



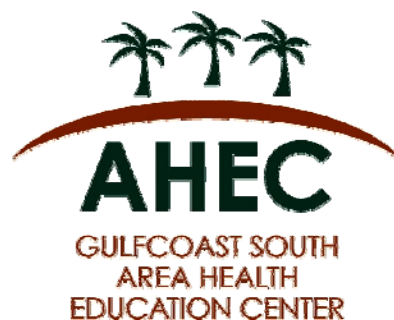
Discovering Health Careers

*Student, Counselor, and Parent
Guide*

GULF COAST SOUTH
AREA HEALTH
EDUCATION CENTER



Connecting students
to careers, professionals to
communities and communities
to better health.



Preparing for a Health Career: From High School to College

The purpose of this guide is to provide information for students, counselors, and parents about programs available at AHEC for high school students interested in pursuing a career in the health professions. Within this guide are some helpful tips to ensure that students remain successful in their pursuit of a health career.

“High School Preparation”

9th Grade

Speak to a guidance counselor or teacher about a college preparatory plan. Plan on following the recommended high school schedule:

- ☑ 4 years of English
- ☑ 3-4 years of Math
- ☑ 3-4 years of Science
- ☑ 3 years of History/
Social Sciences
- ☑ 2 years of Foreign Language
- ☑ Take AP/dual enrollment courses, if available
- ☑ Begin building a resume
- ☑ Begin your search for community service opportunities



10th Grade

- ☑ Continue to meet with your guidance counselor and/or teachers regarding your course schedule
- ☑ Prepare for the SAT by taking the PSAT in October and the PLAN test (the ACT practice test) in the fall (*good scores allow students to qualify for the National Merit Scholars Program*)
- ☑ Explore extracurricular activities and community service opportunities that may interest you
- ☑ Search for summer programs that will help identify health careers of interest to you
- ☑ Apply for dual enrollment or vocational programs
- ☑ Research colleges
- ☑ Update your resume



11th Grade

- ☑ Obtain an exam schedule for the ACT/SAT. Select a date to take the ACT/SAT
- ☑ Gather a list of at least 10 colleges/universities and research their admission information. Visit them if you can. Apply to colleges and universities
- ☑ Learn of admission deadlines and other requirements for colleges you are considering
- ☑ Research financial aid and scholarship opportunities
- ☑ Meet with your guidance counselor and/or teachers regarding your course schedule
- ☑ Identify people who can write recommendation letters for you
- ☑ Continue with extracurricular activities, including volunteer and community service opportunities
- ☑ Continue to search for summer health career programs

12th Grade

- ☑ Do not slack! Continue to take challenging courses and commit to completing community service hours
- ☑ If scores can improve, take the ACT/SAT in the fall
- ☑ Complete and submit college applications by October
- ☑ After January 1st, complete the Free Application for Federal Student Aid (FAFSA) for grants and free federal aid (www.fafsa.ed.gov)
- ☑ Wait for college admission decisions and financial aid award letters
- ☑ Once accepted to a selected college, inform the other colleges/universities about your decision

For more information on health career planning, contact:

Youth Programs Coordinator
Gulfcoast South AHEC, Inc.
2201 Cantu Ct. Suite 220
Sarasota, FL 34232
(941) 361-6602
www.gsahec.org

College & Financial Aid Resources

Preparing your child for college can be a daunting task. The information and tips provided here will help your child choose the right college, complete a college application, and understand all financial aid options available during the college decision-making process.

Selecting Colleges

Select a college based on your child's unique needs, interests, and goals. Every college is different, but there are also some personal criteria that you need to consider when making your selection. Let's begin by analyzing the two basic types of post-secondary education institutions. They are:

- ☑ **Community, Technical, and Junior Colleges** - Most of these colleges offer education and training programs that are two years in length or shorter. The programs often lead to a license, a certificate, an associate of arts (A.A.) degree, an associate of science (A.S.) degree, or an associate of applied science (A.A.S.) degree. A.A. and A.S. degree programs in an academic discipline are often comparable to the first two years of a general academic program offered by a four-year college or university. In many cases, students who earn two-year degrees may enter four-year schools and receive credit toward a B.A. or B.S. degree.
- ☑ **4-year Colleges and Universities** - These schools usually offer a Bachelor of Arts (B.A.) or Bachelor of Science (B.S.) degree, which lays the foundation for more advanced studies and professional work. Some colleges and universities offer graduate and professional degrees. These institutions may be either public or private.

Here are some characteristics you will need to consider to help your child choose the right college.

- ☑ In-State or Out-of-State
- ☑ Public or Private
- ☑ Academic Programs
- ☑ College Size and Class Size
- ☑ Location
- ☑ Campus Life/Student Activities
- ☑ Cost



Applying to Colleges

To successfully complete a college application and apply to colleges, students must budget and manage their time, follow each college's instructions, and most importantly, take a good look at themselves and their interests. There are a variety of on-line and print resources that will assist students with developing a timeline and checklist for college applications. Below are few websites to assist your child with their college application:

- ☑ www.collegeboard.com
- ☑ www.petersons.com
- ☑ www.act.org



The Application Process

When completing a college application, either online or written, there are several important documents that must be included with your application. Some of the documents will be sent with the application and others will be sent to the college by other people. Once your child has decided which colleges to apply to, make a checklist of all the deadlines and tasks to complete. Remember to allow time for other people to assist you. Below are some items that will need to be included with the college application:

- ☑ Application fee
- ☑ High school transcript
- ☑ Admissions test scores (SAT and/or ACT)
- ☑ Letters of recommendation
- ☑ Essays (for some institutions, not all)
- ☑ Interview (for some institutions, not all)



After you submit all of the required application materials, contact your colleges and confirm that they were received.

Financial Aid Resources

There are many options when it comes to paying for college. Become familiar with the various forms and sources of financial aid. Millions of students across the United States receive some type of financial aid. Financial Aid is available in four forms:

- ☑ Grants - Free money
- ☑ Scholarships - Free money
- ☑ Work-study - Money earned which can be applied to your tuition
- ☑ Loans - Money borrowed that must be repaid, with interest



Financial Aid Awards include:

- ☑ Merit Based - Aid based on GPA and/or test scores (*see Bright Futures below*)
- ☑ Need Based - Aid based on financial need (*see FAFSA below*)
- ☑ Talent or Career Based - Aid based on the students unique talent or career interest (*see NHSC below*)

Financial Aid Resources for Students:

- ☑ Bright Futures Scholarship:
www.floridastudentfinancialaid.org/ssfad/bf
- ☑ Free Application for Federal Student Aid (FAFSA):
www.fafsa.ed.gov
- ☑ The College Board: www.collegeboard.com/pay
- ☑ Fast Web: www.fastweb.com
- ☑ College is Possible: www.collegeispossible.org
- ☑ Peterson's Financial Aid: www.petersons.com/finaid
- ☑ National Health Service Corps (NHSC):
www.nhsc.bhpr.hrsa.gov (*for students interested in health careers*)

Although the majority of financial aid is provided by the Federal Government, State Government, and colleges and universities, students are encouraged to seek other sources of aid including private sources from companies, banks, community groups, and civic organizations.

Plan to be successful!

Health Careers Presentations

Health Careers Presentations are provided by Gulfcoast South AHEC in conjunction with Life Skills, Medical Skills, and Anatomy & Physiology classes at middle and high schools in GSAHEC service areas which includes Charlotte, DeSoto, Manatee, and Sarasota counties.

Middle and high school students are given information about AHEC, its mission and goals. The purpose of the presentations is to:

- ◆ Educate students on a variety of health careers
- ◆ Identify schools in Florida that students can attend for health professions training
- ◆ Provide insight on how to research the type of health professions programs offered at each school
- ◆ Discuss the benefits of a health career
- ◆ Provide financial aid information

The Health Careers Presentations motivate students to start thinking about a career and help them to establish some short and long term goals in an effort to achieve the necessary training for that career. It is AHEC's goal to encourage students (especially minorities and the underserved) to see the health care industry as a potential future employer.

Students, schools, and community organizations are encouraged to take advantage of the broad array of health career programs and resources available at each AHEC Center. Visit the Florida Health Careers Guide to explore career possibilities in a wide array of health fields.

www.flahec.org/hlthcareers/



For more information on Health Careers Presentations contact:

Youth Programs Coordinator
Gulfcoast South AHEC, Inc.
2201 Cantu Ct. Suite 220
Sarasota, FL 34232
(941) 361-6602
www.gsahec.org

REACH

The **R**ecruitment and **E**ducational **A**ssistance for **C**areers in **H**ealth (**REACH**) program is designed to provide minority and disadvantaged students interested in health careers a rare and unique opportunity to explore a variety of health care occupations. Additionally REACH strives to assist students in establishing a health career path. REACH is implemented in the Gulfcoast South AHEC service area which includes Charlotte, DeSoto, Manatee, and Sarasota counties. Any middle or high school student interested in learning more about health careers is invited to participate in the REACH program. There is no cost to participate in this program.

REACH Program Components

The REACH program is designed to provide a nurturing, fun, and stimulating learning environment for all students. Program activities include:

- ◆ Activities to increase knowledge on health careers
- ◆ One-on-one career guidance from the program coordinator to address students' individual needs
- ◆ Assistance in preparing the student to enter health professions programs by focusing on decision-making skills, goal setting, self-esteem and motivation building, as well as providing the necessary information regarding program requirements
- ◆ Guest speakers to serve as role models
- ◆ Opportunities to visit health professions training programs and health care settings to increase students' understanding of these environments

Students that participate in the REACH program are eligible to apply for a **REACH Summer Internship**. Gulfcoast South AHEC partners with health care organizations and academic health centers to provide internships. The hands-on health career experience allows students to learn from experienced health professionals, increases their knowledge about health careers, and motivates the students to develop effective short and long term health career plans.

For more information on REACH or REACH Summer Internships, contact:

Youth Programs Coordinator
Gulfcoast South AHEC, Inc.
2201 Cantu Ct. Suite 220
Sarasota, FL 34232
Phone: (941) 361-6602
www.gsahec.org

Gulfoast South AHEC Health Careers Summer Camps

Gulfoast South AHEC offers funding to community-based youth serving organizations to develop and implement “Health Careers Summer Camps” in DeSoto, Charlotte, Manatee, and Sarasota counties. An essential component of the program involves the recruitment of students from underserved and under-represented communities into primary care health fields, including medicine, nursing, and other health professions. The purpose of the summer camps is to expose students to health careers, assist them in establishing a career in health, and encourage them to work in underserved areas.

Health Careers Summer Camps are offered in DeSoto, Charlotte, Manatee, and Sarasota counties and in most cases are available to middle and high school students. To obtain information about upcoming Health Careers Summer Camps, contact:

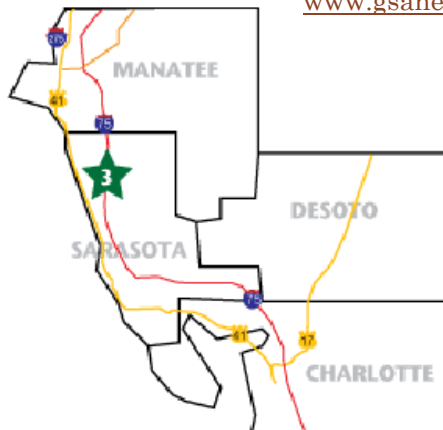
Youth Programs Coordinator
Gulfoast South AHEC, Inc.
Phone: (941) 361-6602
www.gsahec.org



For more information about AHEC programs in DeSoto, Charlotte, Manatee, and Sarasota counties, contact:



Gulfoast South AHEC, Inc.
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USF AHEC Access Day

Access Day is designed to inform high school students of career opportunities in the health professions such as medicine, nursing, public health, physical therapy, pharmacy, and allied health. Access Day has been very successful in educating disadvantaged and underrepresented students who have no previous exposure to higher education. It provides a forum for them to discover the possibilities available in various health careers. Students residing in Charlotte, Citrus, DeSoto, Hernando, Hillsborough, Manatee, Pasco, Pinellas, and Sarasota counties are invited to participate in Access Day activities. These counties are located in the USF AHEC nine-county service area.

Access Day is held in the spring and fall of each year at USF Health in Tampa. Invitations are sent to high school science, mathematics and health teachers as well as guidance counselors and career advisors. Students interested in health careers are selected to participate by their teachers.

Access Day Participants

Access Day activities are supported by the faculty, staff, and students at USF main campus and USF Health as well as the surrounding health care community including:

- ◆ Florida A&M University College of Pharmacy & Pharmaceutical Sciences
- ◆ H. Lee Moffitt Cancer Center & Research Institute
- ◆ Tampa Shriners Children's Hospital
- ◆ University Community Hospital
- ◆ Hillsborough Community College
- ◆ St. Petersburg College
- ◆ Gulfcoast North AHEC
- ◆ Gulfcoast South AHEC



For more information on Access Day, contact:

University of South Florida
AHEC Program Office
12901 Bruce B. Downs Blvd. MDC 76
Tampa, FL 33612-4799
Phone: 813-974-3507
www.health.usf.edu/ahec

Health Professions Summer Academy

The USF AHEC Health Professions Summer Academy is a two-week residential academic program intended to increase the college preparation skills of high school students interested in health professions careers such as medicine, dentistry, nursing, pharmacy, physical therapy, allied health and public health.

The Academy strongly encourages enrollment of students from groups underrepresented in the health professions. Those groups include:

- African Americans
- Mexican Americans
- Native Hawaiians
- Pacific Islanders
- Puerto Ricans
- Low-income, urban or rural community students



Program Activities

During the two weeks in the program, students have an opportunity to engage in the following activities:

- SAT/standardized test preparation courses
- College admission workshops (including financial aid and scholarship information)
- Visits to USF Colleges of Medicine, Nursing, Public Health and School of Physical Therapy
- Visits to Tampa General Hospital and Shriners Children's Hospital
- College preparation workshops and seminars

Responsibilities

Students must adhere to all rules throughout the two-week program. Failure to comply with agreed rules will result in dismissal of the student from the Academy.

- Students must attend all classroom and extracurricular activities
- Students will be unable to check-out for overnight or weekends at home, except for emergencies
- Only consenting parents are authorized to visit student participants. No other visitors including boyfriends or girlfriends are permitted

Eligibility

Students will be selected from a highly competitive pool of applicants. Only students who meet the following criteria can be selected.

- Students entering their junior or senior year of high school
- Students who live in Charlotte, Citrus, DeSoto, Hernando, Hillsborough, Manatee, Pasco, Pinellas, and Sarasota county
- Students who have a 3.0 grade point average or above and be enrolled in college preparatory courses

Benefits

Each student will receive a **scholarship** to cover all Academy costs, including:

- Tuition, room and board
- SAT test preparation materials
- Academy polo shirt and backpack
- Transportation and extracurricular activities

Application Process

In order to apply to the AHEC Health Professions Summer Academy, please submit the following:

- AHEC Health Professions Summer Academy Application, including a 250-word typed essay

Applications are available on-line at:

<http://www.health.usf.edu/ahec>

OR

Contact the AHEC Program Office at
(813) 974-3507

- **Two** completed teacher evaluation forms
- Official high school transcript:
Grades 9-10 for rising juniors
Grades 9-11 for rising seniors
- All completed applications must be mailed by the student applicant or the student's parent
- Applications are due in February of each year



For more information on the Academy, contact:

University of South Florida
AHEC Program Office
12901 Bruce B. Downs Blvd. MDC 76
Tampa, FL 33612-4799
Phone: 813-974-3507
www.health.usf.edu/ahec

About AHEC

Gulfcoast South AHEC (GSAHEC) connects students to careers, professionals to communities and communities to better health. We inspire, train, recruit and sustain a diverse and broad range of health professionals to practice in communities where the need is greatest.

GSAHEC is a not for profit organization affiliated with the University of South Florida **AHEC Program**. GSAHEC was established in 1995 and serves Charlotte, DeSoto, Manatee and Sarasota counties.

We inspire youth to choose a career in the health professions with our health career camps, mentoring programs, college preparatory courses and more. We focus on recruiting more minority and disadvantaged youth into health careers because research and experience indicate they will be more likely to care for the medically underserved. As our population becomes more diverse, it is important that our health care workforce reflects that diversity.

These opportunities are designed for students to discover the possibilities available in the health professions, introduce them to the requirements for college and equip them with the tools, information and resources they need to pursue a health career.

The **“Discovering Health Careers”** guide is designed to provide a reference tool for students, counselors, and parents who are seeking college preparation programs and field experiences in the health professions. This guide describes youth health career programs available at Gulfcoast South AHEC and USF AHEC. The programs offered by AHEC give students the opportunity to learn about various health professions, the health care needs in special populations, and in-depth information about how to approach the rigorous pre-college course requirements for health professions colleges and schools.

To obtain additional information about AHEC programs or to download this guide on-line, contact:

Gulfcoast South AHEC

Phone: (941) 361-6602

www.gsahec.org

