



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

# 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!

## Jessika Patrick Toronto College of Dental Hygiene

**Q** Tell us about yourself.

**A** I'm an extrovert. I love connecting with people and learning new things every day. I make connecting with clients or peers a daily priority—that's what makes me happy.

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

**A** My hobbies and interests include health and wellness, studying new fashion trends, snowboarding, Pilates, and travelling.

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

**A** I knew I wanted to go into dentistry from a very, very young age. I had a 13 mm overjet! I was in orthodontics before the age of 8 and was always fascinated by the dental office and the professionals working on me.

**Q** What do you do when you're not at school?

**A** I hang out with my family and friends. I also love to cook! When I have the time, I'll go to the local farmers' market for fresh ingredients and spend a Saturday cooking gourmet meals.

**Q** What is your favourite band/musician?

**A** Red Hot Chili Peppers

**Q** What is your favourite movie?

**A** Bridesmaids

**Q** What makes you smile?

**A** Being around friends and family!



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