



April
Monthly

Announcement from the Health Professions Program

Julianne Stern, Administrative Support Coordinator I for Health Professions & Associate Coordinator for CSUF LSAMP, will be moving on to bigger opportunities. Friday, May 3rd, will be Julianne's last day at the Health Professions Program. Julie has been an asset to our office since she began working here as an undergraduate student assistant, and we will all be sad to see her go.

April Monthly Blast: Summer Activities

As summer quickly approaches, many students are wondering what they should do during the long break. This blast will focus on the various summer activities and options that are available to students which may benefit professional school applications and increase interest in health professional fields.

Licensing

One of the most beneficial things students can do during the summer downtime is take steps to becoming certified in a health or health-related field. These are not only great

opportunities to further skills and interest in the fields of health professions, but is an asset to professional school applications and a resources to network with professionals. Here are some of the most popular certifications and what they may entail:

Pharmacy Technician Certification: Formal pharmacy-technician education programs require classroom and laboratory work in a variety of areas, including medical and pharmaceutical terminology, pharmaceutical calculations, pharmacy recordkeeping, pharmaceutical techniques, and pharmacy law and ethics. Technicians also are required to learn medication names, actions, uses, and doses. Many training programs include internships, in which students gain hands-on experience in actual pharmacies. Students receive a diploma, certificate, or an associate degree, depending on the program.

- 1-2 years in school; GED or high school diploma required
- [Explore Health Careers Pharm Tech page](#)
- [Pharm Tech Training Directory](#)
- [CSULA's 50-hour PharmTech program](#) (registration begins May 1st!)

Licensed Vocational Nurse (LVN) Certification: LPNs/LVNs provide hands-on care to patients under the supervision of RNs or physicians. LPN preparation programs involve one year of training at a hospital, vocational-tech school, or community college. After training, you are eligible for licensure as an LPN or LVN, and you will then be qualified to work at a hospital.

Responsibilities of LPNs are limited, however, and you must work under the guidance and direction of a registered nurse or physician.

- Programs consist of 1530 total hours, broken down into 576 hours of theory, and 954 hours of clinical work
- Full time programs: 12-14 months
- Part time programs: 18-20 months
- [Explore Health Careers LVN page](#)

Certified Nursing Assistant: Training programs to become a certified nursing assistant (CNA) can be found through the Red Cross, community colleges or medical facilities. Classes are generally taught by an RN, and the length of training depends on the program. Through a facility, classes may run for two weeks, with a month or more of hands-on training to follow. The classes offer the basics of what to expect with this job; however, this is a career in which skill levels and confidence dramatically improve once the nursing assistant becomes involved in the daily routine of actual caregiving.

- 0-1 Years in school required
- Many community colleges and universities offer CNA programs.
- [Explore Health Careers CNA page](#)

Phlebotomy: The National Phlebotomy Association (NPA) requires 200 hours of training, which includes clinical experience. Students also must pass the national certification exam with a score of 70% or better. Continuing education is required to maintain

certification. Some states also require phlebotomists to be licensed. Phlebotomists collect blood for donation or so the blood can be analyzed in a clinical laboratory.

- 2-4 years in school required
- Many schools have phlebotomy training courses, including Loma Linda, UCLA, and Mt. San Antonio Community College.
- [Explore Health Careers Phlebotomy page](#)
- Prep courses are available through the national Phlebotomy Association for \$70/six weeks of access. To learn more about this please visit [this website](#).

These are just a handful of licenses and programs that can be completed or started during the summer down time. Certifications to be an EMT, medical administration assistant, medical interpreter, EKG technician, and many more are available to students. Please take some time to consider the possible benefits to your application that these programs may afford you.

Shadowing and Volunteer Work

One of the most popular and beneficial things students can do during summer is getting involved with shadowing a professional or volunteering their time. Since the school year greatly limits students' free time, the summer presents a perfect opportunity to gain shadowing and volunteer experience for applications and to build a better understanding of a variety of health professions. The Health Professions Advising Office offers two different paths of action in regards to these opportunities:

Shadowing

- Shadowing is one of the most important aspects of preparing for professional school. Shadowing allows students to see the real-life, hands-on side of their profession. It is also important to have a deep understanding of and connection with the field you are interested in entering, and shadowing professionals from your desired field can foster these things. When applying to professional school, shadowing experience is addressed directly on each of the applications.
- The Health Professions Advising office has a list of alumni and professionals who are willing to allow our students to shadow them. Please complete the shadowing application and submit the necessary supplemental documents to apply for a shadowing position through our office.
 - To download the application, [click here](#).
- Students with professional connections are encouraged to seek out shadowing opportunities on their own. Additionally, many students request to shadow their personal physician, dentist, etc., when they are first looking for opportunities.

Volunteer Work

- Volunteering is another avenue of exposure to the health field, and allows students to gain hands on experience and help the community in the process. It is imperative that students explore the various types of volunteer work and begin contacting different programs to learn more about them. This will help students decide upon a profession to pursue, and determine which profession will be most fulfilling.
- Please come into our office and peruse the various

volunteer activities we facilitate. When you have selected one or two opportunities of interest to you, you will fill out and submit a Volunteer Opportunity Slip (VOS) and we will provide the contact information for your chosen opportunity.

- Volunteer work is one of the most important aspects of a professional school application, and thus must be undertaken with consideration. It is extremely important that students remain professional in all aspects throughout the entirety of the volunteer process, and subsequently we require written acknowledgement of this in the form of the VOS.
- Please also consider looking into volunteer opportunities that align more closely with you own personal interests. For example, many of our students volunteer with [Schools on Wheels](#) and tutor homeless children.

Workshops

During the summer, many students enroll in online or in-person workshops for various purposes. The HPAO and the University of Minnesota's Health Careers Center have teamed up to offer you a series of interactive, online workshops aimed at helping you with applying to health professional programs. The workshops are:

- [Personal Statements for a Health Profession](#)
- [Planning for Medical School](#)

We ask that individuals seeking advising for the very first time complete the "Planning for Medical School" workshop prior to

appointments (even if you are planning for a different health profession). We ask that those seeking assistance with Personal Statement reviews complete the “Personal Statements for a Health Profession” workshop.

Each of these workshops can be done on your own time, at your own pace. They are interactive and will ask you to do some work along the way, such as creating a medical school action plan or writing a draft of your personal statement. These workshops are extremely beneficial to students applying to health professional school.

Dental Students

- One of the aspects of the dental application is evidence of manual dexterity. For dentistry students, the summer is a wonderful time to take classes or workshops to improve their manual dexterity, and in turn improve their application. Activities such as pottery, knitting and crocheting, playing instruments, and other hands-on activities all demonstrate levels of manual dexterity.
 - The Ostrow School of Dentistry at USC holds many continuing education courses and workshops throughout July and August that are available to non-enrolled students. Workshops include manual dexterity and dental hygiene techniques, among others. To see a full list please [click here](#).
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Student Organizations
Upcoming Events



Student Health Professions Association

Alumni Panel

When: Fri, May 3, 12pm-1pm

Where: Alvarado AB

Description: CSUF alumni that are currently enrolled in medical graduate programs will share their stories and answer any questions



American Medical Student Association

Last General Meeting (TIME CHANGE)

When: Fri, May 3, 9am-10am

Where: TSU Heterbrink AB

Description: Guest Speaker: Dr. Robert Watkins, Orthopedic Spine Surgeon, from the Marina Spine Center.

Western Ladder Event

Topic: My Home and My Environment

When: Sat, 8am – 12pm; May 4

Where: Western Medical University in Pomona

Description: Western University conducts a series of Saturday morning sessions for Pomona Middle School students to learn about careers in the health sciences. These are fun, active and informative workshops for parents and 6th grade students. Presentations and hands-on learning sessions are conducted by variety of health care professionals and WU students studying to be doctors, nurses, physician assistants, physical therapists, veterinarians, optometrists, podiatrists and more! We will attend a general meeting along with other clubs and then present a poster to groups of 6th graders on a various topic. The topic will be announced closer to this date. If interested, please contact Lauren Stowell at stowell@csu.fullerton.edu.

Mary's Soup Kitchen/Joy Squared

Saturdays 11am-2pm, serve lunch to the homeless in Orange County at Mary's Kitchen:
517 W Struck Ave, Orange, CA 92863

Dates:

- May 4, 2013
- May 25, 2013

To sign up, please contact Diana Reyes at dianareyes@csu.fullerton.edu.



Latino Medical Student Association

TENTATIVE: Are You Smarter Than Your Professor?

Where: Friday, May 3, 2013

Where: The Pub, under TSU

Description: Check back for updates on the event

UCI's Dr. Angulo to visit CSUF

When: Fri, May 3, 11am – 12pm

Where: Tuffree AB

Description: Internal Medicine Resident at UCI

Loma Linda School of Medicine Tour

We have the opportunity of touring Loma Linda School of Medicine Friday May 10th. The tour will start at 9:00am and end at 12:00pm. The tour will include a visit to the anatomy lab, where we may have the opportunity to see real human cadavers!

Space is limited, so please contact me (Gordon) at gordon.s.withers@gmail.com if you are interested. Also, please indicate if you are able to drive to the event as we will be making a carpool list as the date approaches.

Mock Interviews

We have **mock interviews** coming up! If you are interested, please email us ASAP LMSAPlus@gmail.com. Space is limited; preference will be given to LMSA Plus members and those applying this cycle. We will be having mock interviews at UCLA, USC and we are working on UCI.

Physician Assistant

Physician Assistant Virtual Fair



Looking for a Physician Assistant Program?

Virtually Interact with Schools & Save Valuable Time.

All students interested in applying to Physician Assistant programs are invited to attend this unique and FREE virtual event where you can meet School Representatives conveniently and efficiently!

<http://caspa.careereco.net/students-alumni/virtual-fair-registration/>
