

## Applicant Observation Instruction Sheet

### Dental Hygiene Observation Requirements

Applicants must complete **two full-day dental hygiene observations** (8:00 a.m. to 5:00 p.m.) for a minimum of **16 total hours**. Completing these hours earns an extra **2 points** on your admissions point system worksheet.

#### Observation hours:

- Must be completed **before** you apply to the program
- Are valid for **one year**
- **Cannot** be completed in an office where you are employed

### How to Schedule Your Observation

You are responsible for contacting a **dental office** from our provided list.

When calling:

1. Introduce yourself.  
"Hello, my name is \_\_\_\_\_. I am applying to the Amarillo College Dental Hygiene Program and need to complete observation hours."
2. Ask which days would work best for observing a hygienist **for a full day**.
3. Be flexible. Each office has its own schedule. Plan to work around their availability.
4. Confirm the date, arrival time, and whether the office has any special instructions for you.

### What to Wear

Dress in **professional attire**, which includes:

- Business casual clothing
- Closed-toe shoes
- Minimal fragrance
- Hair secured

Do **not** wear scrubs unless the office specifically requests them.

### When to Arrive

Arrive **before the office opens** so you can observe the morning huddle and daily setup.

### What You May Observe

- Review of medical history and talking with the patient
- Dental X-rays and what the hygienist looks for
- A dental cleaning using both hand tools and an ultrasonic cleaner
- Patient education and home care tips
- Deep cleanings done in different sections of the mouth
- Disinfecting rooms and instrument processing
- The hygienist working with the dentist during an exam
- Scheduling and communication with patients

### What to Bring to the Office

Bring only the Verification Form. The hygienist will complete the date, hours, their printed name, license number, signature, and the procedures you observed. You will submit the completed form with your admissions packet.