



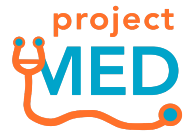
## Worksheet: Getting Involved in Healthcare

Type of Opportunity	What might it look like?	Why should I get involved?	How do I get involved?
<i>Volunteering</i>	<ul style="list-style-type: none"> <li>• Healthcare-related:               <ul style="list-style-type: none"> <li>○ Volunteer at a hospital or clinic</li> <li>○ Serve as a medical scribe</li> <li>○ Volunteer at a healthcare-related nonprofit organization</li> <li>○ Volunteer at an elderly care home or in hospice care</li> </ul> </li> <li>• Non-healthcare-related               <ul style="list-style-type: none"> <li>○ Volunteer as a camp counselor</li> <li>○ Tutor</li> <li>○ Volunteer at a food bank</li> </ul> </li> <li>• Remote opportunities               <ul style="list-style-type: none"> <li>○ <b>Crisis Text Line OR 7 Cups:</b> being a resource on a text line for people in crisis</li> <li>○ <b>Be My Eyes:</b> a mobile app that pairs sighted volunteers with blind and low vision people to help them with everyday tasks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Get involved in the community</li> <li>• Establish interest in a certain path or goal in medicine</li> <li>• Teach you something new about yourself</li> <li>• Gain new skills</li> </ul>	<ul style="list-style-type: none"> <li>• Look for volunteer intake forms and sign up pages on the websites of organizations that interest you               <ul style="list-style-type: none"> <li>○ It might look like this: <a href="#">Chicago Food Bank</a></li> </ul> </li> <li>• If you're interested in an organization that doesn't have a website for volunteers, email them! Introduce yourself and explain your interest in getting involved</li> </ul>
<i>Clubs</i>	<ul style="list-style-type: none"> <li>• 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> </li> <li>• Non-healthcare-related:               <ul style="list-style-type: none"> <li>○ Debate/Speech</li> <li>○ Newspaper</li> <li>○ Foreign Language Club</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Helps you meet peers with similar interests</li> <li>• Develop hard and soft skills</li> <li>• Explore possible career options</li> <li>• Opportunities for leadership</li> </ul>	<ul style="list-style-type: none"> <li>• If your school has a club fair, take advantage! Walk around and learn about different clubs. Sign up for all the ones that interest you</li> <li>• Talk to teachers who organize the clubs that interest you</li> <li>• Talk to your friends about what clubs they're involved in, and join them for a club meeting</li> </ul>



## Worksheet: Getting Involved in Healthcare

	<ul style="list-style-type: none"> <li>○ Yearbook Club</li> <li>○ Academic Decathlon</li> <li>○ Chess Club</li> </ul>		
<i>Shadowing</i>	<ul style="list-style-type: none"> <li>● Shadowing consists of following around a medical professional during their job. You might get to:             <ul style="list-style-type: none"> <li>○ Observe the medical practitioner's day-to-day</li> <li>○ Watch procedures and examinations</li> <li>○ Interact with patients</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Understand different specialties and medical environments</li> <li>● Gain hands-on experiences</li> <li>● Opportunities to observe the patient-physician relationship</li> <li>● Can help you decide if healthcare is the right path</li> </ul>	<ul style="list-style-type: none"> <li>● Do you personally know any doctors? Ask them if they have any opportunities for shadowing</li> <li>● When you go to the doctor, tell them about your healthcare interest and ask if they offer any shadowing opportunities</li> <li>● Reach out to medical professionals via phone or email</li> </ul>
<i>Research</i>	<ul style="list-style-type: none"> <li>● Wet Lab             <ul style="list-style-type: none"> <li>○ Wet labs are for manipulating liquids, biological matter, and chemicals.</li> <li>○ Have more intense design requirements with live cell cultures and or chemicals</li> </ul> </li> <li>● Dry Lab             <ul style="list-style-type: none"> <li>○ Dry labs focus on physics, engineering, and computation.</li> <li>○ Involve analysis, modeling, and simulations</li> </ul> </li> <li>● Research also exists for the humanities!             <ul style="list-style-type: none"> <li>○ Might involve reading literary work, conducting interviews</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Dive into a curiosity</li> <li>● Explore research as a career option</li> <li>● Opportunity to build a relationship with a professor who can serve as a mentor</li> </ul>	<ul style="list-style-type: none"> <li>● Email professors that interest you!             <ul style="list-style-type: none"> <li>○ Introduce yourself and your background</li> <li>○ Talk about why you are interested in their research</li> <li>○ Ask to set up a meeting to learn more about their research</li> <li>○ During the meeting, ask whether their lab has any opportunity for you to join and research with them</li> </ul> </li> </ul>
<i>Healthcare-Related Programs</i>	<ul style="list-style-type: none"> <li>● Often lasts a few weeks, takes place at a university</li> <li>● May offer opportunities including             <ul style="list-style-type: none"> <li>○ Hands-on labs (i.e. suturing kits, CPR training, starting an IV)</li> <li>○ Panels or seminars of healthcare professionals</li> <li>○ Tours of an ambulance or hospitals</li> <li>○ Mentorship opportunities</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Provide in-depth exposure into various healthcare fields</li> <li>● Gain hands-on experiences</li> <li>● Can help you decide if healthcare is the right path</li> <li>● Meet peers with similar interests</li> </ul>	<ul style="list-style-type: none"> <li>● Google your interests and search through different universities' websites</li> <li>● Be prepared to apply! You might need to write some essays and submit a resume</li> </ul>



## *Worksheet: Getting Involved in Healthcare*

---

### Database Overview

- [MEDLaunch Database](#)