

**Health Professions Recruitment & Exposure Program (HPREP)**  
**Loyola University Stritch School of Medicine**  
**Program Outline & Schedule**

The workshops and sessions outlined in the curriculum have four main tenets: Education; Exposure; Parental Education/Involvement; Mentorship.

### **Introduction to Healthcare**

The goals of these workshops are to educate students about the basic components of the healthcare field. An integrated curriculum of public health, prevention, and screening establish the foundation for the students' introduction to healthcare in America.

Facilitating discussions with students regarding disparities in healthcare will in theory convey to them the need for increased representation and involvement of students of color into all health disciplines. Additionally, many young people are unaware of the numerous career opportunities in the healthcare diaspora. These workshops are designed to expose students to a plethora of health specialties such as allopathic and osteopathic medicine, dentistry, podiatry, nursing, physical therapy, occupational therapy, etc.

### **Study Skills Workshop**

This workshop is designed to teach students techniques to improve studying efficiency and retention. As medical students, we have, through personal experiences and professional development, become adept at various methods designed to increase the retention of academic material. Loyola medical and nursing students will provide students with a variety of study techniques and strategies, encouraging them to adopt and apply these techniques in school, and in various academic settings.

### **Student Presentations**

Students will be encouraged to present a health related topic at the conclusion of the program. The presentations provide students with the opportunity to work with their mentors on an individualized level in choosing, researching, and preparing a presentation on a health topic of interest. The presentations allow students to become active participants in the educational workshops by giving them the opportunity to incorporate the skills they've learned through out the program into their presentations. HPREP - Loyola students will serve as mentors and available resources for the students as well as a platform from which to peak their intellectual curiosity.

### **Library Sessions**

These sessions are designed to teach students how to research, organize, and develop a topic. During these sessions, students work closely with their mentors: navigating search engines, citing relevant sources, organizing data, and developing their presentations. The skills students' learn in the library sessions will help them research data at all levels of education, and become life-long learners.

## **Parental Education/Involvement**

A student's success in education is heavily influenced by the support of their parents in all areas of their life, especially academics. By having students present on a health related topic, parents will see not only where their students' interests lie, but will also take with them vital health information beneficial to their families.

## **Q & A Panel of Minority Healthcare Professionals**

This panel will be comprised of ethnically diverse health professionals representing various fields of health. HPREP - Loyola members will help students formulate questions for the speakers prior to the session. Chapter mentors will also develop standard questions for each speaker.

## **Mentoring**

Mentors are to assist students with their presentations, and give basic nutritional lessons during mentor lunch sessions.

Mentors are encouraged to develop long-term academic relationships with students via face-to-face interaction, mail and/or email correspondence. For this reason, each mentor should have no more than five students. Parents will be notified that their child has a mentor. The mentor relationship should only be terminated if the student, parent, or guardian wants the relationship to end.

A training workshop for mentors is recommended. Workshop topics can include: motivational interviewing, goal setting, and familiarization with resources HPREP students may require (ACT prep programs, college scholarship programs, shadowing opportunities).

## HPREP - Loyola SSOM

### 10/27/2012 Study Skills

Activity	Time	Room
Introduction to HPREP	9am-9:30am	360/2512A
Ice Breaker Activities	9:30am-10am	360/2512A
Study Skills Workshop	10am-12am	360/2512A
Mentor Session (Lunch)	12-12:30pm	360/2512A
Pick-up time for Parents	12:30-1pm	SSOM Lobby

### 11/3/2012 - Public Health

Activity	Time	Room
Defining Health & Health care	9am-9:30am	445/2512A
Health care Disparities	9:30-10am	445/2512A
Disease Prevention/Screening	10am-11am	445/2512A
Library Session	11am-12pm	445/2512A
Mentor Session (Lunch)	12-12:30pm	445/2512A
Pick-up time for Parents	12:30-1pm	SSOM Lobby

### 11/10/2012 - Diversity In Health Care

Activity	Time	Room
Why Health care as a Vocation?	9am-9:30am	445/2512A
Work on Student Presentations	9:30am-10am	445/2512A
Panel of Diverse Healthcare Professionals	10am-11:30am	445/2512A
Tour of Stritch SOM/Niehoff SON	11:30-12pm	SSOM/NSON
Mentor Session (Lunch)	12pm-12:30pm	445/2512A
Pick-up time for Parents	12:30-1pm	SSOM Lobby

### 11/17/2012 - Diversity in Health Care

Activity	Time	Room
Diversity's Importance in Health Care	9am-9:30am	360/2512A
Work on Student Presentations	9:30am-10am	360/2512A
Panel of Diverse Healthcare Professionals	10am-11:30am	360/2512A
Tour of Hospital (by URM physician)	11:30-12pm	LUMC
Mentor Session (Lunch)	12pm-12:30pm	360/2512A
Pick-up time for Parents	12:30-1pm	SSOM Lobby

### 12/1/2012 Student - Presentations & Celebration

Activity	Time	Room
Intro - Parents & Students	9am-9:30am	Leischner
Student Presentations	9:30am-11am	Leischner
Key Note Speaker	11:10am-11:30am	Leischner
Reception	11:30-12pm	Atrium