Final Reflection

As I reflect upon the components of this portfolio, I now see that I have accomplished much more than I ever imagined. As I look back at the courses I have taken and accomplishments I have made, it amazes me how knowledge I have gained. It is the goal of the Degree Completion program to work with the students to develop an individualized program of study that meets their educational interests and needs and expands their career opportunities. Courses in advanced dental hygiene studies emphasize evidence based practice in the biomedical, behavioral and clinical sciences. My time and effort in this program provided me with a collaborative, challenging experience which will prepare me to pursue other career opportunities in Public Health. Prior to beginning the Degree Completion Program at UMKC, I did not have any experience with online courses, databases, research or portfolios. This program not only has made me a better student but a better clinician. When treating patients on a daily basis, I now have the knowledge and understanding to implement Evidence Based Decision making into my practice of Dental Hygiene. While at UMKC, I have managed to balance a full time job as well as attending school on a part time basis. At times, I thought there were lists of never ending projects that needed to be completed as well as multiple reading assignments, but with careful planning and dedication I was able to persevere. I am a very organized and self motivated person and these assets enabled me to be a great student.