

TEACH- Teen Education and Careers in Healthcare

Brought to you by AMSA REACH Premed Coordinator 2010-2011



MISSION & GOAL:

TEACH is a multifaceted approach to address the needs of the minority youth, develop leadership skills, foster academic success, and promote higher education. The purpose of TEACH is to inspire under-represented minority high school students to pursue careers in health professions, and to encourage them to help relieve health disparities by taking action on health-related problems in their community.

PROJECT OUTLINE:

1. A **presentation** about health careers at a local high school with high proportion of minority students.
 - a. See TEACH_highschool.ppt
 - b. Introduction to the fields of medicine, nursing, pharmacy, dentistry and other health care-related professions.
 - c. Try to include fun activities and engage the students! E.g. running an emergency code scenario, anatomy models, etc.
 - d. MOTIVATE the students! Some healthcare careers might take years to complete, but “work hard and study hard and anything is possible!”
 - e. Distribute applications for a follow-up mentorship program.

*Tips: if possible, try to find volunteers with similar race/ethnic background to serve as role models, to show the high school students that it is possible to accomplish their goals.

2. A **mentorship program** for motivated students (selected by application).
 - a. The high school students will be divided into smaller groups to work with college students, medical school or MPH students.
 - b. The groups will meet every other week after school (frequency of sessions can be changed depending on volunteer availability)
 - c. The sessions consist of mentorship/tutoring components for 1 hour, including help with SAT, college application, scholarships, FAFSA, and resume writing.
 - i. Preparations for higher education and careers in health.

- d. The 2nd hour of the sessions will be team building activities and working on problem-based learning modules (i.e. teach the students how to identify health-related problems in their community, and work to address those problems).
 - i. Health education
 - ii. Leadership skills and teamwork.
 - iii. Community activism
3. Divide the youth participants into teams that work to develop **a community health service project**.
 - a. Examples can be a Health Day at school, Drug Free Campaign, or Obesity Awareness.
4. Rewards and incentives
 - a. Field trip to tour a college.
 - b. Field trip to medical center/hospital/medical school - Be a Student Doctor for a Day (session for dissection, bones, vital signs, etc.)
 - c. Basketball/football game tickets.
 - d. Scholarship, gift cards, free SAT prep class.
 - i. Seek sponsorships from companies, such as Kaplan test prep, Princeton Review, Sylvan Learning center, etc.

PARTNERS & ADVISORS

- High school teacher
- College professor
- Medical school students
- Medical school advisor
- College career services/resource center

EVENT LOGISTICS

Location and date: At local high school with high minority profile.

Duration of sessions: 2 hours (1 hour of mentoring/tutoring, 1 hour of team building/ problem-based learning module session)

Event coordinators/ program mentors: premed and medical students, and/or students from other health professions schools (e.g. nursing, dentistry, pharmacy, etc.).

Planning time-frame for event:

Starting at least one month before the event:

Part I. Health careers presentation:

1. Locate a **high school** to host the event.

Tips: You can search for local high schools online and look up their profiles, or you can make decision based on a poll asking premed/medical students if they know of a school that would benefit from this program.

2. Contact the school's principal to arrange a meeting to discuss proposed event, including potential dates/time. Ask for a specific high school teacher/advisor to help coordinate the program as well as permission to work with their students.
3. Contact student leaders in each health related profession school (medicine, nursing, dentistry, etc.) to determine if they are interested in participating.
4. Finalize the first presentation date and generate a list of volunteers. Print out applications for mentorship program.
5. Make transportation arrangements for volunteers.
6. Establish an event theme or activities to capture high school students' interest. (eg - run a mock code scenario and then ask the high school students how they thought we should respond.)
7. Obtains props and other supplies. (E.g. airway management equipment, anatomy doll, de-fib machine, IV fluid bags, tubing from hospital department heads.)
8. Perform event dry-run a few days before the actual event.
9. Date of event: run an icebreaker/activities (e.g. the code scenario), answer questions, present health careers, ppt, and discussion. **At end of presentation, pass out mentorship applications and talk about program incentives!**

Part II. Mentorship afterschool program:

1. Recruit volunteers (premed/med) to be program coordinators & mentors
2. Develop criteria for selection of high school students as participants in your TEACH program
3. Select motivated high school students through application process, including interview. Limit the number of participants based on available volunteers.
4. Select regular meeting dates, time, and location for the semester. (E.g. every other Thursday afterschool).

5. Plan for the sessions a week in advance. Decide on a topic for college preparation and create handouts. Prepare a health-related problem-based learning topic & worksheets.
**Tips: assign homework to the high school students to complete before next session!
This will keep them engaged in the program in-between sessions.
6. In the first session, high school students will be divided into smaller groups to work with premed/ medical students, or other health professions students.
** Assign a designated mentor for every youth participant, exchange contact info.
7. During tutoring/mentoring sessions, mentors can work with the students on their homework, and talk briefly about college preparation.
8. During PBL session, volunteers can facilitate discussion in small groups, and encourage students to work together as a team.
9. Mentors will guide the student teams to complete **a community health service project**.

Key advice/suggestions:

- It is important to establish a relationship with the school or institution prior to scheduling the event.
- Make sure you have the support of your own university or medical school in advance.
- Multi-task! Have various members of your committee work on obtaining incentives for the participating high school students, developing curricular and career advising materials, establishing sponsoring partners (eg - Kaplan for scholarships), etc simultaneously