



# TEACH

Teaching Excellence for a Career in Health

An Enrichment Program for High School Students Interested in Careers in Health Care

September 17, 2020-  
May 20, 2021

(Every 3rd Thursday)

5:30 - 8 p.m.

(Light dinner provided at each class session)

(Across from Cape Fear Valley Medical Center)

## **Southern Regional AHEC Health Careers**

Through the Model State Supported Grant, Southern Regional AHEC (SR-AHEC) provides programs designed to prepare 8<sup>th</sup> -12<sup>th</sup> grade and undergraduate students for careers in the health field. With an emphasis on students who are historically underrepresented (minorities, economically and/or educationally disadvantaged, etc.), it is the goal of the NC AHEC program to improve the distribution and retention of health care professionals in the state. The TEACH program will not be a blended learning experience with the introduction of "Virtual Job Shadowing".

## **Program Description**

Teaching Excellence for A Career in Health (TEACH) is a nine-month pre-professional health enrichment program for high school students in grades 8 through 12. The ultimate goal of TEACH is to serve as an integral component in the North Carolina health education pipeline and to make a significant impact on the number of underrepresented students entering health fields in the region.

## **Eligibility Requirements**

In order to be eligible to participate, students must meet the following criteria:

- Reside in: Bladen, Cumberland, Harnett, Hoke, Moore, Richmond, Robeson, Sampson, or Scotland county;
- Be enrolled in grades 8 through 12;
- Maintain at least a 3.0 GPA;
- Receive a referral from an academic teacher or guidance counselor; and have an interest in learning more about health careers.

## **Activities**

TEACH activities include:

- Health science education workshops consisting of lectures emphasizing human anatomy and physiology, information on diseases that affect minority populations, disease treatment and behavior modifications for disease prevention, and hands-on instructions for monitoring body vital signs;
- Health awareness and professional development seminars featuring health career speakers emphasizing awareness of multiculturalism, health disparities, professional

health careers, and education programs, and the financial aid and admissions application process to facilitate entry into college;

- Career field trips to educational institutions offering health education programs in North Carolina; and
- Collaboration with health careers pathway educational high schools & organizations, to facilitate a one-week blended learning summer program for middle school and high school students (grades 8 through 12).



## **Agenda-Activities subject to change, due to specimen availability**

**Topic:** Heart

**Objectives:** Understand and identify the anatomy and physiology of the heart.

**Activity(s):** Students will race their heart in efforts to try and emulate the production of blood that is pumped per minute in the body. Students will then identify the regions of a heart internally and externally via a pig heart dissection.

**Topic:** Animal Behavior & Brain Function/Sheep Brain Kit

**Objectives:** Analyze how the body responds to stimuli and how it correlates to brain function

**Activity(s):** Students will examine how an earthworm responds to various stimuli to include light, water, base, & caffeine. Students would then compare its reaction to the human body

**Topic:** Brain Function - Left vs. Right

**Objectives:** Identify the anatomical regions of the brain. Understand the functions of the left brain vs the right brain

**Activity(s):** Students will participate in a large scale left/right brain group line activity to introduce the topic. Students will then perform a sheep brain dissection to examine the brain externally and internally.

**Topic:** Bones, Wraps, & Casts

**Objectives:** Understand the role of a sports therapist in understanding bones and articulations in efforts to address various sports injuries.

**Activity(s):** Students will work in teams to complete a puzzle challenge to learn about the bones and muscles most injured. Students will then practice wrapping wrists, arms, and ankles utilizing ace bandages. Once mastered, students will practice putting on a cast on their partner.

**Topic:** Suturing

**Objectives:** Identify different types of wounds. Understand how and when to apply a suture.



Activity(s): Students will practice making sutures using a large assimilation board and then they would practice by suturing both fruit and chicken.

### **Certifications**

National Stop the Bleed Campaign

American Heart Association- Heartsaver CPR, First Aid, AED

National Presidential Award

### **Fee**

\$115 per student; Registration must be received by September 4, 2020. You may submit the fee in two payments of \$57.50. Student will receive souvenir t-shirts and book bags. Students will also be registered for the Passport to Health Care program as well as Youth Health Service Corporation Presidential Award program

### **Credit**

Participants who attend 100% of the program will receive a certificate upon completion, which is recognized by the University of North Carolina College System.

### **Substitutes/Refunds/Transfers**

Participants who register for the program and are not able to attend, may send a qualified substitute; or if canceled within 48 business hours before the program, receive a voucher for 100% of the registration fee for use at a future SR-AHEC program.

Tonya Burney, MS, CPD

SR-AHEC Director of Health Careers

(910) 678-7201 / [tonya.burney@sr-ahec.org](mailto:tonya.burney@sr-ahec.org)

# Registration Form



# TEACH

Form may be duplicated or application can be completed online:  
<https://www.southernregionalahec.org/health-careers-teach/>

**Phone:** (910) 678-7201 **Fax:** (910) 323-0674 **Email:** [Tonya.Burney@sr-ahec.org](mailto:Tonya.Burney@sr-ahec.org)

*(If paying by credit card, you may fax or email your registration)*

**Mail:** SR-AHEC, Attention Health Careers, 1601 Owen Drive, Fayetteville, NC 28304

## STUDENT:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Middle initial \_\_\_\_\_ DOB Month/Day/Year \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender:  Male  Female

Race/Ethnicity:  American Indian  Alaskan Asian (specify) \_\_\_\_\_  Black/African American  Hispanic/Latino  Native Hawaiian/Pacific Islander  White/Caucasian  Multiracial

Name of School \_\_\_\_\_ Current Grade \_\_\_\_\_

Expected Grad. Yr. \_\_\_\_\_ Health Careers Interest(s) \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

## PARENT/GUARDIAN:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Alt. Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Payment Information**  \$115 Registration  \$57.50 partial payment  \$57.50 partial payment (2)

Fee paid by:  Check Enclosed Payable to SR-AHEC  VISA  MasterCard

Card# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_