



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

# CDHA STUDENT LEADER SPOTLIGHT

presented by



CDHA student leaders are selected each year to serve as representatives for each accredited dental hygiene program in Canada, and each one receives a bursary courtesy of Colgate. These students develop their leadership skills and help shape the future of the profession. Let's take a closer look at one of our amazing trailblazers!

## Kate Papadopoulos APLUS Institute

**Q** *Tell us about yourself.*

**A** I'm a people person. I love learning with others, I'm a good communicator, and am driven to learn as much as I can about dentistry. I am also a huge foodie and love trying out new restaurants around Toronto.

**Q** *What are your hobbies and interests?*

**A** My hobbies and interests include exercise, interior design, trying new coffee shops around the city, and being with family!

**Q** *What is one thing that most people wouldn't know about you?*

**A** I was born at 30 weeks and weighed 2.5 lbs.

**Q** *What place would you like to visit?*

**A** I hope to visit Capri and Positano in Italy on my next trip. I would also love to take a cruise on the Mediterranean!

**Q** *Why did you decide to enroll in a dental hygiene program?*

**A** After I completed my undergraduate degree in kinesiology from the University of British Columbia (UBC) I worked in undergraduate medicine at UBC and postgrad at UBC in administration. While in this position, my interest and love for health care kept moving towards dental hygiene and I decided to make the jump. I couldn't be happier.

**Q** *What makes you smile?*

**A** Being with family at the cottage and in sunshine!



Find out more about the CDHA  
student leadership program at  
[www.cdha.ca/StudentLeader](http://www.cdha.ca/StudentLeader).