

## Comments from Students About the Prosthodontic Olympics

### How many times you practiced your event?

People practiced between 7 and 20 times.

### Did you learn to be faster or better at your event?

Unanimously, YES we got A LOT faster! A few mentioned that although they got faster not necessarily better...but the increase in speed was amazing.

Was this a useful learning technique?

Unanimously, YES!

### Comments over the Years:

"I feel like I really am a winner. I used to hate putting a rubber dam on. It took 10 minutes. Now I don't think about it - less than a minute."

"The Olympics were amazing!!!! Such a fun and educational morning. It really showed us that we can be more efficient with our time, and that we can get quality work in less time, but still stressed the importance of quality, as it is worth the most. The spirit was so great. I loved how all my team members were so supportive and how much effort everyone put in (students, faculty and staff). The events were very applicable to the things we do in school as students and eventually as dentists. Great music!!"

"For me, it was a welcomed change from our normal routine and standard learning platforms. I feel the Olympics emphasized teamwork, mastery of select clinical skills, creativity and wholesome, educational fun. It is also great to see so many different stakeholders get involved - students, faculty, staff and sponsors."

"Throughout the events, you could hear team chants, musical instruments, and other various modes of cheering taking place. It was all so vivid and surreal; I felt like I had stepped out of Halifax and onto a Broadway stage!"

"My favorite day of the whole year was the Prosth's Olympics".

"I found this to be an extremely useful learning technique and wish that I was able to participate in all the events of the Pros Olympics because I learnt so much about the event I participated in."

"Having quality count for more than speed made us not forget that quality is the most important aspect of our work."

“Great learning experience! I believe it was useful for everyone.”

“It was really nice to pick up tips from other classmates and faculty on how to increase your speed in your event... I wish I would have competed in more than one so that I could have picked up even more tips!”

“It was an awesome day!”

“I thought it was a great way to learn and get really good and efficient at a particular skill. The actual day itself was a load of fun - wish we had more events like that - even between different years! Also great way to bond with other people in the class - the time spent brainstorming and coming up with costume ideas was really fun.”

“I loved the Pros Olympics!!!”

“I would have loved to compete in more than one event. It would also be fun to have a school wide tournament like this, each year send their best...costumes and all!”

“It was an absolute blast!”

“The fact that a professor would take the initiative to organize an activity that is so fun and such a great learning experience for students is amazing. It is one of the best activities that we've done as a class so far and the effort put in by our profs really made it a great day. I almost wish we could all do every event, because I feel like my custom tray skills were super improved.”

“Also, having quality count for more than speed made us not forget that quality is the most important aspect of our work. This was also an opportunity to get better acquainted with classmates that you did not know very well before hand. Overall this was a great experience.”