



*South Carolina AHEC  
Health Careers Program*



*So you want to be a  
brain surgeon...  
emergency nurse...  
pediatrician?*

*The path to success starts now!*



## *About the South Carolina Area Health Education Consortium:*

The South Carolina AHEC exists to help improve the health of South Carolina's citizens. Established in 1972, South Carolina AHEC is the only organization in South Carolina that addresses healthcare workforce needs starting at the level of elementary school education and extending to practicing healthcare professionals throughout the state. The success of the South Carolina AHEC is due to the excellent partnerships that have been built with South Carolina's colleges, universities, teaching hospitals and communities.

*South Carolina has far fewer African American and Hispanic healthcare professionals than are represented in the general population. The South Carolina AHEC Health Careers Program (HCP) is one of our most important activities. Students who participate in HCP activities get a head start for a future in healthcare.*

*HCP activities include health careers exploration, academic preparation, and opportunities to meet other students, mentors, and healthcare leaders who are interested in helping students reach their goals.*

*This booklet provides information about the HCP activities and opportunities available across South Carolina. I invite you to learn more about the Health Careers Program and the AHEC Regional Centers where our HCP Coordinators can help students prepare for a career in healthcare.*

*David R. Garr, MD  
Executive Director  
South Carolina AHEC*



## *Health Careers Program Opportunities for Participants*

*Mentoring*

*Academic Scholarship*

*Standardized Test Preparation*

*Health Professions Shadowing*

*Career Interest Inventory*

*Pre-Health Skills Building*

*Hands on Clinical Skills Training*

*Health Professions Certification*

*State and National Conference Participation*

*Summer Internships*

*College and University Visits*

*High School Credit*

*....And Much More*

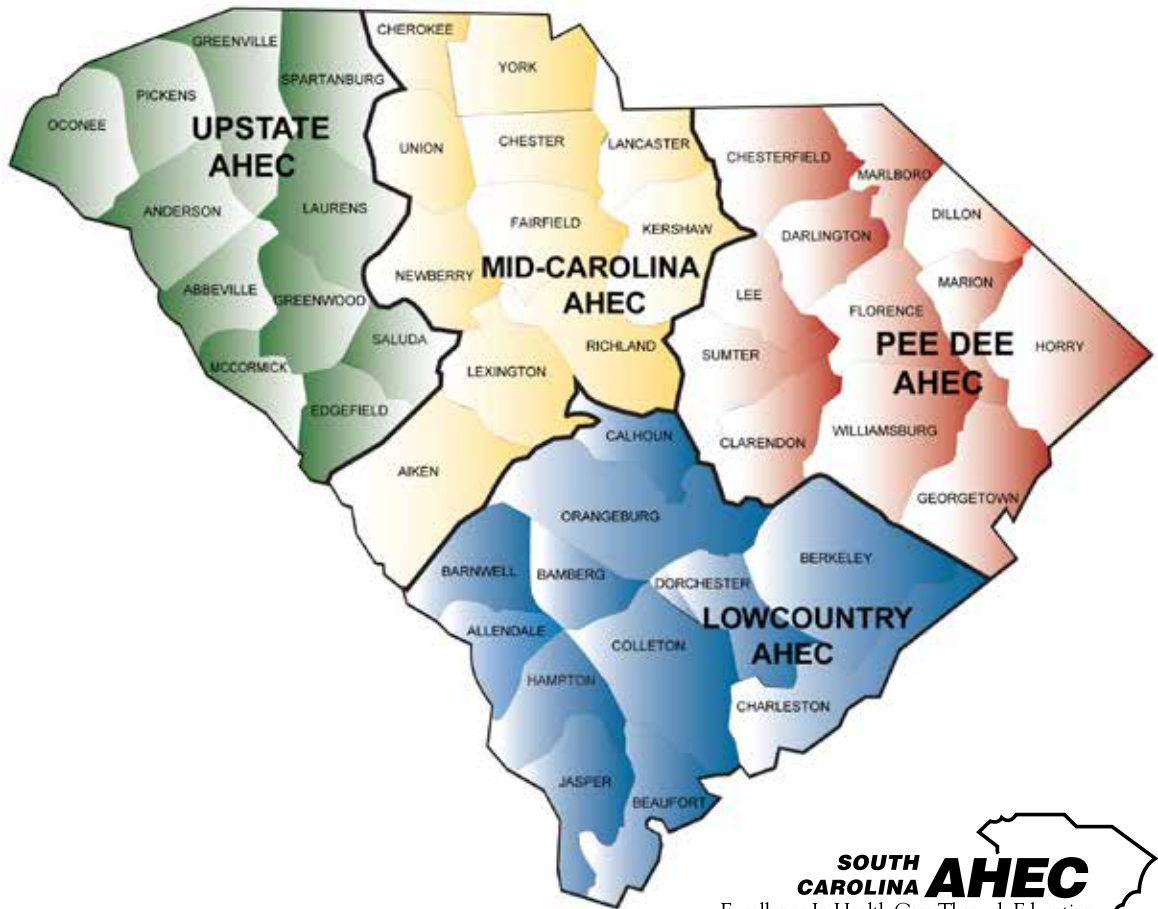


### *About the South Carolina AHEC Health Careers Program:*

The South Carolina AHEC Health Careers Program (HCP) works to increase the number of students entering the health professions in South Carolina. Emphasis is placed on underrepresented minority and disadvantaged students in order to address disparities in the health professions workforce. Activities and educational programs offered by the HCP help students become academically proficient and self-confident future healthcare professionals. Regionally based HCP Coordinators can give you more information on local and state-wide opportunities for students, parents, and mentors.



*Counties Served By Your South Carolina AHEC  
Regional Health Careers Program Coordinators...*



## Health Careers Program Coordinators

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## Health Careers Academy

The South Carolina AHEC offers the Health Careers Academy (HCA) for high school students. HCA activities promote academic success, career development and personal growth for students. The HCA also helps families understand that the path to becoming a health professional begins in high school.

The HCA provides exploration into health careers and prepares students for the rigors of healthcare training programs through activities that focus on communication, math and science.

The HCA also provides student advising and mentoring sessions. Parental involvement sessions are provided for parents to learn more about financial aid options and strategies to help their children strive to become future healthcare providers in South Carolina.

The Health Careers Academy has four types of activity:

- 1. Modules:** Traditional classroom sessions that teach basic knowledge and skills to prepare the students for admission into college and a career in healthcare.
- 2. Service Learning Activity:** Community service projects that enhance the students' experience in health careers while fostering civic responsibility.
- 3. Parent & Student Academic Advisement:** Sessions help the students and parents prepare for the student to successfully enter a health career educational pipeline after graduation from high school.
- 4. Placement:** Shadowing opportunities for students to spend time with health professionals in the community.

## Health Careers Academy Curriculum Description

### 9<sup>th</sup> Grade Students will:

- ◇ Develop the personal character, conduct, and resiliency needed to become a culturally competent healthcare professional.
- ◇ Be introduced to health careers and medical terminology.
- ◇ Be offered up to 15 hours of service learning activity.
- ◇ Have group mentoring opportunities.



### **10<sup>th</sup> Grade Students will:**

- ◇ Enhance their writing skills and explore scientific research.
- ◇ Further explore and expand knowledge about health career options and medical terminology.
- ◇ Be offered up to 20 hours of service learning activity.
- ◇ Have group mentoring opportunities.
- ◇ Develop the study skills and techniques needed to become a successful health professions student.

### **11<sup>th</sup> Grade Students will:**

- ◇ Explore populations who are vulnerable to specific diseases.
- ◇ Discuss legal and ethical issues unique to healthcare.
- ◇ Learn more about applied health services, health education and disease prevention, emergency preparedness, leadership roles and other expectations of healthcare professionals.
- ◇ Be offered up to 30 hours of service learning activity.
- ◇ Begin to focus on job readiness and will be provided with placement, and advising opportunities.

### **12<sup>th</sup> Grade Students will:**

- ◇ Explore human anatomy and physiology. Other activities continue to prepare students to stay on track to achieve their personal goals of joining the healthcare workforce.
- ◇ Be offered 20 hours of service learning as a Capstone Project that allows them to independently explore the career of their choice.
- ◇ Be encouraged to consider participating in activities sponsored by the Summer Careers Academy.
- ◇ Begin to focus on job and college readiness and will be provided with placement, mentoring, and advising opportunities.

*Regional Events are Held Monthly During the School Year!*





## Health Careers Program Scholars & Achievers

The South Carolina AHEC recognizes students who become engaged in HCP activities throughout their high school and college years. Hours toward attaining recognition status can be accumulated for active participation in the **Health Careers Academy (HCA)** and the **Summer Careers Academy**.

Upon graduation from high school, those students who distinguish themselves as a **Jr. Scholar\***, **Scholar\*\***, or an **Achiever\*\*\*** will receive:

- ◇ Letters of recommendation to the college of their choice
- ◇ Leadership opportunities
- ◇ Invitations to special events

\* **Jr. Scholar:** Any student having completed 20-59 hours of HCA activity.

\*\* **Scholar:** Any student having completed a cumulative 60+ hours of HCA activity.

\*\*\* **Achiever:** An HCP student obtains recognition as an HCP Achiever upon completion of 110 hours of cumulative AHEC activity (including the HCA, Summer Careers Academy, or other HCP activities). A maximum of 20 hours of non-AHEC developed activity may be applied towards the accomplishment of the HCP Achiever recognition. Approval of non-AHEC developed activity is required by the regional HCP coordinator in advance (pre-approval) of the activity.

Regionally defined incentives are awarded annually to individuals who have successfully completed status requirements of the regional AHEC Center.

### Annual Summer Offerings

#### Summer Careers Academy

The South Carolina AHEC Summer Careers Academy is designed to increase the acceptance, retention, and graduation rates of under-represented minority and disadvantaged students to nursing, dental, pharmacy, medicine, and other health professions training programs in South Carolina. The Academy is conducted in





collaboration with the MUSC College of Nursing, College of Dental Medicine, College of Pharmacy, College of Health Professions, College of Medicine and Library and is generally held the first week of June. A limited number of undergraduate students are accepted for the Academy. Applications are available in January at [www.scahec.net](http://www.scahec.net).

### **Regional Summer Programs**

Regional programs are facilitated by each of the South Carolina AHEC Centers during the summer months. These 5-week programs vary, and may include academic enrichment workshops, college level course instruction, internships in healthcare offices or facilities and health professions training. Applications are available by contacting your regional HCP Coordinator.

### *What They Said...*

*"I highly recommend this program to others who are seeking to become healthcare professionals because this program does everything possible to help you achieve your goals. If you are an aspiring healthcare professional, become a part of the AHEC Health Careers Program to help make your dream come true."*

*"AHEC is a wonderful program. I would recommend this for ANYONE who has at least a remote interest in the medical field. AHEC has opened many doors to my future and it feels like family to me, so I highly advise high school students to try it."*

*"My experience with AHEC during the last 3 years has greatly influenced my decision to become a healthcare professional. Being a part of this program has allowed me to experience hands-on activities, such as patient simulations, casting, forensics, and CPR trainings. If anyone has an interest in healthcare, I would recommend this program to them."*

- Health Careers Program Students



## Bench to Bedside

The South Carolina AHEC Bench to Bedside Initiative for undergraduate students provides curricular guidance and skills development to enhance the participant's ability to compete academically and to create strong applications for health careers training programs. Located at selected undergraduate institutions across the state, the interactive, intercollegiate Student Seminar Series is conducted during the academic year and delivered through a videoconferencing network. The seminar series is composed of three components:

◇ **Personal & Professional Development**

Professional and personal development seminars are offered monthly during the fall term of the academic year to provide opportunities for the refinement of personal attributes and personal development strategies. The seminars also provide information about academic requirements for health professions programs, and prepare students to make applications to medical programs.

◇ **Healthcare Research**

Healthcare professionals host seminars on health-related topics and healthcare career options. A core team of Medical University of South Carolina (MUSC) researchers will annually highlight three "high priority" health conditions that have disproportionately negative outcomes in minority populations. The aim is to increase understanding of the relevance of undergraduate studies and the importance of applying basic research outcomes to the provision of clinical care.

◇ **Socratic Inquiry & Debate**

Through discussions led by the core faculty team and other healthcare professionals during the spring semester, students will investigate healthcare topics and engage in critical thinking exercises related to a specified health-related topic.



## Special Initiatives

### ◇ **Bench to Bedside Summit**

Undergraduate students may register to attend an annual, two-day event in Charleston, SC that coincides with MUSC Student Research Day on the first Thursday and Friday of November. Thematic activities for the Summit will focus on the three “high priority” disease topics that have disproportionately negative outcomes in underserved/minority populations. The basic agenda will annually include:

- ◇ Keynote presentations that relate to the three High Priority topic areas
- ◇ Opportunities for undergraduate students to meet with health professions faculty and peer mentors
- ◇ Opportunities for students to meet with experts regarding financial aid options and the application process
- ◇ Faculty development and mentoring activities for healthcare clinical faculty and undergraduate faculty
- ◇ Capstone presentations for special project reports
- ◇ Poster sessions for special project reports
- ◇ Undergraduate student exposure to MUSC research day participants and activities

*The calendar and registration information for the scheduled seminars can be found at [www.scahec.net](http://www.scahec.net). Broadcast sites are hosted by:*

*Clafin University*

*Clemson University*

*College of Charleston*

*Greenville Technical College*

*Medical University of South Carolina*

*Coastal Carolina University*

*Winthrop University*

*The Regional SC AHEC Centers*



## Packaged HCA Modules

Selected HCA Modules have been packaged and made available for use by educators in the high school classroom and community and faith-based youth development programs for high school students.

The packaged HCA modules can be used as part of an existing curriculum to assist in meeting the South Carolina Department of Education's Academic Standards, and youth programs to assist in meeting established goals. High school students can elect to apply the completion of the packaged modules toward HCA credit to support eligibility for other AHEC opportunities.

Each module comes complete with:

- ◇ Lesson Plan (that includes the associated South Carolina Academic Standards)
- ◇ Facilitator Guide
- ◇ Slide Set
- ◇ Student Handouts
- ◇ Assessment tools
- ◇ Video (optional use)

For more information on how to obtain these modules to complement an educational or youth development program, contact the Health Careers Program coordinator in your region.

## On-Line Resource

The Health Career Education Resources in South Carolina (HCER) website is an electronic database that contains information about agencies and organizations that support the preparation of minorities and under-served residents of South Carolina who are interested in exploring or pursuing professions of healthcare. The website is made possible through the support of the Duke Endowment. Access the HCER website at <http://ahec.library.musc.edu/hcer/>.



## Additional Health Careers Academy Initiatives

### **Mentoring**

It is the goal of the South Carolina AHEC Mentoring Program to provide group and individual mentoring opportunities to program participants. The Mentoring Program offers new experiences, guidance, and support towards personal growth, and academic and professional development.

### **Parental Involvement**

The South Carolina AHEC Parental Involvement program provides parents with opportunities to explore and share practices to support how family attitude, interaction, and environment influence student performance, growth, and ability.

### **Service Learning**

The South Carolina AHEC integrates service learning as a teaching and learning strategy. Meaningful community service combined with instruction to promote civic responsibility and strengthen communities enriches career exploration experience.

### **Incentive Program**

Program recognitions are available at various intervals throughout the Health Careers Program to denote individual accomplishments.

### *Follow-Up*

Health Career Program participants are required to sign a privacy release document that allows their progress to be tracked through the respective educational programs with quarterly contact with the student and/or academic program advisor. This follow-up helps to establish the success of the HCP initiatives, and to assist in securing funding for programming.

*Learn more at [www.scahec.net](http://www.scahec.net) or by visiting your regional AHEC's website. There you will find applications for programs, past program presentations, and award scholarship information.*

*Visit us on Facebook:  
[www.facebook.com/healthcareers](http://www.facebook.com/healthcareers)*

*Follow us on Twitter @Bench2Bedside*



## Sabra C. Slaughter Humanitarian Award

This award program is designed to encourage the active involvement of youth in the bettering of the communities in which they live.

Hours of service must be voluntary in nature and pre-approved by the regional program coordinator. Approval of service is at the sole discretion of the regional coordinator. Service hours may be:

- ◇ Performed individually or as a member of a group;
- ◇ Arranged by the applicant; OR
- ◇ Arranged as a South Carolina AHEC Health Careers Program activity

A minimum of 50 hours of community service must be completed within a 12-month period (July 1- June 30).

*The programs and initiatives detailed in this handbook are funded through federal, state, and foundation grants. Help us continue to fund these programs by checking in as you continue your health careers journey. Let us know which college you are attending, what your plans are for practicing, and where the path is leading you.*

*Go to [www.scahec.net](http://www.scahec.net) and click on the link "Graduates Update Your Information Here" to share your progress.*



# Interested in Learning More About Health Careers Programs?

Complete this form online at [www.scahec.net](http://www.scahec.net) or return this form to your regional Health Careers Program Coordinator for additional information.

- Programs of Interest: [ ] Health Careers Academy  
[ ] Summer Careers Academy  
[ ] Regional Summer Programs  
[ ] Bench to Bedside

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Student's First Name

Middle Initial

Last Name

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Home Address

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City

State

Zip

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Phone Number

Email Address

---

County

Name of School

Grade/Year

How did you learn about the South Carolina AHEC Health Careers Program?

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AIEC Stands for Jobs

