**REFLECTION**

In order to be competent in preventive and therapeutic dental hygiene services it is necessary to participate in workshops that will allow the dental hygienist to gather evidence-based knowledge as well as practice. We must provide child and adult prophylaxis as well as therapeutic hygiene such as local anesthetic and local drug delivery to ensure the well-being of the patient. I have successfully demonstrated my strengths in this area by PEs and competencies show my capabilities at a clinically acceptable level every time. As far as weaknesses I noted in calculus removal on the mock WREB exam I was able to turn this into a learning experience by identifying the need for checking my work more thoroughly after completing a quadrant to guarantee my successful completion of the actual WREB exam in April. Utilizing my resources to make evidence based decisions and allowing myself to learn from each mistake help to show my commitment to lifelong learning.