

DENTAL HYGIENE

Associate of Science (ASDH) & Bachelor of Science (BSDH)

2009 - 2010

HEALTH PROFESSIONS AND PRELAW CENTER

**Indiana University Bloomington ■ University Division ■ Maxwell Hall 010 ■ Bloomington IN 47405
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IMPORTANT:

This document was prepared for Indiana University students by the Health Professions and Prelaw Center. Please note that specific requirements and policies can change at any time without notice. Students are responsible for obtaining the most current information directly from the application services, and the school(s) and program(s) in which they have an interest. Refer to DH program web sites listed at the end of this document.

I. GENERAL DH INFORMATION

A. Description of the Profession

A **dental hygienist** is trained and licensed to provide preventive dental services. These services include, among other responsibilities, cleaning patients' teeth with a variety of instruments, taking x-rays, examining teeth and gums and recording the presence of diseases or abnormalities, and educating patients to help them develop and maintain good oral health. **Skills and characteristics important to this profession:** Patience, attention to detail, interpersonal communication skills, the ability to work with a team of care givers, excellent fine motor skills, and the ability to cope with repetitive work. These and other professional development components are a critical part of any undergraduate degree. Click the Professional Development link on the HPPLC home page for further suggestions.

We strongly encourage you to review further information about this program, including links to web resources, on the HPPLC web page (www.hpplc.indiana.edu) and at the end of this document.

We also suggest you sign up for the HPPLC email list associated with your program of interest, also found on our home page. Feel free to sign up for more than one list.

B. Description of DH Programs

- **IU Bloomington does *not* offer a dental hygiene (DH) program, but pre-DH students may complete the prerequisites at IUB and then apply to the competitive programs listed below.** IUB Pre-DH students normally remain in Bloomington for two years (freshman and sophomore) to complete their prerequisites, and then apply to DH programs during their sophomore year. (The ASDH degree requires a minimum of one year of preprofessional courses (i.e., admission prerequisites) and two years of professional study upon admission to the program. However, it usually takes two years to complete the prerequisite courses at IUB.) **NOTE: IUB students are at a competitive disadvantage for admission to most Indiana DH programs, especially IUPUI's. See the HPPLC pre-DH advisor to discuss details.**
- **IUN, IUPUI (IUSD), IUSB, and IPFW** offer dental hygiene programs leading to the ASDH degree. See **section VII** for program contact information. All programs are accredited by the Commission on Dental Accreditation of the American Dental Association. ¹

II. COURSES REQUIRED FOR ADMISSION to ASDH programs (*Carefully read Notes on next page.*)

Most prerequisite courses must be completed prior to admission to DH programs in Indiana. **Read the important notes and exceptions on the next page.** There are many policy variations across programs. Double-check these requirements by contacting the program(s) in which you are interested. **HPPLC advisors strongly urge you to apply to several DH programs to increase your chances of admission. Some students also research and apply to schools outside of Indiana. It is critical that you discuss options with a HPPLC advisor!**

Pre-Professional Required Courses ² (Course designations are for IUB)	Credit Hours
English (ENG-W 131) ³	3
Chemistry (CHEM-C 101 and 121) ^{10, 11}	3, 2
Public Speaking (CMCL-C 121) ⁴	3
Arts and Humanities ⁵ (<i>All but IPFW</i>)	6
Psychology (PSY-P 101) ⁶	3
Sociology (SOC-S 100) ⁷	3
Anatomy (ANAT-A 215) ^{8, 10}	5
Physiology (PHSL-P 215) ^{8, 10}	5
Microbiology (BIOL-M 200 and M 215) ^{8, 9, 10}	3, 1
Math (<i>Not required</i> for IU ASDH programs)	--
Computer Literacy (CSCI-A 110) <i>Required IUN only</i>	3
Nutrition (HPER-N 220 or N231) <i>Required IUSB only</i> ¹²	3
Medical Terminology (CLAS-C 209) <i>Recommended IPFW</i>	2

For IUSD prereq equivalents at other IU branches, see www.iusd.iupui.edu/Depts/SA/preindiana.aspx

(Carefully read important NOTES on next page and throughout this handout)

IMPORTANT NOTES AND EXCEPTIONS:

1) Other Dental Hygiene degrees in Indiana (see program web pages for details):

- A) Ivy Techs South Bend and Anderson each offer an ASDH degree.
- B) In addition to the ASDH, IUSD and IUSB each offer a BSDH in Public Health.
- C) IUSB has two BSDH degrees—a completion degree, to move from ASDH to BSDH, and an entry-level BSDH. (*It is currently not possible for IUB students to pursue the entry-level IUSB BSDH—interested students should contact IUSB.*)
- D) Some Indiana DH locations have Dental Assistant programs. IPFW also has a Dental Lab Technology program.
- E) USI offers only a BSDH.
- F) It may also be possible to incorporate the ASDH into a BSDH degree completion program or a Bachelor of General Studies degree.

Students who intend to only apply to IUSD DH might consider bypassing IUB and enrolling instead at IUPUI for their prereqs. These students can take anat and phsl (A&P) at IUPUI without the labs and potentially be more competitive for admission to IUSD. NOTE that some programs require 5 credit A&P with labs (IUB's A&P does transfer into all Indiana DH programs).

2) General notes on courses and credit hours:

- A) A minimum grade of "C" is required in prerequisite courses for all IU DH programs.
- B) Check with each program for **Placement Credit** information.
- C) All IU DH programs **except IUSD** allow some prerequisites to be taken as **Independent Study**. Check with programs before registering.
- D) IUSB allows **Exemption Exam** credit for all prereqs. Exemption credit **not** allowed for IUSD, IPFW, or IUN.
- E) IUSD provides a useful **Transfer Credit** chart at www.iusd.iupui.edu/depts/edu/sa/preindiana.htm
- F) IUSD requires that all **science courses be completed by the end of spring semester** of the year you're applying, and gives preference to applicants who complete **all prereqs by the end of first summer session**.

3) IPFW, IUN, IUSB, and IUSD require 3 credits of composition. Only Eng-W 131 and W170 fulfill this requirement.

4) CMCL-C 121 is preferred over C122.

5) For IUSD, courses offered through the departments listed at www.iusd.iupui.edu/Depts/DH/dh_prereqs.aspx, **as well as** at the "Prerequisites" link at the bottom of that page, will count as A&Hs. **For other DH programs**, generally, any course that counts as an A&H in IUB's College of Arts and Sciences is acceptable. (Refer to www.indiana.edu/~bulletin/iub/) Check with DH programs for limitations.

- A) IUSD, IUSB and IUN **will** also count Medical Terminology CLAS-C 209 as A&H. (In this case, IUSD will accept 5 cr of A&H instead of 6 cr. The policies for other programs may vary.)
- B) IUSB **will** accept computer courses as A&H credit. If you plan to apply to IUSB, contact them about other exceptions to the humanities requirement.
- C) IUSD **will not** count Art or Music studio / performance classes.
- D) All IU DH programs **will** count foreign language credit; IUN and IUSD **will not** accept language credit by exam, and IUSD **will not** accept sign language.
- E) IPFW does not require arts and humanities courses, but recommends Medical Terminology.
- F) IUSB requires only 3 credits of A&H.

6) IUSD, IUSB, and IUN **will** accept PSY-P155. IPFW **will** count either PSY-P 101 or 102. Other courses may substitute—contact programs with specific inquiries.

7) IPFW **may** accept other 3 cr soc courses, but prefers an intro course – contact them to confirm. IUSB will accept S101.

8) HPPLC advisors strongly urge students to take anatomy, physiology, and microbiology in *separate semesters* if possible.

- A) IUSB and IUSD **do not** require ANAT and PHSL labs (at IUPUI the labless A&P are BIOL-N212 and 214, "Human Biology," 3 cr each). It is **not** possible at IUB to only enroll in lectures. While IUPUI does offer labless A&P, IUN and IPFW **require** 5 cr A&P courses; therefore, be aware that if you take the 3 cr versions of A&P you will not be eligible to apply to some programs. **Discuss all of these options early on with a HPPLC advisor!**
- B) IUPUI's BIOL-N 261 is equivalent to IUB's ANAT-A215; BIOL-N 217 is equivalent to PHSL-P 215.
- C) IPFW and IUN specifically state that they require anatomy and physiology with labs.

9) Technically, IPFW does not require microbiology prior to admission, but applicants admitted to the program must complete it prior to beginning the DH program; **HOWEVER**, IUB students must take micro in order to have enough science credits to apply.

10) For admission purposes, most DH programs factor in the Science GPA (e.g., grades from chem, anat, phsl, and micro), Prereq GPA, and Cumulative GPA (CGPA). IUSD also factors in the non-science GPA. Earning a high Science GPA is especially important since these grades are also factored into the CGPA. In effect, many programs count science grades twice.

11) IUSD will accept other chem lecture / lab courses, e.g., Chem-C 103; but C101/121 is the best option. If a student takes two different acceptable chem courses, e.g., takes C103 but later takes C101/121, IUSD will count the highest grade in the science GPA (though both grades would be part of the cumulative GPA).

12) For IUSB, nutrition must be completed prior to beginning the DH professional coursework (therefore, it could be taken the summer after applying). All IU DH programs recommend taking a nutrition course.

III. ADDITIONAL COURSE OPTIONS

- **IUSD** recommends courses in Human Nutrition (HPER-N 231), Medical Terminology (CLAS-C 209), and Ethics (PHIL-P 140, REL-R 170, REL-R 373).

IV. ADMISSION REQUIREMENTS AND STATISTICS

A. Overview

- The level of competition varies considerably from one DH program to another (see statistics in **section IV.D**). Selection can be based upon: completion of prerequisites, college and high school GPA, prerequisite science grades, high school rank, student's level of motivation, interest in and exposure to the DH profession, attendance at an information session or open-house, and a given program's appraisal of applicant's established record and potential for development.
- Successful **IUSD** applicants must purchase an IUSD-designated laptop computer upon admission.

B. Shadowing and Observation

- While still in high school or beginning their first semester in college, Health Professions and Prelaw Center advisors strongly recommend students spend several hours observing a dental hygienist at work and becoming familiar with the dental office routine.

Note: The required observation hours listed below are *minimums*; it can be advantageous to do additional observation: Even though criteria like dental assisting, observation, and number of college hours are not weighed as heavily for admission as GPA, these activities can in some cases help differentiate you from other applicants.

1) IPFW: Requires 4 hours observation of a DH in a dental practice setting.

2) IUSD: Requires 8 hours observation of a DH in 2 different dental practice settings. The more time you spend working or assisting in a dental office, and the more observation you can accrue, the better. See **section IV.D** for GPA information.)

3) IUSB: Requires a total of 16 hrs with 3 different DHs in 2 different dental practice settings.

- **With application, for each program being applied to**, applicants must submit an observation form or letter on dental office letterhead confirming observation. *For details, refer to each program's application web link in section IV.F.*
- For **IUSD**, students may earn a slight additional advantage during the admission process if they have dental assisting experience or have earned a previous college degree.

C. Volunteering and Other Professional Development

- IUSD recommends that students complete some service work, which can be included in the application essay. Refer to HPPLC's Professional Development website for lists of community service opportunities.

D. GPA

Statistics for <u>All</u> Applicants	IUSD	IPFW	IUN	IUSB
Number of Applications Received / # of Spaces	187 / 49	88 / 30	113 / 24	96 / 30
Mean CGPA of Accepted Students	3.53	3.80	3.33	3.573
Lowest CGPA Accepted ¹	--	3.63	3.12	3.158
Average Science CGPA ²	3.58	NA	NA	3.540
Year of Statistics	2008	2009	2008	2009

1) For admission purposes, many DH programs factor in the science GPA (grades from chemistry, anatomy, physiology, and microbiology), prerequisite GPA (or sometimes a non-science Prerequisite GPA), and cumulative GPA (CGPA). Earning a high science GPA is especially important since these grades are also factored into the CGPA. In effect, some programs count science grades twice; and for some, including **IUSD**, the science GPA also counts for a greater percentage in the admissions formula.

GPA information continued on next page.

Applicants from <u>IU Bloomington</u> ¹	IUSD	IPFW	IUN	IUSB
IUB Applicants: Total / Accepted / On Alternate List ²	22 / 8 / 2	-- / 2 / 3	0 / 0 / 0	5 / 3 / 1
CGPA	3.54 (3.19 - 3.82)	--	--	3.26
Science GPA	3.58 (3.25 - 3.84)	--	--	3.14
Non-Science Prerequisite GPA	3.67 (3.43 - 3.89)	--	--	3.594
GPA of All Prerequisites	3.62 (3.41 - 3.86)	--	--	3.524
Year of Statistics	2009	2006	2009	2009

1) Very few IUB students have been applying to the IUN and IUSB DH programs in recent years—a **serious mistake** for anyone sincerely interested in gaining admission to a DH program. You are urged to apply to as many programs as possible.

2) Student given alternate status are put on a waitlist in case others who are accepted into the program decline to enter it. There is limited possibility of alternates being admitted but it does happen occasionally.

Other Grade / GPA Policies & Information	IUSD	IPFW	IUN	IUSB
Minimum grade for pre-professional course work	C ¹	C	C	C
Minimum Required CGPA (Resident and Non-Resident)	2.0	2.5	2.5	2.5
Minimum Science GPA	2.7	NA	NA	NA

- **IUSD admission GPA breakdown:** IUSD calculates CGPA, the GPA for all prerequisites, and the GPA for science courses. In the past, the science GPA has been weighted more heavily than the other two GPAs, although strong grades in all areas is critical to being truly competitive for admission. Students may also earn a slight additional advantage during the admission process if they have dental assisting experience or have earned a previous college degree.

E. Admissions Test

- (None required by any Indiana DH programs.)

F. Application Information

- **Qualified applicants who have submitted required documents will be contacted by email** regarding any mandatory or recommended information sessions or open houses.
- For **IUSD**, students may earn a slight advantage during the admission process if they have dental assisting experience or have earned a previous college degree.
- **Deadlines / Requirements**
 - 1) *Contact each program to confirm all deadlines and requirements.* All programs notify applicants concerning their admission status. Notification dates differ by program.
 - 2) All Indiana DH programs have **February 1** application deadlines. (**IUSD** requires a 500 word personal statement, **due February 1 as part of the application.** See **part J**, below.)
 - 3) Most IU DH programs require that all prerequisites be completed by the end of spring semester of the year you are applying. (**IUN** allows completion of prerequisites through the summer).
 - 4) With application, or by April 1, for each program being applied to, applicants must submit an observation form or letter on dental office letterhead confirming observation. For details, refer to each program's application web link in **section IV.F**.
 - 5) *If accepted into a program*, IUB students must submit an *Intercampus Transfer (ICT) Application* to the given IU branch campus. ICT website: www.iupui.edu/~moveiu.
 - 6) **IUSD** applicants hear results by mid-June, sometimes earlier.
- **Where to Find the Application**
 - 1) **IUN:** www.iun.edu/~dental/applications/. Print / mail in form.
 - 2) **IPFW:** www.ipfw.edu/dental/hygiene/admission/applications.shtml. Print / mail in form.
 - 3) **IUSD:** see link at www.iusd.iupui.edu/Depts/SA/DHfaq.aspx. Submit online.
 - 4) **IUSB:** see link at www.iusb.edu/~sbdental/Dentalhygienepage.shtml. Print / mail in form.

- **Second Chances (e.g., repeating courses)**
 - 1) *Extended X Policy* is accepted by **IUN** and **IUSB**. Contact programs for details.
 - 2) **IPFW**: Contact program for details.
 - 3) **IUSD** and **IPFW** do not accept IUB's *Extended X* policy, and calculate both the first grade and the re-take grade into the GPA.
 - 4) Contact individual programs for more information about their versions of *Re-Application*, *Fresh Start*, *Academic Bankruptcy*, or other *grade-replacement* options.
- **Residency / Non-Residency**
Each program has informed HPPLC (as of 2006) that being a graduate of Indiana University does **not** give any advantage for admission to any IU DH program. However, some programs, including **IUSD**, do give priority to Indiana residents.

G. Admission Interview

- All qualified applicants who have submitted the required documents will be contacted regarding an interview appointment or open house information.
 - 1) **IUN**: All applicants **must** attend the Dental Hygiene Applicant Open House in February. Applicants are notified of the Open House by mail that month.
 - 2) **IPFW**: All applicants are invited to an open house / information session the last Saturday in February. HPPLC advisors strongly recommend you attend.
 - 3) **IUSD**: All applicants **must** attend a DH Applicant Orientation at IUSD, or complete the online version. Orientation information will be sent once the DH application has been reviewed by IUSD.
 - 4) **IUSB**: None required.

H. Credit Hours Required Prior to Admission to Professional Program

- Varies by program. Pre-DH students almost always exceed the minimum required.

I. Letters of Recommendation

- (None required by any Indiana DH programs.)

J. Personal Statement / Essay

- Only **IUSD** requires a 500 word personal statement, **due February 1 as part of the application**.
 - The statement is not calculated as part of the admissions formula, but could potentially strengthen your application
 - Here is IUSD's description of the essay: "Please explain why you chose to pursue a career in dental hygiene and how you have prepared for this field. Describe any accomplishments you achieved, obstacles you cleared, or challenges you overcame that impacted your preparation for the dental hygiene program. Please limit your statement to 500 words."
 - In it, you might include information about the following: take up a hobby that will improve your fine motor skills (knitting, playing an instrument, jewelry making, model building, etc.); consider taking one or more of the additional course options listed in **section III**; do more than the minimum required shadowing and be an active participant (ask questions, ask your DH to describe out loud what they are doing and looking for); undertake community volunteer work (IUSD desires applicants who are service-oriented); study the professional web sites referenced at the bottom of this handout; attend Dental Day at IUSD in fall (see **section V.B**); keep in touch with Pamela Clark to let her know of your continued interest; meet with Ms. Clark when she visits HPPLC in fall or spring. If you are fluent or have taken Spanish courses this is worth mentioning, along with any other activities which indicate a high level of interest in or preparation for a career in DH (e.g., if you've done any dental assisting). Undertaking these activities will indicate you have invested extra effort in your preparation, and these activities can thus be referenced in your personal statement. If you already earned a college degree, you should mention this as well.
 - You may also explain any disabilities or academic difficulties you have overcome.

V. ADMISSION ISSUES AND SUGGESTIONS

A. Have a Backup Plan

- DH programs in Indiana are competitive, some extremely so. While strong academic performance can help you become a competitive applicant, it is still important that you develop a "Plan B" in case your first DH plan derails. Some students choose to remain pre-DH at IU for an extra year in order to strengthen their GPA, but this can be risky. A backup plan is a good idea in any case. Your Plan B could be, for instance, identifying less competitive DH programs at 2-year or 4-year institutions in other states; considering other health professions or health-related majors; identifying majors entirely outside the health fields. Your HPPLC advisor can help you with the process of developing a Plan B.

B. Other Admission Notes and Suggestions

- **Attend Dental Day at IUSD in fall.** Spaces fill up quickly, so check the bottom of the IUSD web site in early August for a link to online Dental Day registration. Other DH programs may hold similar events you might want to attend; contact them to check.
- **HPPLC advisors strongly recommend you apply to several DH programs** in case you're not admitted to your first choice.
- **Remember that the observation and shadowing hours listed previously are minimums;** it can be advantageous to observe for additional hours. Even though criteria like dental assisting, observation, and number of college hours are not weighed as heavily as GPA for admission, these activities may still help to differentiate yourself from other applicants.
- **HPPLC advisors recommend that you visit each school / program** to which you intend to apply. (Students may call Ms. Clark at IUSD to schedule an appointment. Due to HIPAA regulations, IUSD no longer gives tours except on Dental Day each fall and at DH Orientation, after application. Ms. Clark also visits IUB on occasion. Refer to the HPPLC events calendar.)
- **We also strongly recommend you talk with the director or a dental hygiene advisor for each program** you're considering, and discuss information specific to each. Remember that requirements, policies, and procedures differ across programs, and even across different branches of Indiana University. (See contact info below.) It is also simply a good policy to keep in touch with the people who have a say in whether or not you are admitted.

VI. CAREER INFORMATION

- **DH Licensing:** In most states, several steps are required to obtain your DH license:
 - 1) Graduation from an accredited DH program.
 - 2) Successful completion of the written National Board Dental Hygiene Examination.
 - 3) Successful completion of a regional or state clinical board examination.
 - 4) There may be additional steps for a given state. See www.adha.org/careerinfo/ for details.
- **According to the US Department of Labor / Bureau of Labor Statistics**
 - 1) "Employment of dental hygienists is expected to grow 30 percent through 2016, much faster than the average for all occupations."
 - 2) "Earnings vary by geographic location, employment setting, and years of experience. Dental hygienists may be paid on an hourly, daily, salary, or commission basis."
 - 3) "Median hourly earnings of dental hygienists were \$30.19 in May 2006. The middle 50 percent earned between \$24.63 and \$35.67 an hour. The lowest 10 percent earned less than \$19.45, and the highest 10 percent earned more than \$41.60 an hour." (According to IUSD, the median yearly salary for dental hygienists in Indiana [in 2007] was \$62,090 and the median hourly salary was \$30.00.)
 - 4) "Benefits vary substantially by practice setting and may be contingent upon full-time employment."
 - 5) Visit <http://stats.bls.gov/home.htm> & www.bls.gov/search/ooh.htm & www.bls.gov/oco/ocos097.htm

VII. PROGRAM CONTACT INFORMATION and OTHER RESOURCES

Indiana University Northwest (IUN)

Juanita Robinson
Dental Hygiene Program
3400 Broadway
Gary IN 46408
Phone: 219.980.6770
Email: jurobin@iun.edu
www.iun.edu/~dental/dental-hygiene.shtml
www.iun.edu/~bulletin/iun/undergrad/nursing.html#dent

Indiana University-Purdue University Fort Wayne (IPFW)

Dr. Brenda Valliere, DDS
Director, Dental Hygiene Program
2101 Coliseum Boulevard East
Fort Wayne IN 46805-1499
Phone: 260.481.6902 Fax: 260.481.5767
Email: vallierb@ipfw.edu

Secondary Contact:

Elaine Foley
Phone: 260.481.6837
Email: foley@ipfw.edu
www.ipfw.edu/dental/

Indiana University School of Dentistry (IUSD)

Pamela Clark
Assistant Director of Admissions
Dental Hygiene Program
1121 W. Michigan Street
Indianapolis IN 46202-5186
Phone: 317.278.1758
E-mail: pamelac@iupui.edu
www.iusd.iupui.edu/Depts/SA/program_information.aspx

Indiana University South Bend (IUSB)

Judy M. Schafer
Dental Hygiene Program
PO Box 7111
1700 Mishawaka Avenue
South Bend IN 46615
Phone: 574.520.4154 Fax: 574.520.4854
Email: jschafe2@iusb.edu
www.iusb.edu/~sbdental/index.shtml

University of Southern Indiana (USI)

(Not affiliated with IU)
Pamela Shaw – DH Admin Assistant
Dental Hygiene Program
8600 University Boulevard
Evansville IN 47712
Phone: 812.464.1702 Fax: 812.465.7092
Email: pshaw@usi.edu
http://health.usi.edu/acadprog/dhy/default.asp

Ivy Tech South Bend

www.ivytech.edu/schools/health/dental-hygiene/index.html

Additional Resources

American Dental Hygienists' Association (ADHA)

www.adha.org/

List of accredited DH programs (on ADHA site – updated annually)

www.adha.org/careerinfo/dir_education.htm

American Dental Association.

www.ada.org/

HPPLC web page

www.hpplc.indiana.edu

Professional Development is a critical part of any undergraduate degree. Visit the Professional Development section of the HPPLC home page for detailed suggestions.

The Health Professions and Prelaw Center encourages you to email our advisors with questions. Feel free to email an individual advisor; or, if you're not sure who to contact, send a message to hpplc@indiana.edu.

See the HPPLC web site to sign up for your area's email list, and for further program information, notices about upcoming meetings, campus visits by admission representatives, our Health Programs Fair, and other items of interest.

IMPORTANT:

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