Workshop: Getting Involved in Healthcare

Objectives	Resources
1. Gain an overview of the various types of opportunities to get more involved in healthcare 2. Learn how to involve oneself in healthcare opportunities 3. Gain familiarity with MEDLaunch Database	• 🗐 Workshop_Getting Involved in Healthcare_… • [MEDLaunch Database](#) • [HPREP Website](#)

Activities	
Warm-Up Activity	1. Introduce icebreaker activity, and have students answer in a small- / large-group setting, depending on which is more appropriate.

Volunteering	1. Provide examples of both healthcare-related and non-healthcare-related volunteer opportunities (they're both important!)
	    a. Healthcare-related:
	        i. Volunteer at a hospital or clinic
	        ii. Serve as a medical scribe
	        iii. Volunteer at a healthcare-related nonprofit organization
	        iv. Volunteer at an elderly care home or in hospice care
	    b. Non-healthcare-related
	        i. Volunteer as a camp counselor
	        ii. Tutor
	        iii. Volunteer at a food bank
	2. Highlight some remote opportunities too! Emphasize the breadth of opportunities that exist
	    a. Crisis Text Line OR 7 Cups: being a resource on a text line for people in crisis
	    b. Be My Eyes: a mobile app that pairs sighted volunteers with blind and low vision people to help them with everyday tasks
	    c. Online tutoring
	3. Emphasize benefits:
	    a. Get involved in the community
	    b. Establish interest in a certain path or goal in medicine
	    c. Teach you something new about yourself
	    d. Gain new skills

Clubs	1. Provide some examples of healthcare-related and non-healthcare related clubs
	    a. Healthcare-related:
	        i. Health Occupations Students of America (HOSA)
	        ii. Science Olympiad
	        iii. Doctors Without Borders
	        iv. Red Cross Club
	    b. Non-healthcare-related
	        i. Debate/Speech
	        ii. Newspaper
	        iii. Foreign Language Club
	        iv. Yearbook Club
	        v. Academic Decathlon
	        vi. Chess Club
	2. Emphasize benefits:
	    a. Helps you meet peers with similar interests
	    b. Develop hard and soft skills
	    c. Explore possible career options
	    d. Opportunities for leadership
	3. Add discussion question: If you could make a club about anything, what would it be?
	    a. Give students about 5 minutes to answer in small- / large-group setting.

Shadowing	1. Explain what shadowing is and what it might look like:
	    a. Observe the medical practitioner's day-to-day
	    b. Watch procedures and examinations
	    c. Interact with patients
	2. Discuss the benefits
	    a. Understand different specialties and medical environments
	    b. Gain hands-on experiences
	    c. Opportunities to observe the patient-physician relationship
	    d. Can help you decide if healthcare is the right path

Research	1. Give a definition of research: Research is a careful and detailed study on a topic in order to establish and support hypotheses or new knowledge and

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develop new understandings of existing knowledge
2. Explain what various research work could look like
   a. Wet Lab
      i. Wet labs are for manipulating liquids, biological matter, and chemicals.
      ii. Have more intense design requirements with live cell cultures and or chemicals
   b. Dry Lab
      i. Dry labs focus on physics, engineering, and computation.
      ii. Involve analysis, modeling, and simulations
   c. Research also exists for the humanities!
      i. Might involve reading literary work, conducting interviews
3. Benefits
   a. Dive into a curiosity
   b. Explore research as a career option
   c. Opportunity to build a relationship with a professor who can serve as a mentor
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<td>Healthcare-Related Programs</td>
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1. Give a description
   a. Often lasts a few weeks, takes place at a university
   b. May offer opportunities including
   c. Hands-on labs (i.e. suturing kits, CPR training, starting an IV)
   d. Panels or seminars of healthcare professionals
   e. Tours of an ambulance or hospitals
   f. Mentorship opportunities
2. Review benefits
   a. Provide in-depth exposure into various healthcare fields
   b. Gain hands-on experiences
   c. Can help you decide if healthcare is the right path
   d. Meet peers with similar interests
3. Scholarship Information
   a. Sometimes camps offer scholarships OR you can find scholarships online (like in
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	our database!) that can help you pay some or nearly all of the expenses 4. Give an example: HPREP a. Feel free to substitute with local healthcare exposure program, along with respective deep-dive (i.e. who, what, where, etc.)
Speaker Panel (if applicable)	1. Lead a moderated speaker panel with pre-health undergraduate students a. Focus questions and answers on topics previously covered 2. Optional: Create breakout rooms for students to ask questions in small-group settings

Evaluation	Reflection
1. Give students 5-10 minutes to surf through the MEDLaunch Database. Do they see anything that interests them? Look at the instructions to get involved and try to make a plan. 2. Wrap up with a question to continue to get to know students. a. Optional: What's your favorite summer activity?	1. Of the types of healthcare opportunities that we discussed, which interests you the most? 2. What is your plan to get more involved?