



# Top 20 Tips to Get You to Dental Hygiene Graduation & Beyond



## As a Student:

1. Join CDHA with FREE student membership and receive automatic renewal of your student membership every year: [cdha.ca/join](https://cdha.ca/join)
2. Start saving with CDHA Perks featuring discounts on everyday purchases from hundreds of businesses: [cdha.ca/CDHAPERKS](https://cdha.ca/CDHAPERKS)
3. Get involved with CDHA and your class; apply to be a CDHA student leader: [cdha.ca/studentleader](https://cdha.ca/studentleader)
4. Take advantage of CDHA's networking, resources, and professional development opportunities:
  - All webinars are **FREE!**  
[cdha.ca/webinars](https://cdha.ca/webinars)
  - Join CDHA's Student Facebook Group  
[facebook.com/groups/CDHAstudents](https://facebook.com/groups/CDHAstudents)
5. Attend classes, ask questions, study hard, be proactive in seeking support, and succeed on your exams and assignments.
6. Meet with a career advisor/faculty advisor at your school to go over your career objectives. Find out how you can gain experience to fill any gaps before graduation to make you a better candidate for the type of career you want.
7. Complete your dental hygiene coursework. Make sure that you have completed the required number of classroom, clinical hours, and community hours.
8. Make some lifelong friends along the way!

## Preparing for Graduation:

9. Apply to write the National Dental Hygiene Certification Examination at [fdhrc.ca](https://fdhrc.ca). (Not mandatory for licensure in Québec.)

### Examination Dates

January 24–25, 2024  
May 22–23, 2024  
September 2024  
(exact dates TBC)

### Application Deadline Dates

November 24, 2023  
March 22, 2024  
July 2024

10. Prepare for your board exam with these tips: [fdhrc.ca/pages/ndhce/exam-prep](https://fdhrc.ca/pages/ndhce/exam-prep)
11. Pass your board exam.
12. Celebrate passing your board exam!

## Preparing for Practice:

13. Once you pass the board exam, upgrade to FREE Graduated Student membership at [cdha.ca/studentupgrade](https://cdha.ca/studentupgrade). CDHA's Graduated Student membership category includes professional liability insurance (PLI) coverage of up to \$5 million aggregate until December 31 of the year in which you passed the board exam. (Registration for licensure in Québec includes PLI.)
14. Consider other professional insurance through CDHA such as extended health, dental and disability coverage: [cdha.ca/insuranceprograms](https://cdha.ca/insuranceprograms)
15. Apply for registration with your provincial regulatory body at [fdhrc.ca/pages/dental-hygiene-in-canada/provincial-regulators](https://fdhrc.ca/pages/dental-hygiene-in-canada/provincial-regulators) (Investigate regulatory requirements for practising dental hygiene in the province of your choice. Other requirements such as jurisprudence and criminal record checks may apply.)
16. Explore employment opportunities in our full-service career centre: [cdha.ca/careercentre](https://cdha.ca/careercentre)
17. Network with your dental community. Attend conferences, job fairs and community events. Check out CDHA's Oral Health Events Calendar: [cdha.ca/calendar](https://cdha.ca/calendar)
18. Embody the CDHA professional identity statement to be a better ambassador for the profession and your national association: [cdha.ca/professionaid](https://cdha.ca/professionaid)
19. Consider taking the self-initiation course in New Brunswick and Nova Scotia only: [cdha.ca/courses](https://cdha.ca/courses)
20. Embrace lifelong learning by staying involved with CDHA through events, courses, and committees.