

Volunteering Experience and Reflection

On Tuesday, May 1st, students and faculty from the Dental Hygiene department at NYCCT participated in the CUNY Graduate Center's Annual Wellness Festival in NYC. The festival's focus was on health and wellness. It included many free services such as blood pressure screenings, nutritional counseling, vision and hearing testing and of course...non-invasive dental screenings.

This event was completely free and was open to all CUNY students, faculty and staff. Volunteering at this particular event allowed the students to educate people about the importance of preventative dental care. The people who participated in receiving the free dental screenings filled out a form and were escorted to an area where they were given an extraoral and intraoral (head, neck and oral) screening. Observations and findings were then discussed and if necessary, a referral for further treatment was provided. Afterwards, participants could move on to another area to learn about tooth brushing techniques and received individual recommendations on how to improve their current oral health homecare practices. Professor Davide, Professor Rivera, and the students who volunteered at this event performed in excess of 50 dental health screenings!

As a dental hygiene student, volunteering both your time and services is an excellent way to practice what you've learned while helping people in the process. It also greatly enhances communication and teamwork skills.

My personal experience volunteering at this event was extremely positive. It was a way to demonstrate what I have learned thus far in the program and helped to build my confidence in educating the general public.

There is a quote by Pablo Picasso which states that "The meaning of life is to find your gift and the purpose of life is to give it away." As dental hygiene students, we love what we do and the best way to express that is to share it with others. I certainly hope that there will be many more future opportunities to volunteer our services as dental hygiene students. It is an essential part of our education and future career development.

Submitted by Roseanna Torres, freshman dental hygiene student

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