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

2013 - 2014
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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 caregivers, 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. All programs are accredited by the Commission on Dental Accreditation of the American Dental Association.

II. COURSES REQUIRED FOR ADMISSION to the IU ASDH program (Indianapolis campus)
(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.**

As of 2013, IUSD (IUPUI) DH does accept **Advanced Placement courses** for prerequisite requirements.

<table>
<thead>
<tr>
<th>Pre-Professional Required Courses 2 (Course designations are for IUB)</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>English (ENG-W 131, ENG-W 170, or CMLT-C 110) 3</td>
<td>3</td>
</tr>
<tr>
<td>Chemistry (CHEM-C 101 and 121) 6, 9</td>
<td>3, 2</td>
</tr>
<tr>
<td>Public Speaking (CMCL-C 121) 4</td>
<td>3</td>
</tr>
<tr>
<td>Arts and Humanities 5</td>
<td>6</td>
</tr>
<tr>
<td>Psychology (PSY-P 101) 6</td>
<td>3</td>
</tr>
<tr>
<td>Sociology (SOC-S 100)</td>
<td>3</td>
</tr>
<tr>
<td>Anatomy (IUB: ANAT-A 215; IUPUI: BIOL-N 261) 7, 8</td>
<td>5</td>
</tr>
<tr>
<td>Physiology (IUB: PHSL-P 215; IUPUI: BIOL-N 217) 7, 8</td>
<td>5</td>
</tr>
<tr>
<td>Microbiology (BIOL-M 200 and M 215) 7, 8</td>
<td>3, 1</td>
</tr>
<tr>
<td>Math (Not required for IU ASDH programs)</td>
<td>--</td>
</tr>
<tr>
<td>Computer Literacy (CSCI-A 110) Required IUN only</td>
<td>3</td>
</tr>
</tbody>
</table>

**IMPORTANT NOTES AND EXCEPTIONS:**

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

A) **Ivy Techs Kokomo, South Bend,** and **Anderson** each offer an ASDH degree. Contact them for details.
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, including IUPUI, 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) **IUSD** allows some prerequisites to be taken as **Independent Study**. Check with each DH program before registering for such classes.
   D) **IUSD** provides a useful **Transfer Credit** chart at www.iusd.iupui.edu/depts/edu/sa/preindiana.htm
   E) **IUSD** requires that all courses be completed by the end of spring semester of the year you're applying.

3) **IUSD** require 3 credits of composition, as do most other programs. Only Eng-W 131 and W170 fulfill this requirement. AP credit is accepted only if student earns three (3) credits for freshman composition.

4) **CMCL-C 122** may **not** substitute.

5) 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** and some other programs **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.)*
   B) **IUSD will not** count Art or Music studio / performance classes.
   C) **IUSD** and most IU DH programs **will** count foreign language credit. **IUSD will not** accept sign language.

6) **IUSD** and most others **will** accept PSY-P155. Other courses may substitute—contact programs with specific inquiries.

7) HPPLC advisors strongly urge students to take anatomy, physiology, and microbiology in **separate semesters** if possible. Note: IUPUI's BIOL-N 261 is equivalent to IUB's ANAT-A215; BIOL-N 217 is equivalent to PHSL-P 215.

8) 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.

9) In the past, **IUSD** (IUPUI) has accepted 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). C101 covers more chapters than 103, which is why it's better prep. Student must check with **IUSB** regarding their chemistry requirements. In the past, they have required the equivalent of 101/121 and 102/122

### 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. 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.)

- 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

<table>
<thead>
<tr>
<th>Statistics for All Applicants</th>
<th>IUSD</th>
<th>IUN</th>
<th>IUSB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Applications Received / # of Spaces</td>
<td>123 / 39</td>
<td>96 / 24</td>
<td>78 / 30</td>
</tr>
<tr>
<td>Average CGPA of Accepted Students</td>
<td>3.57</td>
<td>3.32</td>
<td>3.4878</td>
</tr>
<tr>
<td>Lowest CGPA Accepted</td>
<td>- -</td>
<td>3.19</td>
<td>2.97</td>
</tr>
<tr>
<td>Average Science CGPA</td>
<td>3.78</td>
<td>NA</td>
<td>3.47867</td>
</tr>
<tr>
<td>Average prereq GPA</td>
<td>3.77</td>
<td>- -</td>
<td>- -</td>
</tr>
<tr>
<td>Year of Statistics</td>
<td>2013</td>
<td>2011</td>
<td>2011</td>
</tr>
</tbody>
</table>

*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.

- If you are serious about pursuing a career as a dental hygienist, we urge you to apply to as many programs as possible. For example, IUB pre-DH students who are Indiana residents should seriously consider applying to additional DH programs, such as those at IUN or Ivy Tech (Anderson, Kokomo, South Bend).

- Students 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.

E. Admissions Test

- (None required by most Indiana DH programs.)

F. Application Deadlines / Requirements / Procedures

- Refer to www.iusd.iupui.edu/departments/periodontics-and-allied-dental-programs/dental-hygiene/admission-criteria/ for the most current details.
1) **Contact each program to confirm all deadlines and requirements.** All programs notify applicants concerning their admission status. Notification dates differ by program.

2) **Most 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.**

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](http://www.iupui.edu/~moveiu).

6) Applicants must complete an in-person or online DH Applicant Orientation. See link above for details.

7) **IUSD applicants hear results by mid-June, sometimes earlier.**

**Second Chances (e.g., repeating courses)**

1) **Extended X Policy** is accepted by IUN and IUSD. Contact programs for details. You may re-take as many of the prerequisites as you would like, but may not re-take the same course more than once. IUSD will accept the highest grade. Regarding Arts & Humanities courses, if you take more than the required two courses, IUSD will take the highest two grades.

2) **IPFW:** Contact program for details. In the past, IPFW has not accepted IUB’s Extended X policy, and has calculated 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**

• Most dental hygiene programs do not have interviews, though many do require that applicants attend an open house or complete an online orientation.

**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 most DH programs.)

**J. Personal Statement / Essay**

• **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 the program. 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 Contingency or 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 contingency plan in case your first DH plan doesn't work out. Some students choose to remain pre-DH at IU for an extra year in order to strengthen their GPA, but this can be risky. One contingency 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.

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.

- Consider visiting, or at least contacting, each school / program to which you intend to apply.

- 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.

- For salary and related information, look up "dental hygiene" in the Occupational Outlook Handbook www.bls.gov/search/ooh.htm. Note that, according to OOH, "Benefits vary substantially by practice setting and may be contingent upon full-time employment."

PROGRAM CONTACT INFORMATION and OTHER RESOURCES – see next page

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.indiana.edu/~bulletin/iun/index.html

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)

Indiana University South Bend (IUSB)
For all IUSB DH information, first refer to www.iusb.edu/~sbdental/ASDHandBSDHapplicationprocess.shtml, and then contact them directly with questions.
IUSB Hygiene Program
PO Box 7111
1700 Mishawaka Avenue
South Bend IN 46615
www.iusb.edu/~sbdental/index.shtml
Fax: 574.520.4854

For general pre-DH questions:
Student Services – College of Health Sciences Dental
Ph: 574.520.4571 (ask for pre-ASDH advisor)
Sarah Ambler - Saambler@iusb.edu
Janet Gilroy - jgilroy@iusb.edu

For questions about the professional DH program and coursework itself:
Kristyn Quimby (DH Program Director)
Ph: 574.520 4405
krirhawk@iusb.edu

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

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.

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