

Healthcare Pathways



Created for Students by Students

Cedars-Sinai Medical Center: Mentoring Youth in Action!

Wow! With national shortages of healthcare workers, now is a great time for students to learn about careers in the health industry. Cedars-Sinai Medical Center (Cedars-Sinai) in Los Angeles is taking the initiative to help youth prepare for jobs they enjoy. Some of them earn a paycheck too! Through school-based education, workplace learning and mentoring, and other outreach efforts, students develop a greater understanding of the social, economic, and educational factors that they will have to face in the future. For example, Cedars-Sinai's Youth Employment and Development Health Careers Academy (YED) guides eager students toward the real world of work.

High School Participants. Each year, 50 Los Angeles Fairfax High School juniors and seniors participate in the YED. Cedars-Sinai employees mentor students for at least one year in their respective job specialty.

The YED includes work-related class discussions, role-playing, facility tours, career presentations, work culture and ethics, customer service, and guidance on college and career choices. Students also earn up to 10 high school credits -- now that's a great incentive! Students are required to maintain a "C" average, demonstrate critical thinking skills, act responsibly and use excellent communication skills. Of the more than 400 YED students, 75 percent have become interested in healthcare careers based on their experiences at Cedars-Sinai alone. The YED is a nationally recognized model to help organizations establish similar mentoring programs, such as the Stand and Deliver program with the City of Los Angeles Community Development Department.

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Cedars-Sinai Prepares Next Generation

Patients Need More Health Professionals In High Demand Areas

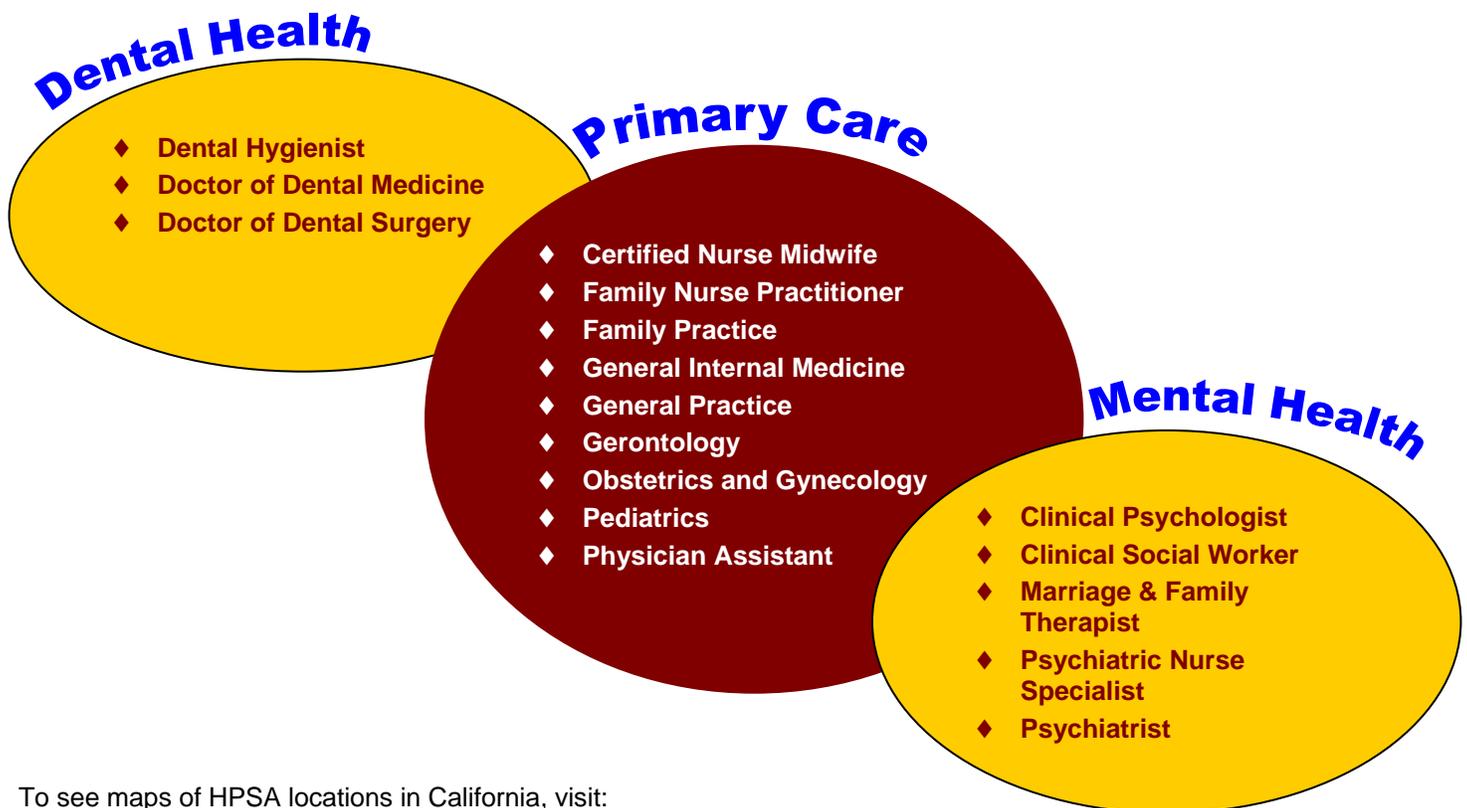
With more than 36 million people living in California and the increased need for services, it is no wonder we are experiencing a shortage of health professionals. College freshman should explore occupations offered within the dental, primary care and mental health fields. Healthcare graduates should consider seeking job opportunities in Health Professional Shortage Areas (HPSAs) to secure gainful employment and help improve patient access to healthcare services.

HPSAs

HPSAs are geographic locations that have a high population to provider ratio or that demonstrate an unusually high need for certain types of healthcare services. As of September 2007, the federal government has designated 409 HPSAs throughout California in dental, primary care and mental health fields. The designated HPSAs help improve the ability for health facilities to provide healthcare to their patients.

Student Benefits and Demand Occupations

HPSAs offer considerable recruitment and retention benefits to health facilities by enabling them to entice health professions students and recent graduates to work in their area for a specified period. In exchange, students qualify to apply for loan repayment or scholarship opportunities, which is important to those students with significant debt. HPSA health professionals may feel a sense of fulfillment by working with patients who may not have otherwise received care. Consider the following health careers in a California HPSA location:



To see maps of HPSA locations in California, visit:

- ◆ Dental HPSAs: <http://gforge.casil.ucdavis.edu/docman/view.php/60/110/dental.pdf>
- ◆ Primary Care HPSAs: <http://gforge.casil.ucdavis.edu/docman/view.php/60/112/primarycare.pdf>
- ◆ Mental HPSAs: <http://gforge.casil.ucdavis.edu/docman/view.php/60/111/mentalhealth.pdf>

For more information on HPSAs, visit: <http://www.oshpd.ca.gov/HWCDD/cooperative> For information on scholarship and loan repayment opportunities, visit: <http://www.healthprofessions.ca.gov> and <http://www.oshpd.ca.gov/HWCDD/stateloan>

Scholarships and Grants

The Tylenol Scholarship

<http://tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc>

American Physical Therapy Association Minority Scholarship Award for Academic Excellence

<http://www.apta.org/AM/Template.cfm?Section=Home&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=27483>

MoneyMatters101.com 2007 Scholarship

www.moneymatters101.com/scholarship/spring2006.asp

Service League Volunteer Scholarship; Medical Staff Scholarship; Washington Hospital Employee Association Scholarship

<http://www.whhs.com/community/scholarships.htm>

National Science and Mathematics Access to Retain Talent Grant or National Smart Grant

<http://www.studentaid.ed.gov/PORTALSWebApp/students/english/NewPrograms.jsp>

Money! Scholarship Search – Application and Essay Tips

Scholarships, large or small, can help students with tuition, books, room and board, food or other college expenses. While it is no secret that finding scholarships can be a time consuming task, knowing how to search for them is the first step toward winning them. Here are a few tips to help you get started:

- ✓ **Do your homework!** Look for scholarships that are targeted for your college of interest or specific academic major. Learn what the sponsors do and tailor your essay to interest them.
- ✓ **Take initiative!** Ask your employer or employers of your family members. Contact community organizations, private clubs, churches, unions, store chains, or other types of professional organizations. Don't be afraid to ask if they award student scholarships.
- ✓ **Surf the Internet!** Focus exclusively on locating available scholarships. For example, enter "scholarship tips" in your Internet key word search.
- ✓ **Beware of scams!** Don't apply for scholarships if sponsors ask for money in exchange for one or assistance in completing applications.
- ✓ **Read eligibility requirements carefully!** Determine if you qualify for the scholarship and don't be afraid to contact the sponsor if you have questions.
- ✓ **Be creative!** What makes you different from all the rest? For example, you may want to include topical areas on achievements; goals and aspirations; personal qualities; life experiences; honors and awards; leadership; special skills and abilities; commitment; or unusual challenges or hardships.
- ✓ **Be neat!** Type your information and double check spelling and grammar.
- ✓ **Stay organized and timely!** Send applications by certified mail two weeks to a month before the deadline!
- ✓ **Keep copies!** Copy everything you mail to the sponsor.



For more tips on scholarships, applications and essay tips, refer to the following websites:

http://www.collegeanswer.com/paying/content/pay_scholarship_tips.jsp or

<http://www.fastaid.com/scholarships/tips.htm>

For many people, becoming a doctor was a popular childhood dream; yet very few took the pathway. Do not give up just yet. There are many beneficial programs out there for those wanting to fulfill their dreams. The University of San Francisco's Latino Center for Medical Education and Research (LaCMER) in Fresno captures the attention of many area students looking to pursue careers in healthcare.

LaCMER creates a strong healthcare educational pipeline within Fresno County public schools by recruiting, mentoring, and tutoring Latino and other educationally or economically disadvantaged students. LaCMER works closely with Latino physicians by providing fellowships to help develop strong research and teaching skills. The expectation is that these physicians will choose to stay in the San Joaquin Valley area and serve as mentors and role models to students who express a genuine interest in the healthcare workforce. Maintaining a strong commitment of helping ambitious students gain a head-start toward a promising career is what truly makes LaCMER stand out as an active leader in enriching lives. Check out LaCMER's three inspiring programs:

Junior Doctors Academy (JDA): Middle School Campuses

The JDA is a special academic enrichment program for motivated seventh and eighth grade students attending Kings Canyon, Sequoia, Terronez and Washington Colony Middle Schools in Fresno County. Students must be interested in a career in medicine or another healthcare profession. Upon completion of the program, students will have developed skills that enhance their academic, social and leadership abilities.

JDA students receive:

- ❖ Health professions classes
- ❖ Enrichment skills for science, math and language arts
- ❖ Lessons and guidance for college preparation and planning
- ❖ Tutoring by college students
- ❖ Special trips to colleges, universities, science exhibits, and health facilities
- ❖ Attendance at a summer enrichment program



JDA Students at UC Berkeley

Progressive Pipeline Dreams

Doctors Academy (DA): Caruthers, Selma, and Sunnyside High School Campuses

The DA is a challenging school-within-a-school program that works with the Fresno Community Medical Centers, Kaiser Permanente in Fresno, U.S. Department of Veterans Administration Hospital, and California Children's Hospital. The DA prepares high school students with the academic qualifications and/or financial assistance to enter and succeed through any college. DA program activities include:

- ❖ Summer enrichment
- ❖ Saturday academies
- ❖ Study trips
- ❖ Advancement Via Individual Determination (AVID) tutorials classes
- ❖ Honors/Advanced Placement classes on math, science and English
- ❖ Special counseling
- ❖ Mentoring and support services with health practitioners
- ❖ Workshops for parents
- ❖ Working in clinical settings

Premedical and Health Scholars (PHS): CSU Fresno

PHS provides academic enrichment and social support that prepares students to become competitive applicants for medical, dental or pharmacy health professional schools. PHS awards and benefits include:

- ❖ Staff support and advice
- ❖ Tutoring and additional math and science instruction
- ❖ Medical College Admission Test (MCAT) preparation
- ❖ Engaging with local area healthcare providers
- ❖ Field trips to medical schools and premedical conferences
- ❖ \$250 bookstore gift certificate per semester
- ❖ A free travel drive
- ❖ Access to a private Scholar Study Center with Internet access
- ❖ Summer clinical and research placement

For more information on LaCMER, contact Katherine A. Flores, MD, Director, at (559) 241-7670, or visit: www.fresno.ucsf.edu/latinocenter



Julio and Dr. Padilla

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Jobs to Keep Our Diets and Bodies Healthy

As students on campus, we are surrounded by junk food and constantly grab fast food between classes or during break periods. Eating a bag of chips or candy and drinking a soda or energy drink has become quite the norm for busy students leading busy lives.

The fall and winter school seasons make maintaining a healthy lifestyle a challenging task. We try to convince ourselves to limit our food intake. We promise to exercise the extra calories away. But, the lure of these tasty pleasures typically involves a quick decision that negatively affects our health and we give in to those holiday treats. Does anyone ever stop to think about what this behavior does to our bodies truly? The answer is yes.

There are health professionals working in our society who focus on helping others to understand proper nutritional food values, eat healthier meals, exercise properly, and gain or lose weight. However, many students are not aware of these important health careers. These types of jobs are expected to grow faster than average during the next several years. Check out the following three occupations to spark your interest:

Nutritionist & Dietitian

Avg. Salary Range: \$42,000 - \$91,000 (AMA, 2007 data)
Schooling: 4 to 6 years
Job Description: Plan diet and nutrition programs for patients, supervise preparation of meals and promote healthy eating habits.

Dietetic Technician

Avg. Salary Range: \$30,000 - \$53,000 (AMA, 2007 data)
Schooling: Usually on the job training
Job Description: Under supervision of dietitians, prepare and plan meals and provide counseling to individuals about their diet.

Athletic Trainer

Avg. Salary Range: \$35,000 - \$75,000 (AMA, 2005 data)
Schooling: 4 years
Job Description: Athletic trainers specialize in the prevention, assessment, treatment, and rehabilitation of musculoskeletal injuries.



For more information about these three occupations, visit:

<http://www.ama-assn.org/ama/pub/category/6038.html> or <http://www.bls.gov/search/oooh.asp?ct=OOH>

Health Tips: Oh Those Holiday Treats!

As the holidays approach, we prepare to treat ourselves to all kinds of foods! The fudge, cookies, candy and huge dinners with generous portions make the holidays notorious for having both the sweetest and richest foods of the year. Unfortunately, these types of foods can add pounds and inches to our waistlines. There is a sensible way to enjoy these holiday foods without going overboard. Here are a few tips to consider:

Balance the Day

If you know you are going to be eating a lot of food in the evening, go easy on meals eaten during the day. Eating foods that are healthy and low in fat prevent you from feeling so guilty once you indulge on that delicious dinner.

Eat Slowly

When you finally get to that feast you had been waiting for all day, take it easy and refrain from gorging. Remember, the slower you eat, the quicker you will become full.

Control Yourself

To avoid feeling uncomfortable, stop eating when you are full! Controlling yourself also reduces far more calories than you need. Portion control is crucial to maintaining a healthy diet. When loading up items on your plate, take small amounts of food that you know are either high in fat, grease or sugar. However, make sure to load up on the healthy stuff such as fruits and vegetables!

Exercise More

As always, routine exercise is an excellent way to burn off those extra holiday calories. Here are some ideas:

- ✓ Add a few stretches or “mini-workouts” throughout the day
- ✓ Park farther away from store entrances
- ✓ Take the stairs
- ✓ Increase time on your normal cardio exercise
- ✓ Walk briskly
- ✓ Join a gym – and go!

It's okay to indulge as long as you don't go overboard. But remember, if you do, include exercise in your New Year's resolution to stay fit!



For more information on eating healthy during the holiday season, visit:
<http://www.netwellness.org/healthtopics/diet/nutribyte2003dec.cfm>

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Middle School Outreach. Through Chaka Khan's Foundation, Cedars-Sinai is helping mentor students from Charles Drew Middle School in Los Angeles. Each year, Ms. Khan's Foundation selects students from the Los Angeles Unified School District Seven to provide college awareness and tools needed for future success. The Chaka Khan Foundation is dedicated to assisting disadvantaged women and children with a primary focus on the needs of families.



Middle school students have the opportunity to see health professionals in action during a normal day at Cedars-Sinai. They tour operating and emergency rooms, witness the sterilization of medical tools/utensils, and learn how testing equipment is used to identify patient illnesses. Mentors also discuss how long it takes to train for specific occupations. The exposure to these environments helps students determine if they want to pursue health related programs upon entry to high school. Cedars-Sinai and the Chaka Khan Foundation give back to the community by helping students enjoy learning, realize college dreams and view the real world of work early in life.

For more information on Cedars-Sinai's youth programs and outreach opportunities, contact Andrea Perry at (310) 423-5533 or visit: <http://www.cedars-sinai.edu/5618.html> For more information on the Chaka Khan Foundation, contact Veronica Coffield at (310) 285-5380 or visit: www.ChakaKhanFoundation.org

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