

# Fostering the Future

## Course Curriculum

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*This two-day program aims to provide underserved students the opportunity to explore careers in the field of healthcare and learn valuable professional, leadership, and collaborative skills that will aid in fostering a successful future in healthcare careers. Throughout the duration of the program, students will work in small groups led by a RESURG program member. Group activities are meant to provide an opportunity to connect with others, be mentored by their group leaders, and discuss and engage with the taught content. Our goal is to support students in their aspirations and goals, and to ultimately help foster their future.*

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### Career Exploration & Presentation

In this interactive workshop, students will have the opportunity to explore and research a single career of their choosing with the help of their group leaders. Students will be provided with an extensive list of healthcare-related professional careers to choose from. Group leaders will be able to help guide students in learning how to successfully research their career of interest and answer any questions they may have. After spending time researching careers in small groups, students will then present the career of interest to their teams.

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This workshop will discuss resumes, curriculum vitae, and cover letters. Students will learn about what each of these important documents are and have the chance to get hands on experience with constructing a resume. Topics such as formatting, sentence structure, content, and how to target intended audiences will be discussed. If students already have a resume, they can bring it to class and receive feedback on it from their group leader.

### Resume & Cover Letter Workshop

### Professionalism in Healthcare

This class will discuss professionalism in the healthcare field. Students will learn about what professionalism is and what professional skills are important in the field of healthcare, such as guidelines for successful patient interaction, email etiquette, networking, and diversity and inclusion. Additionally, students will be advised on how to display these skills.

### **Undergraduate Students in STEM Panel**

In this segment of the program, students will have the opportunity to ask a panel of UC Davis undergraduates and recent graduates questions about preparing for undergrad, the college experience, graduate school, and the workforce. The panelists will discuss their collegiate journeys and offer beneficial advice about applying to college, how to be successful once in college, and answer questions.

In this segment of the program, students will have the chance to hear from a diverse and wide range of healthcare professionals, including but not limited to, surgeons, residents, nurses, a physician's assistant, a substance abuse counselor, and a pharmacy technician. Our panelists will be able to provide valuable insight about what their careers are like, what it took to get there, and answer any questions that the students may have.

### **Medical Professions Panel**

### **Interview Skills**

This class will help students learn how to navigate interviews. There will first be a teaching segment, including but not limited to, information about interview attire, proficient nonverbal communication skills, potential interview questions, and how to prepare. At the end of the class, students will have the opportunity to practice interviewing each other in their teams and receive feedback.

During this portion, students will be introduced to the field of clinical research. The aim is for students to learn valuable information about the importance of research in healthcare, the process of conducting research, and what the duties of a research assistant entail. Additionally, students will learn more about the RESURG program firsthand from our students and hear about some of the program's current research studies.

### **Introduction to Research**

### **Doctor Presentation**

In this presentation, students will get to hear from Dr. Misty Humphries and Dr. Matthew Mell, two vascular surgeons in the Department of Surgery at the UC Davis Medical Center in Sacramento. Dr. Humphries and Dr. Mell will be sharing their stories about how they decided to pursue a career in medicine, how they got to where they are now, and what it's like to be a vascular surgeon at UC Davis.

This workshop will introduce students to networking and how to get involved in local STEM programs. Students will be shown how to utilize online networking platforms such as Handshake and LinkedIn. Additionally, students will be introduced to a number of virtual and local STEM programs that they can get involved in and be taught how to search for jobs, internships, and volunteering opportunities in the healthcare field.

### **Local Programs & Involvement**