

# Getting Involved in Healthcare





If you were a vegetable, which one would you be and why?

# AGENDA

1

Volunteering

2

Clubs

3

Shadowing

4

Research

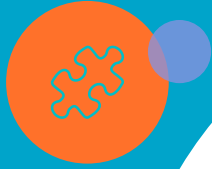
5

Healthcare-Related Programs

6

Speaker Panel

# Volunteering




# Healthcare-Related

This kind of volunteering can be important in giving someone experience with what it can be like to work in a healthcare career and help individuals develop the soft skills they will need in those settings, especially with direct patient care. It can also be helpful in getting involved in the community and establishing interest in a certain path or goal in medicine that they are passionate about.

## Examples

- **Volunteering in a hospital setting** with direct patient contact/clinical exposure or without (i.e. restocking items, taking calls at a help desk, etc.)
- **Medical scribe:** following medical staff and writing down information they need about the patient
- Volunteering in **organizations that work towards a certain goal in medicine** (i.e. volunteering in a non-profit that raises money for Alzheimer's research)
- Volunteering in an **elderly care home** or in **hospice care**

# Non-Healthcare-Related



Each volunteering experience can **teach you something new about yourself** and how you are able to act and **lead** in different situations. The skills you develop in each setting will provide you with valuable experiences and help you become a **well-rounded person**.

## Examples

- Volunteering as a camp counselor
- Tutoring
- Volunteering for one of your school organizations or clubs (i.e. teaching kids how to play your instrument or how to play your sport)
- Volunteering for organizations that are working towards a goal that isn't healthcare-related
- ... the list is endless!

# Remote Opportunities



## Use technology to your advantage!

- **Crisis Text Line** OR **7 Cups**: being a resource on a text line for people in crisis
- **Be My Eyes**: a mobile app that pairs sighted volunteers with blind and low vision people to help them with everyday tasks



## Get involved in your community!

- Online **tutoring**
- **Camp counselor** for virtual camps



## Take on a leadership role!

- The **Red Cross** and The **UN** has a lot of opportunities for fundraising coordinators



# Clubs





# Why Get Involved in Clubs?

Helps you meet peers with **similar interests**

Develop **hard** and **soft skills**

**Explore** possible career options

Opportunities for **leadership**



# Examples of Clubs

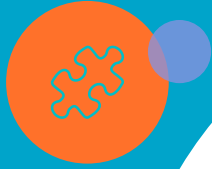
Healthcare-Related	Non-Healthcare-Related
<ul style="list-style-type: none"><li>● Health Occupations Students of America (HOSA)</li><li>● Science Olympiad</li><li>● Doctors Without Borders</li><li>● Red Cross Club</li></ul>	<ul style="list-style-type: none"><li>● Debate/Speech</li><li>● Newspaper</li><li>● Foreign Language Club</li><li>● Yearbook Club</li><li>● Academic Decathlon</li><li>● Chess Club</li><li>● ... and many more!</li></ul>

*Your interest is the most important part!*



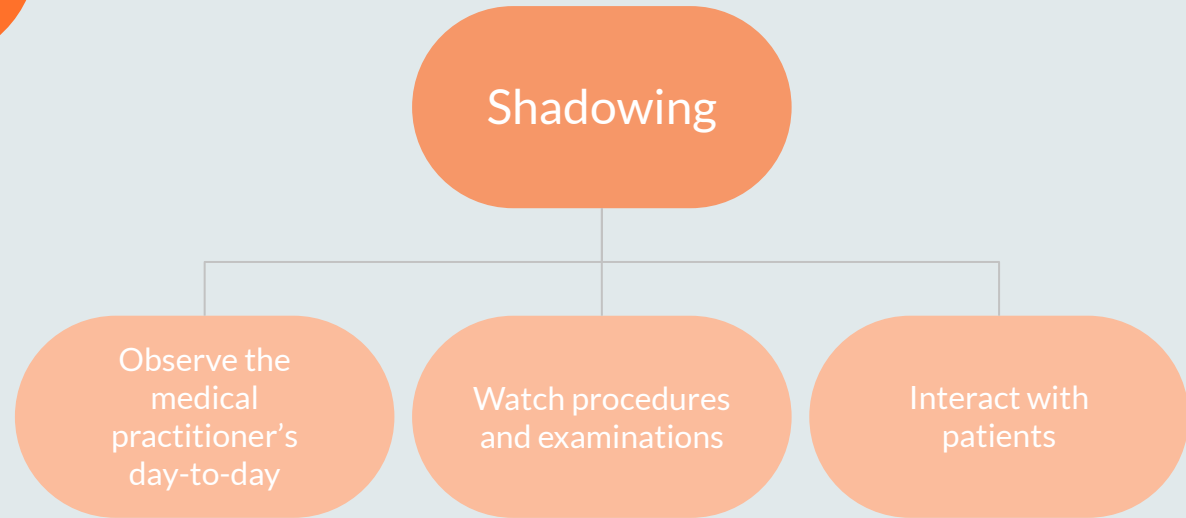
If you could make a club about anything, what would it be?

# Shadowing





# What is Shadowing?



***\*\*Ask plenty of questions!***

## Why is Shadowing Important?



- Understand **different** specialties and medical environments
- Gain **hands-on experiences**
- Opportunities to observe the **patient-physician relationship**
- Can help you decide **if healthcare is the right path**



## How Do I Start Shadowing?



- Start by asking your primary care physician
- Ask members of your **family**
- Consult **teachers** and **advisors**
- Reach out to the medical professional via **phone** or **email**
- Be **punctual** and come **appropriately dressed**



Research



# What is Research?

Research is a careful and detailed **study** on a topic in order to establish and **support hypotheses** or new knowledge and develop **new understandings** of existing knowledge

## “Wet” Lab

- Wet labs are for manipulating liquids, biological matter, and chemicals.
- Have more intense **design** requirements with live cell **cultures** and or **chemicals**.



## “Dry” Lab

- Dry labs focus on physics, engineering, and computation.
- Involve **analysis, modeling, and simulations**.



# How Can I Get Involved?



## Reaching out to a researcher

- *Introduce* yourself and your background
- Talk about *why you are interested* in their research
- Ask to *set up a meeting* to learn more about their research
- During the meeting, ask whether their lab has any *opportunity* for you to join and research with them

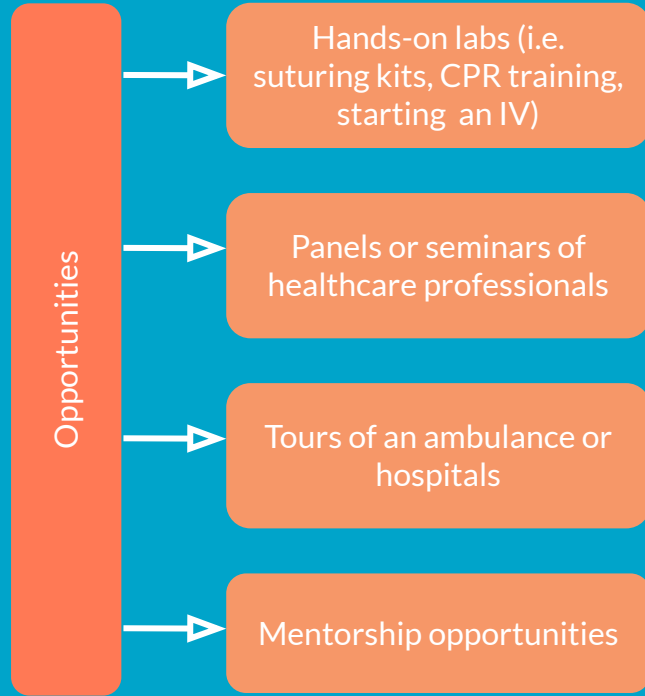
## Presenting your research

- **Research Symposiums**
  - Create a poster and present your research in a professional setting to people walking around
- **Research Award Competitions**
  - You write a report/summary or a research paper to submit to these



# Summer Camps and Programs

# Healthcare-Related Programs



## Scholarships!

Sometimes camps offer scholarships OR you can find scholarships online (like in our database!) that can help you pay some or nearly all of the expenses.





# HPREP



## WHAT?

- HPREP stands for *Health Professions Recruitment and Exposure Program*

## HOW?

- Gives exposure to
  - Medical school **curriculum**
  - **Career** options in healthcare
  - **Tools** for academic success in the pre-healthcare route
  - Opportunities to interact with current medical students, graduate students, physician assistant (PA) students, physical therapy (PT) students, physicians, nurses, and other **healthcare professionals**

## WHERE?

- At **Feinberg**, Northwestern's Medical School!

The image is a title slide for 'Project MEDLaunch'. It features a solid blue background with a large white circle in the center. The text 'Project MEDLaunch' is centered within this circle. 'Project' is in a dark blue, sans-serif font, while 'MEDLaunch' is in a teal, sans-serif font and is underlined. Surrounding the central circle are several decorative elements: an orange circle with a white gear icon in the top-left, an orange circle with a white lightbulb icon in the top-right, and a red circle with a white thumbs-up icon in the bottom-left. There are also several smaller, semi-transparent circles in various colors (purple, grey, white, yellow) scattered around the main circle.

# Project MEDLaunch



What's your  
favorite summer  
activity?



1. What is one *goal* you have for getting involved in healthcare?
2. How do you see *yourself* exploring healthcare?





A white lightbulb icon inside a yellow circle, located in the top-left corner of the slide.

# Thank you!

Feedback Form:

<https://tinyurl.com/ProjectMEDFeedbackForm>

