



VCU

Health Sciences Academy

John Marshall & RCHS High School Syllabus Spring 2022

HEALTH CAREERS EXPLORATION

COURSE OBJECTIVES: This course is designed to help high school students make informed decisions about the health careers they wish to pursue, and plan ahead for college-level courses and extracurricular activities to achieve intended career goals.

The course achieves these objectives through the following activities and assignments:

- Lectures from health professionals and admissions officers in different professional school programs
- Self-Directed Search, Career Inventory
- A mentorship program where VCU undergraduate students plan activities and work individually with high school students to learn reflective writing
- Virtual lab experiences in which high school students will have the opportunity to participate in active learning experiences on through Google Meet
- Individual presentations and project mapping out a curricular and extracurricular plan to achieve intended career goals. Project and presentation must use material gained from the course to support career and major decisions.

EXPECTATIONS OF STUDENTS IN THIS CLASS:

- * You are expected to attend and participate in every class and turn in assignments on time.
- * You are expected to take full responsibility for your own academic performance.
- * You are expected to communicate with your mentor on a regular basis.
- * You are expected to learn new academic strategies and behaviors.
- * You are expected to act and communicate with others in a professional manner.

INSTRUCTORS & COUNSELING RESOURCES: Dr. Leibowitz is the lead faculty member for the course. Students are encouraged to contact him with any questions or concerns throughout the semester. In cooperation with your school's counseling department, Christopher Jeter will be serving as a counseling resource to assist students at RCHS. Mr. Jeter will be available at the school on a regular basis to assist students with time-management, organization, and developing productive mentee relationships.

-- **Dr. Seth Leibowitz**, Executive Director of Health Sciences Program and Advising, 828-1761, sleibowitz@vcu.edu

-- **Ms. Anna Scialli**, Counseling Intern, John Marshall High School, jeterc2@mymail.vcu.edu

CLASS ATTENDANCE POLICY: Attendance is expected at every mentor class and virtual lab activity. Students who need to miss class for a medical reason or emergency must contact Dr. Leibowitz or Mr. Jeter prior to the class meeting. Students who have more than 1 unexcused absence from a lab activity or mentoring activity will be withdrawn from or fail the Health Careers Exploration class. Students are responsible for being aware of class meeting times. All meeting times are listed on pages 7-10 of the syllabus.

POLICY ON SUBMITTING LATE WORK: Work that is turned in after the stated deadline will be graded for ½ credit provided it is turned in within 24 hours after the deadline. Any assignment turned in more than 24 hours after the deadline will receive 0 credit. Students who fail to turn in assignments will be withdrawn from or fail the Health Careers Exploration course.

CLASS TIME AND MEETING LOCATIONS: The course will follow the Richmond Public Schools spring semester calendar. Students will be during every 3rd period from **1:05pm-1:50pm**. Meetings with mentors will be every Monday. The closing reception and graduation ceremony will take place on Wednesday, May 5th from 6-8pm, location TBD. HSA graduates, VCU mentors, and family members are invited.

VIRTUAL LAB TIMES: 6 virtual lab field trips are scheduled for the Spring semester and will occur from **12:30pm-2:45pm** with two exceptions on March 12th the lab will occur from **1:30-3:30pm** and April 30th the lab will occur from **12pm-3pm**. You will receive a field trip form to sign in order to be excused from any missed classes. It is your responsibility to report to your teachers if you are going to be missing any synchronous class instruction. The dates for the virtual lab field trips are **February 10th, March 12th, March 26th, April 14th, April 22nd, and April 30th**.

Google Classroom: **Google Meet links for live synchronous instruction will be posted to Google Classroom.** A Google Classroom site will be kept to support the class. Students should check the site every Monday Morning by logging onto Google Classroom for reminders about weekly activities and assignment due dates. All written assignments will be submitted via Google Classroom. Students will be able to submit classwork and find assignment instructions under the tab marked “assignments”. The site will be set up so that assignments must be completed and submitted by the due dates indicated in the chart below. Grades for each area listed above will also be posted on Google Classroom.

TECHNOLOGY ACCESS & ASSISTANCE: Students lacking access to technology resources should contact their school counselor for assistance. Every effort will be made to make resources available for student use. ***

MENTOR AND MENTEE RELATIONSHIPS: High school students will be assigned to work with a VCU student mentor. Each VCU mentor will be assigned to work with one or two Cosby students. Relationships will be built so the mentor can play a significant part in helping high school students build college success skills, advise the mentee about the college level, pre-health experience and discuss the factors that contribute to making decisions about health careers. Each mentor is available to guide students through exercises in the class as well as to be a source of information. Students are encouraged to ask questions (at designated mentor classes or via Google Classroom discussions and electronic communication) about the college experience and the coursework necessary for the pre-health curriculum. Students are advised to avoid inappropriate topics that might make the mentor or other classmates uncomfortable.

During the duration of the spring semester, mentors and mentees are prohibited from transporting each other in personal vehicles and meeting up together unsupervised.

REQUIRED MATERIALS

1. Virginia Health Careers Guide (Area Health Education Centers) Available at <https://www.vhwda.org/healthcare-careers>
2. *Living and Dying in Brick City* by Sampson Davis, M.D.
3. VCU Undergraduate Bulletin available online at <http://bulletin.vcu.edu/undergraduate/> Access the 2019-2020 PDF version online at <http://bulletin.vcu.edu/pdf/2019-2020-graduate.pdf>

REQUIRED READINGS: See Blackboard for the list of class readings that need to be completed before class. Presenters may provide supplemental readings.

ATTENDANCE AND PARTICIPATION: (140 POINTS: 70 POINTS EACH FOR MIDTERM & FINAL)

Attendance at all class meetings is mandatory. Class participation through communicating with mentors, being alert and asking questions in class, participating during in-class exercises, and responding to questions raised by instructors is strongly encouraged.

RESPONDING TO SURVEYS / SELF-DIRECTED SEARCH INVENTORY: (20 POINTS) The Self-Directed Search Career Inventory can be accessed at <http://www.self-directed-search.com/>. Passwords to access the site will be made available through Google Classroom. Students must take the inventory, print out the results page, and bring that to class on **Monday, March 1st**.

ASSIGNMENTS, POINT VALUES, GRADING SCALE, AND DUE DATES:

Assignments	Point Values	Due Dates (by 11:59pm)	Feedback Given By		Grading Scales
Practice Assignment	5 pts. extra credit	2/16	VCU Instructors		A=500-450
Journal Unit #1	25	3/2	Mentors		B=449-400 C=399-350
Self Directed Search Career Inventory	10	3/8	Take online (see link on page 3)		D=349-300
Journal Unit #2	25	3/9	Mentors		F=Below 299
Midterm Attendance & Participation	70	3/9	VCU Instructors		
Mentor Evaluation (Midterm)	50	3/16	Mentors		
Winter Reading Assignment	80	3/23	Mentors		
Journal Unit # 3	25	4/13	Mentors		
Final Presentation Powerpoint/Prezi Submitted to Google Classroom	(included in Final presentation grade below)	5/4	VCU Instructors		
Final Presentation/Banquet	50	5/5	VCU Instructors		

Journal Unit # 4	25	5/11	Mentors		
Mentor Evaluation (Final)	50	5/11	Mentors		
Course Evaluation Surveys	10	5/11	VCU Instructors		
Final Attendance & Participation	70	5/11	VCU Instructors		
Individual Meetings with Mr. Jeter	10	5/11	VCU Instructors		
Total Points	500				

JOURNAL/REFLECTIONS (100 POINTS- 25 PTS EACH):

Four (4) journal assignments total. The journal entries are designed to support the career exploration process. They should be used as a tool to reflect on the various units of the course by including material presented in class and during the labs. Each journal entry will have a prompt, giving a specific topic to write on. Journals are to be submitted to Google Classroom at or before their assigned due date at 11:59pm. Students are encouraged to discuss their journal grades and entries during each mentor class. **Journals should be 1 page (250-350 words).** Journal prompts and grading standards are provided below:

Journal #1: Tuesday, March 2nd, 2021 Prompt: Based on your experience in the mentorship sessions and interactions with your mentor, discuss how you plan to use your mentor to be successful in the course. Reflect on specific interactions you have had with your mentor so far and what you learned about your mentor from those activities. Discuss your expectations and plans for developing that relationship so it will help you be successful in the course. Briefly summarize the expectations you set with your mentor for communication throughout the semester.

Journal #2: Tuesday, March 9th, 2021 Prompt: Reflect on your Self-Directed Search Inventory results. Has the Inventory experience challenged you to see yourself in new ways or confirmed what you already knew to be true about yourself? As you plan your response, think about the outcomes that surprised you and the ones that reinforce things you already knew about yourself. Choose a specific outcome – one that was surprising or confirming. Write about the outcome explaining how it does (or does not) reflect how you see yourself and your future. Support your discussion with specific experiences that you have had in your life either in school, with your family, or in extracurricular activities. What has this new information made you think about in terms of your health career exploration?

Journal #3: Tuesday, April 13th, 2021 Prompt: Describe an aspect of the pandemic that has impacted the health profession you want to pursue (cite sources to show you have researched the aspect of the pandemic you are choosing to discuss) How has the profession you want to pursue been impacted by this aspect of the pandemic? As someone preparing to enter this field, how has this issue impacted your thinking about serving others in the profession you are choosing to pursue?

Journal #4: Tuesday, May 11, 2021 Prompt: Think about the short term goals you set for yourself in your Final Presentation, what activities do you want to complete by the time you finish High School? Reflect on why these activities are important for you to achieve before ending High School and what specifically you will do to make sure they are accomplished by the end of your Senior year.

Grading Rubric for Journals: (25 points each)

Content	Points
Ability to reflect upon specific aspect of the course, self directed search, or mentoring program activities	7
Ability to analyze self in relation to aspects of the course identified above	6
Ability to project into the future and relate learning to what could happen	6
Organization, presentation, and writing ability	6
Total	25

MENTOR EVALUATION (DUE MARCH 9TH & MAY 11TH 100 POINTS):

Mentors will be asked to evaluate student engagement in the mentor program. This evaluation will be posted on Google Classroom. There will be a midterm and final evaluation given. Mentors and mentees are required to follow expectations set for ongoing communication throughout the semester. Mentors are responsible for ensuring productive communication.

WINTER READING ASSIGNMENT (Due March 23rd):

In his book, Living and Dying in Brick City, Dr. Sampson Davis (2014) discusses several health conditions he has seen in patients present in the Emergency Room at Beth Israel Hospital in Newark, NJ.

1. Choose one of the conditions Dr. Davis encounters in his emergency medical practice.
2. While focusing in on one of the chapters in the book, discuss how the patients Dr. Davis describes are impacted by living in an urban/high poverty community.
3. Based on what you learned from your discussion in Part 2, what cultural competencies do health care workers need to develop to care for patients living in high poverty/low income communities?

Grading Rubric for Winter Reading Assignment (80 points)

Content	Points
Understands condition or conditions Dr. Davis is describing	26.67
Understands how patient's health is impacted by living in an urban/ high poverty community	26.67

Suggests culturally competent strategies for caring for patients based on learning from part 2 of essay	26.66
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Davis, Sampson (2014). Living and Dying in Brick City: Stories from the Front Lines of an Inner City E.R., New York, NY: Spiegel & Grau.

FINAL PRESENTATION (Due May 5th)

Powerpoint/Prezi Portion of Project is due May 4th by 11:59pm on Blackboard

At the conclusion of the class, a closing reception (May 5th, 2021) will be held where students will give a formal, 5-7 minute presentation on their career development throughout the semester and will be graded by a guest grader. Specific items to be included in the presentation include the following:

Option 1: (For students taking Health Careers Exploration 1):

- Top 1 - 2 career choices and how those choices relate to your Self Directed Search results.
- The specific aspects of the course that influenced your career interests.
- The timeframe and training necessary to achieve your intended career goals (*i.e. where will you go to school, how long will it take, etc.*)
- The required college classes, entrance exams, and other steps necessary to achieve intended career goals.
- The extracurricular activities in High School and College that you will take that are necessary in pursuing your career goals.

Option 2: (For students taking Health Careers Exploration 2):

- Top 1-2 career choices and whether or not these interests have changed since taking HCE 1
 - Practical / Clinical experiences professional schools (medical, dental, ect) required to be a competitive applicant OR exposure you need to make the best decision.
 - Practical / Clinical exposure you will seek out in high school and college to get exposure to your chosen professions
 - Timeline of when you will complete experiences
 - Skills/credentials you gain from experiences.
 - Organizations/Non Profits where you will get exposure, mission, roles volunteers play, and how to apply/become certified to get involved
 - Who will you seek out for mentorship, advisement along the way\\
- Grading Rubric for Final Presentations (50 Points):**

Content (5 points each)	Clarity of information
	Showing development from start to end of course
	Knowledge of topic
	Organization
	Use of course material
Verbal (5 points each)	Voice control
	Use of interrupters

	Enthusiasm/interest in topic
Non-verbal (5 points each)	Eye contact
	Professionalism/appearance
TOTAL POINTS (50 max)	

CLOSING RECEPTION & GRADUATION CEREMONY (*Wednesday, May 5th, 6-8pm*)

Program graduates and their families (JM & RCHS) are invited to attend their student's achievement in their Health Sciences Academy course and watch them present their Final Presentation. Location is TBD depending upon the COVID-19 situation.

John Marshall Health Careers Exploration Schedule

Date	Activity	Instructor
Tuesday, 2/9	Intro the Health Sciences Academy	Seth, Sarah, and Chris
Wednesday, 2/10	LAB FIELD TRIP: Physical Therapy & Occupational Therapy 12:30pm-2:45pm	VCU School of OT & VCU School of PT
Thursday, 2/11	VCU Wellness	Keyuna Patterson
Friday, 2/12	Forensic Nursing	Shelly Brown
Tuesday, 2/16	College Success Skills	Mr. Jeter
Wednesday, 2/17	VCU Pipeline Programs	Lorayah Lenore
Thursday, 2/18	Physical Therapy & PT Student Panel	Dr. Cheryl Ford-Smith & PT Students
Friday, 2/19	Becoming a Dental Hygienist	Michelle McGregor
Monday, 2/22	Mentor Visit #1: VA Mentor	
Tuesday, 2/23	College Success Skills	Mr. Jeter
Thursday, 2/25	Uniformed Services University	Tryone Willis
Friday, 2/26	VCU School of Pharmacy	Taryn Hayes
Monday, 3/1	Mentor Visit #2 - Team Building	Rayallan Fredericks
Tuesday, 3/2	College Success Skills Journal #1	Mr. Jeter Submit to Google Classroom by 11:59pm
Thursday, 3/4	Rams in Recovery	Lauren Powell
Friday, 3/5	Physical Therapy & Owning Your Own Practice	Dr. Marquis Jordan
Monday, 3/8	Mentor Visit #3: Self Directed Search Self Directed Search Due	
Tuesday, 3/9	College Success Skills Journal #2	Mr. Jeter Submit to Google Classroom by 11:59pm
Thursday, 3/11	Health Sciences Academy Alumni Panel	HSA Alumni
Friday, 3/12	Dr. Sampson Davis - Presentation on his book Living & Dying in Brick City 1:30-3:30pm	Dr. Sampson Davis

Monday, 3/15	Mentor Visit #4: Winter Reading Assignment Workshop	
Tuesday, 3/16	College Success Skills Midterm Mentor Survey Due	Mr. Jeter
Thursday, 3/18	VCU Exercise Science	Matthew Scott
Friday, 3/19	Virginia College of Osteopathic Medicine (VCOM)	Louann Morrow
Monday, 3/22	Mentor Visit #5: Financing College	
Tuesday, 3/23	College Success Skills Winter Reading Assignment Due	Mr. Jeter Submit to Google Classroom by 11:59pm
Wednesday, 3/24		
Thursday, 3/25	Stop the Bleed	Uniformed Services University Students
Friday, 3/26	LAB FIELD TRIP: Nurse Anesthesia and Radiology 12:30pm-2:45pm	VCU School of Nurse Anesthesia and School of Radiation Sciences
Monday, 3/29	Mentor Visit #6: Getting Involved on Campus	
Tuesday, 3/30	College Success Skills	Mr. Jeter
Wednesday, 3/31		
Thursday, 4/1	Physicians Assistant	Melanie Rasnic
Friday, 4/2	Early Dismissal - work Asynchronously	
4/5 - 4/9	Spring Break - NO CLASS	
Monday, 4/12	Mentor Visit #7: How to Present Presentations	
Tuesday, 4/13	College Success Skills Journal #3 Due	Mr. Jeter Submit to Google Classroom by 11:59pm
Wednesday, 4/14	LAB FIELD TRIP: School of Dentistry & TBD 12:30pm-2:45pm	tbd
Thursday, 4/15	Health Disparities	Dr. Patricia Carcaise-Edinboro
Friday, 4/16	1st Generation College Student Initiative	Elizabeth Bambacus

Monday, 4/19	Mentor Visit #8: Work on Final Presentations or Mentor Presentation	
Tuesday, 4/20	EMT/Paramedics	Ken Williams
Wednesday, 4/21		
Thursday, 4/22	LAB FIELD TRIP: Anatomy & Forensic Science <i>12:30pm-2:45pm</i>	VCU Anatomy and VCU Forensic Science
Friday, 4/23	NO SCHOOL	
Monday, 4/26	Mentor Visit #9: Farewell to Mentors Celebration	
Tuesday, 4/27	College Success Skills	Mr. Jeter
Thursday, 4/29	Cardiac Rhythm Management	Nick Rubino
Friday, 4/30	LAB FIELD TRIP: Virtual Surgery <i>12:00pm-3:00pm</i>	Surgical Residents
Monday, 5/3	Mentor Visit #10: Final Presentation Practice	
Tuesday, 5/4	Prep for Banquet Presentations Powerpoint/Prezi Presentation Due	Mr. Jeter Submit to Google Classroom by 11:59pm
Wednesday, 5/5	<u>BANQUET & PRESENTATION</u> <i>6PM-8PM</i>	
Thursday, 5/6	Feedback on Presentations	Dr. Leibowitz
Friday, 5/7	Program Evaluation and & Post Assessment Surveys	Ms. Rubino & Mr. Jeter
Tuesday, 5/11	Journal # 4 Due Final Mentor Eval Due & Course Eval Due	Mr. Jeter Submit to Google Classroom by 11:59pm