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**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>I understand that dental hygiene is physically demanding, using hand, wrist, arm repetitive Motions, requires quick reflexes and upper body strength.</td>
<td></td>
</tr>
<tr>
<td>I have always been a fairly coordinated person.</td>
<td></td>
</tr>
<tr>
<td>I have performed adequately in activities that require good gross motor skills like athletic activities.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>I feel that I have quick reflexes or that my body can respond quickly.</td>
<td></td>
</tr>
<tr>
<td>I can hold my hand steady without tremor.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>I am self-assured in most situations and I do not get raddled under pressure.</td>
<td></td>
</tr>
<tr>
<td>I can attend for long periods of time so that critical information is not missed.</td>
<td></td>
</tr>
<tr>
<td>I am appropriately assertive and an effective communicator in order to relate well with the patient and the health care team.</td>
<td></td>
</tr>
<tr>
<td>I have no musculoskeletal problems.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>I have no chronic illnesses that result in fatigue or pain.</td>
<td></td>
</tr>
</tbody>
</table>
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).