Climb 'Til Your Dream Comes True
by: Helen Steiner Rice

Often your tasks will be many,
And more than you think you can do.
Often the road will be rugged
And the hills insurmountable, too.
But always remember,
The hills ahead
Are never as steep as they seem,
And with Faith in your heart
Start upward
And climb 'til you reach your dream.
For nothing in life that is worthy
Is ever too hard to achieve
If you have the courage to try it,
And you have the faith to believe.
For faith is a force that is greater
Than knowledge or power or skill,
And many defeats turn to triumph
If you trust in God's wisdom and will.
For faith is a mover of mountains,
There's nothing that God cannot do,
So, start out today with faith in your heart,
And climb 'til your dream comes true!
Each summer the University of Louisville welcomes 80 undergraduate freshmen and sophomores to its campus for a six week pre-health academic enrichment program. The students come from ALL over the country, with different backgrounds, beliefs and dreams, but all share the same goal of becoming a physician or dentist. While here, the scholars participate in a FREE 3 hour (for academic credit) course which employs Team Based Learning techniques to integrate Physiology, Biochemistry, Physics and Organic Chemistry. They also take part in clinical observations (shadowing), personal development and career counseling workshops, which prepare them to return to their home institutions more confident, with a renewed purpose and improved study skills to help them successfully navigate the path to professional school. This year we were invited to the home of the Dean of the School of Medicine, Dr. Toni Ganzel (pictured below) for a cookout. Our scholars were honored to have the opportunity to visit and to speak with her one on one, and the food was great!

SMDEP is sponsored by the Robert Wood Johnson Foundation with matching dollars from the University of Louisville and private donors.
What is a dental hygienist?
A registered dental hygienist (RDH) is a licensed dental professional who specializes in preventive oral health, typically focusing on techniques in oral hygiene. Dental hygienists provide three types of services to their patients. The first of these is preventive services to promote and maintain good oral health. The second is educational services to help patients develop behaviors that promote better oral health and help them understand the importance of practicing these behaviors. The third type of service provided is therapeutic services which are treatments meant to stop disease and maintain healthy tissues in the mouth. State dental regulations determine the scope of practice of dental hygienists. In most jurisdictions, hygienists work for a dentist, and some are licensed to administer local anesthesia. Common procedures performed by hygienists include cleanings known as prophylaxis, scaling and root planing for patients with periodontal disease, taking of prescribed radio graphs, dental sealants, administration of fluoride, and providing instructions for proper oral hygiene and care.

Education and Training
Dental hygienists in the United States must be graduates from a dental hygiene program, with either an associate degree (most common), a certificate, a bachelor's degree or a master's degree from a dental hygienist school that is accredited by the American Dental Association (ADA). All dental hygienists in the United States must be licensed by the state in which they practice, after completing a minimum of two years of school and passing a written and clinical examination. State requirements vary by state, and are controlled by state dental boards. The National Board Dental Hygiene Examination is intended to fulfill the written examination requirements. The clinical examination is typically administered by the state licensing board.

The University of Louisville’s Dental Hygiene program, is a four year Bachelor’s degree program entering its’ 60th year. It is proud to be the only dental hygiene program in the state of Kentucky to be housed in a dental school. Dental hygienists’ school programs usually require both general education courses and courses specific to the field of dental hygiene. General education courses important to dental hygiene degrees include college level algebra, biology, and chemistry. Courses specific to dental hygiene may include Anatomy, Oral Anatomy, Materials Science, Pharmacology, Radiography, Periodontology, Nutrition, and Clinical Skills. At UofL, students may complete their first 2 years on the main (Belknap) campus or another accredited university. (Students completing their prerequisites at UofL are encouraged to participate in the Dental Hygiene Living Learning Community, a residential housing option.) The last 2 years are completed in the dental school, focusing on dental hygiene didactic and clinical courses. This allows dental hygiene students to learn their skills in an environment that emphasizes their importance on the dental team.

Sources:  [www.louisville.edu/dental/hygiene](http://www.louisville.edu/dental/hygiene)  
2015 SUMMER MEDICAL AND DENTAL EDUCATION PROGRAM

We have just completed our 9th successful year of SMDEP at the University of Louisville. As you return to your home colleges and universities, please share your experiences with your family and friends and encourage them to apply if they have an interest in medicine or dentistry. Students who meet the following criteria may be eligible:

- Be a Freshman or Sophomore college student OR a community college student
- Be from an economically disadvantaged background; a racial or ethnic group that has been historically underrepresented in medicine and dentistry; or a part of the country where residents have been historically underrepresented in medicine and dentistry
- Be a US citizen or have Permanent Residency Status
- Have an overall 2.5 GPA

Applications for the 2015 session will be available November 1, 2014 at www.smdep.org.

MCAT-DAT REVIEW WORKSHOP

The MCAT-DAT Review Summer Workshop is a residential academic enrichment program designed to prepare pre-medical students for the MCAT and pre-dental students for the DAT. In addition, this program enhances student preparation for the medical school or dental school application process. Thirty-two students from across the country participated in the 2014 Workshop. A record 22 of them were SMDEP alumni! The review is offered each summer. It is an intensive four-week FREE residential exam preparation and application development program. Students attend classes, take practice exams, and participate in sessions focused on completing applications, developing personal statements and interviewing skills. This year, 27 MCAT-DAT alumni matriculated to professional school programs. A total of 105 MCAT-DAT Review alumni are currently enrolled in professional schools, with 50 right here at ULSOM and ULSD! Applications for the 2015 MCAT-DAT Review Program will be available October 1 from our website http://louisville.edu/medicine/diversity/student-pipeline-programs.

For questions about the MCAT-DAT Review Summer Workshop, please contact Katie Leslie katie.leslie@louisville.edu or 502-852-7159.
Many paths can lead you to SMDEP at the University of Louisville Schools of Medicine and Dentistry

We accept scholars from all around the country and more than 43% of our eligible alumni have been accepted into medical, dental, graduate or other professional schools.