

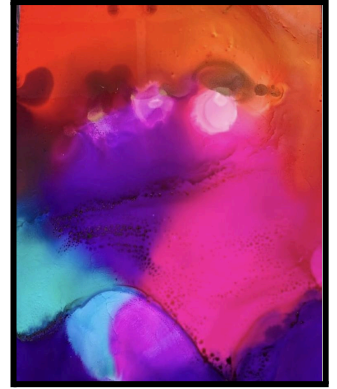
# **Learning Through Internship Experiences**

Belle Stammers  
2024

# Jo Stanes Art Studio

2022

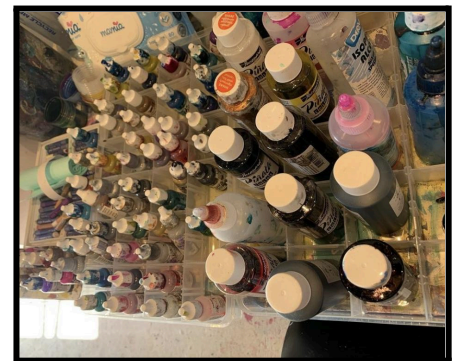
In 2022, I explored my interest in art, looking into acrylic pouring. I reached out to many local artists within the Central Coast. This journey led me to an internship with the very talented local artist Jo Stanes, at her home studio *Jo Stanes Paint Station*. Here I was immersed in a world of creativity, passion and imagination.



In the first few weeks my sole responsibilities were to help with the handing out of brushes, water bowls, and any supplies needed. I was able to observe Jo's way of teaching and helping her students with techniques, colours, and time management.



After a few classes observing, I was given the opportunity to assist with her junior art classes. These classes ranged from 5 year-olds to 14 year-olds. This quickly became a highlight of my experience as I was able to witness the creative spark in the kids, each bringing their unique creative flair to every project.



Being part of this process, encouraging bold choices, and celebrating each artwork, was an incredible experience that reinforced my appreciation for the power of art in fostering self-expression and confidence.

Throughout my time there, I picked up a variety of new and intriguing techniques, expanding my own artistic repertoire beyond acrylic pouring. I was able to then implement these new techniques, methods and mediums into my own work, with the mentorship of Jo.



# **New Leaf Dentists**

2023

I started my internship with New Leaf Dentists at the beginning of Year 11. My initial intention was to gain insight into the jaw and teeth to aid my interest in forensic anthropology. I spent 1 day every week learning all about teeth, and how a dental practice works day to day. I spent most of my time observing different procedures, watching the dentist as well as the dental assistant.

I was thoroughly enjoying my time at New Leaf Dentists, from shadowing and observing how the practice is run, to training in the sterilisation bay and assisting chairside. Under the guidance of Dr. Tara Wallace-Hor and Dr. Rouel Vergara, I was able to observe a range of different procedures including general check up and cleans, fillings, all stages of root canal treatment, crown issues, denture and splint adjustments, and multiple tooth extractions.

I learnt that a huge part of dentistry is not only the procedures but the care and communication between the dentist and the patient as well. From when they first arrive at the practice, to when they leave the building. The way the dentist caters and explains the procedures, makes sure the patient understands everything, allows for questions and clarification, and wants the patient to feel calm and comfortable.

Another thing I learnt from my experience is that each patient is very different from the other. Each with their own opinions and preferences with different procedures, rooms, instruments used, etc. For example one patient might ask if we can turn the music off in the room, and one patient who is more anxious may ask for us to turn the music up. One patient might love a bite block during a procedure and one may prefer to not use it.

After a short time interning, I found that I loved all aspects of dentistry and I decided that it was something I was actually really interested in and wanted to pursue as a career after school. This motivated me to begin the process of completing my Certificate III in Dental Assisting at

TAFE. New Leaf Dentists ended up taking me under their wing, allowing me to work part time as a trainee.



## Kids Chompers | Sydney Paediatric Dental

2024

As I continued my traineeship at New Leaf Dentists into 2024, I quickly became curious about the specialised areas of dentistry, which could be possible pathways and careers for me in the future. I reached out to Kids Chompers, a paediatric dental practice run by Dr. Kareen Mekertichian, who was a common referral for a lot of the patients at NLD. I ended up completing a day of work experience with Dr. Mekertichian, of which I thoroughly enjoyed. I was exposed to new and different cases and technology, from learning about dental fluorosis, the difference between hypomineralisation and hypermineralisation. It was interesting to see how a completely different practice was run and just how many patients were seen in a day! I couldn't be more grateful for Dr. Mekertichian and his team for taking me on.

