



honor your Self



"FIND SOMETHING THAT YOU ENJOY DOING, THAT YOU GET SATISFACTION OUT OF. IF YOU WORK HARD YOU CAN DO IT."

Aimee Ameline is a full-time dentist in Great Falls. She went to the University of Minnesota School of Dentistry after getting her undergraduate degree at Montana State University in Bozeman. As a female with a demanding career, she feels pulled in lots of different directions. Aimee is married and has three young children. In addition to doing dentistry and raising a family, Aimee also had to find time to run her business. "You're a dentist and you're also a manager of a business," she says. "You have to deal with money and staffing and all those things, too." But, she says, dentistry was a good career choice for her. She wanted to live in a smaller community and have a family. Dentistry, she says, allows her more flexibility with her hours.

Aimee says her biggest role models are her parents because they are caring people with good work ethics and they helped her get to where she is today. Her mother was a dental assistant and inspired Aimee to follow dentistry as a career path. Aimee finds her career challenging but very rewarding, especially when she is able to help people who are in pain.

Those who are interested in dentistry, she suggests, should ask a dentist if they can observe them to see if it is the right choice. The road to being a dentist was long and hard, says Aimee. But just like anything, she says, "Work hard to achieve your goals. It's not impossible. It can be tough at times, but you can make it if you strive hard and work hard. It pays off in the end."

"REALIZE THAT EVEN IF YOUR FAMILY ISN'T A GREAT SUPPORT SYSTEM, THERE ARE SUPPORT SYSTEMS OUT THERE – TEACHERS, A GUIDANCE COUNSELOR, COMMUNITY MEMBERS. MOST PEOPLE ARE WILLING TO HELP IF THEY SEE THAT YOU ARE REALLY TRYING AND REALLY DETERMINED."



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