

Pre-Health Professions



Program Directors:

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Overview

The pre-health community will be targeted to residents who are interested in pursuing a career in the healthcare field, such as medicine, veterinary medicine, physical therapy, nursing, mental health etc. The objective of this community is to widen the perspectives of residents on the various fields involved in healthcare and holistic health for themselves and others, and to prepare residents for a career in healthcare. As a community we would like to better our understanding of healthcare systems as well as the many methods of healing. We intend to do this through service learning, lectures, and independent projects. The final element of this community will be a strong emphasis of respectful living as well as a healthy balance between “work and play.” We interpret this as a substance free community that encourages both community and personal awareness.

Learning Objective 1:

Each member will better their understanding of healthcare systems as well as the many methods of healing. Each Resident will explore and widen their perspective on healthcare through the study of various fields involved in healthcare and holistic health. Each member will also explore both the interconnectedness of the human body and the various fields of health and healthcare.

Action Steps:

- Required independent projects based on themed months: Each month will be assigned a theme, based on guest speakers, activities, and members' personal interests. These themes can include: holistic health (eg. acupuncture), mental health, veterinary medicine, dentistry etc. Residents will pick a themed month of their choice and present a presentation to the group exploring that theme. These presentations will allow residents to independently explore diverse fields in healthcare and allow them to share that knowledge with other members.
- Guest speakers: Lectures, corresponding to themed months and member interest will be organized and occur three times per semester, these lectures will be a required event for residents.
- Participants will also be encouraged to attend Fletcher Allen Community Medical Lectures as a group.

Learning Objective 2:

Through experiences with the program, members will actively learn the demands and requirements of having a profession in healthcare. We hope to emphasize that having a career in healthcare is ideally about helping other people, and by doing that, helping yourself.

Action Steps:

- Members will be required to donate at least 10 hours of their time to community service in the Burlington area. Service projects can include but are not limited to: volunteering at a blood drive, volunteering at a nursing home, volunteering at Fletcher Allen, or volunteering at the many health clinics in the Burlington community. After completing the required number of volunteer hours residents will report their experiences to the program orally during a program meeting.
- As a community we will present on topics with other L/L communities such as the ones mentioned under *Plans for Interacting with Other L/L Programs*. Additional topics and presentations will be added according to member ideas and interest.

Learning Objective 3:

Through the following action steps we wish to create a strong sense of community for our residents to enable them to make life choices that will be beneficial for their education and future career in healthcare. We intend for residents to learn the type of lifestyle required for a career in healthcare. We also hope to create an environment that will foster a healthy balance between education and fun that will sustain them not only through their education, but also throughout their careers in healthcare.

Action Steps:

- Stress relief sessions will be held weekly. These stress relief sessions are meant to provide a healthy relief from the rigors of a pre-health education, and will include everything from movie nights to yoga and arts and crafts depending on what engrosses our residents. These stress relief sessions will encourage mental health and wellness in addition to fostering community wellbeing.
- Weekly Program Meetings will be a required event for all members, and will allow us, as program directors, to check with our residents and address any issues they are having either academic, social, or personal, and receive feedback about the program and our leadership.

Community Service

As a program, community service is a cornerstone of our Learning Objectives for this program. In addition to the action steps listed above we will encourage our participants to contribute as much time as they can to the organization of their choice.

Planning Timeline

Please see attached Planning Timeline for a detailed schedule of program activities.

Program Advisor:

Professor Dale Jaffe, UVM Professor of Sociology, has agreed to be our program advisor. His e-mail address is Dale.Jaffe@uvm.edu. Professor Jaffe specializes in the sociology of health care and policy. Although it may be unconventional to have a sociology professor as an advisor for a Pre-Health program, we feel that Professor Jaffe's knowledge of the healthcare field will be of great benefit to our program, and will ensure that residents are not only exposed to the scientific side of healthcare, but also the humanistic one.

Special Facilities

We do not anticipate a need for any special facilities.

Housing

We anticipate needing one to two suites this semester depending on the demand.

Plans For Interactions With Other L/L Programs

If accepted we would like to work with Emergency Services on a joint community service project, such as a blood drive, or other medically related event. We would also like to do a joint presentation with Emergency Services about medical emergencies such as heart attacks, anaphylaxis, etc. in the Living and Learning Fireplace Lounge.

Additionally, we would enjoy participating in a presentation with Food for Thought in the L/L Fireplace Lounge. In this presentation we could explore the impact of nutrition on health.

We would also like to create a presentation with Africa House and/or Spanish House to speak to the L/L and UVM community about health and socioeconomic concerns in developing countries and touch upon topics such as "Doctors without Borders," and specific health concerns within developing countries.

Program Member Recruitment

We have spoken with several students who have expressed an interest in joining the program. Their names are listed on the "Names of Students Interested in Program" attachment. If this program is accepted we plan to place posters in both the Biology and Chemistry buildings. Additionally we plan to make announcements at Pre-Med club, Nursing Club, and Pre-Vet Club.