am a good test taker.

Yes No My level of reading comprehension would allow me to understand graduate level textbooks.

Yes No I feel my study skills would allow me to organize, learn, and retain large volumes of information.

Yes No I am prepared to go to class, lab and clinic 4 -5 days a week.

Yes No I am prepared to give up much of my personal life to progress through the program.

Yes No I understand that the DHY curriculum will require a two-year commitment.

### **Academic Readiness & Time Commitment (continued)**

Yes No I am able to accept criticism; maintain a positive attitude; be flexible, reliable, and respectful towards my patients, peers, faculty and staff, and to the rigorous training process; to accept responsibility for my own learning.

Yes No I understand that all missed classes, labs and clinics could contribute to not completing the program.

Yes No This program will be a top priority.

Yes No I will be able to balance my family home and job responsibilities with school.

Yes No I will have support at home; I have adequate support from my family and friends.

### **Financial**

Yes No I am aware of the cost of tuition, fees and other expenses and have adequate resources to meet the costs.

Yes No I am aware that I will have other expenses every semester, including but not limited to books, uniforms, gloves, masks, etc.

Yes No I am aware that students with heavy work responsibilities are usually unsuccessful in completing the program.

Yes No I will make the financial arrangements that allow school to be a top priority (savings, loans, family support, minimal PT employment).

