



# Allied Health Academy 2016-2017 Member Syllabus

*CSU Fullerton*

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## Key Contact Information

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## Overview

The Allied Health Academy provides services and resources to low income, first-generation college students to pursue graduate programs in allied health.

The North Orange County Allied and other Health Careers Opportunity Program (NOCA HCOP) aims to increase the pipeline of underrepresented Latinos, Pacific Islanders (including Native Hawaiian, Samoan and Chamorro) and Southeast Asians (particularly Vietnamese, Cambodian, Hmong and Lao), and other underserved, first generation college students into the professions of communicative disorders, counseling, occupational therapy, public health (including environmental health specialists, epidemiologists, health educators, and gerontologists), physical therapy, and social work. This multifaceted effort is specifically designed to increase retention and graduation of these diverse underserved students across the educational continuum, from high school and community college into four year college and graduate allied and other health profession programs.

## Objectives

The Allied Health Academy is designed to empower students to:

- Recognize the opportunities in and requirements for allied and other health profession training
- Develop realistic and achievable educational plans for allied/other health professions
- Successfully be retained in college, graduate from college, and/or matriculate to graduate school
- Increase academic preparation, personal development, cultural identity formation that incorporates graduate learning and education, and career development for allied/other health professions
- Increase preparation for and competitiveness to enter allied/other health profession programs.

## Core Components

Explore	Connect	Study	Prepare
<p><i>What are your options? Who is doing this work?</i></p> <p>Career exploration activities expose you to allied and other health careers, graduate students, and professionals.</p>	<p><i>Who is your support system? Are you connected to your community?</i></p> <p>Community building activities help to bond with peers who share your passions and struggles is important, glean advice from mentors, and get to know the community you will serve.</p>	<p><i>What's your academic plan? How can you study better?</i></p> <p>Academic activities provide guidance on how to academically prepare for graduate school.</p>	<p><i>How do you apply? How can you prepare for graduate school?</i></p> <p>Preparation activities inform you about the graduate school application process, assist you with the application, and prepare you holistically to be a graduate student.</p>

# Expectations

## Member Roles

CSUF Students can be involved with the Allied Health Academy in five different ways:

Member Role	Elibility	Description	Hours Required	Stipend
New member	<ul style="list-style-type: none"> <li>Economically and educationally eligible</li> <li>Application required</li> </ul>	<ul style="list-style-type: none"> <li><i>Explore</i>: Exposure to the allied health field</li> <li><i>Connect</i>: Finding your community and building your identity</li> <li><i>Study</i>: Finding your path and developing an academic plan</li> <li><i>Prepare</i>: Initial exposure to grad school and building health habits</li> </ul>	120 hours during the academic year	\$1000
Mentor	<ul style="list-style-type: none"> <li>Former AHA member</li> <li>Must enroll in HESC 399</li> <li>Limited availability</li> </ul>	<ul style="list-style-type: none"> <li><i>Explore</i>: Networking and refining your path</li> <li><i>Connect</i>: Giving back and developing helping skills</li> <li><i>Study</i>: Staying on track and moving forward</li> <li><i>Prepare</i>: Preparing graduate school application and continuing healthy habits</li> </ul>	120 hours during the academic year	\$1000
Intern	<ul style="list-style-type: none"> <li>At least 1 semester as an AHA member</li> <li>Additional application required</li> <li>Limited availability</li> </ul>	Gain experience in allied health work in a community or clinic setting or through research experience	180 hours during a semester (offered Fall, Spring, Summer)	\$1000
Pre-Matriculation Program Participant	<ul style="list-style-type: none"> <li>Former AHA member</li> <li>Accepted into a linkage partner graduate program</li> <li>Additional application required</li> <li>Limited availability</li> </ul>	Improve academic and social readiness for graduate school	120 hours during a 4-week summer program	\$1000
Guest	<ul style="list-style-type: none"> <li>No restrictions</li> <li>Application required</li> </ul>	Participate in activities (not eligible for mentoring or financial benefits)	No hours requirement	No stipend

## Attendance & Participation

You are required to participate and contribute to our learning community. Participation includes being active in discussions, activities, and completing assignments. Please RSVP for events, arrive on time, and notify the Program Coordinator if any emergencies preventing you from attending arise.

Attendance will be tracked through sign in sheets. Be sure to sign in and out of each session. Additionally, you are responsible for tracking your own hours through the AHA Hours Tracking spreadsheet to ensure you meet the 120 hour requirement to receive the stipend. Please submit this monthly.

### **Makeup Policy**

Selected events will be recorded. To make up the event, watch the recording and blog about the video. See below for more on blogging. The time spent watching and blogging can count toward your hours.

### **Stipend**

Stipends will be distributed to students upon successful completion of requirements.

### **Communication**

You are expected to stay informed by frequently checking the communication tools listed in the following section.

## **Communication Tools**

### **Emails**

Important information is frequently sent via email. Individual and/or group emails will be sent to the email address provided in the membership application. You are responsible for checking your email frequently (multiple times per week).

### **Mail Chimp Newsletters**

Periodic newsletters containing important information will be sent out. The newsletter may include links for confirming attendance for events. You are responsible for reviewing the entire newsletter.

### **Titanium Community**

The Titanium Community is an online repository for important information for the Academy. Titanium contains documents such as handouts from previous panels or workshops, an updated calendar, community event and scholarship postings, and more.

To access the community, log into your portal (<http://my.fullerton.edu>), click “Titanium,” then click “Communities.” Our group site is listed under “Allied Health Academy - a Health Careers Opportunity Program.”



## GroupMe

GroupMe is a platform for group messaging. GroupMe can be accessed either through a mobile app (iOS, Android) or browser ([www.groupme.com](http://www.groupme.com)). Each cohort has its own group for communicating notes, photos, events, and more.

## YouTube

Video recordings of panels and other events will be posted on the Allied Health Academy YouTube account (<http://tiny.cc/AHA-yt>).

## Blogging

Posting blogs is encouraged (and at times required) during participation in the Academy. Blogging provides a way to enhance your online presence, practice your writing skills, and reflect on your experiences in the Academy. Acceptable platforms include LinkedIn (posts) or WordPress.com. Additional guidelines can be found in the Titanium community.

## Facebook

Interesting articles and community events may be posted through the Academy's Facebook page. Occasionally, students may be featured on posts as well. [Facebook.com/csufalliedhealth](https://www.facebook.com/csufalliedhealth)

## Photo Waiver

As part of the Academy application and pre-assessment, applicants granted permission to the California State University, its employees and agents, to take and use visual/audio images. If you do not want your image to be shared on any of the above outlets, please inform the Program Coordinator.

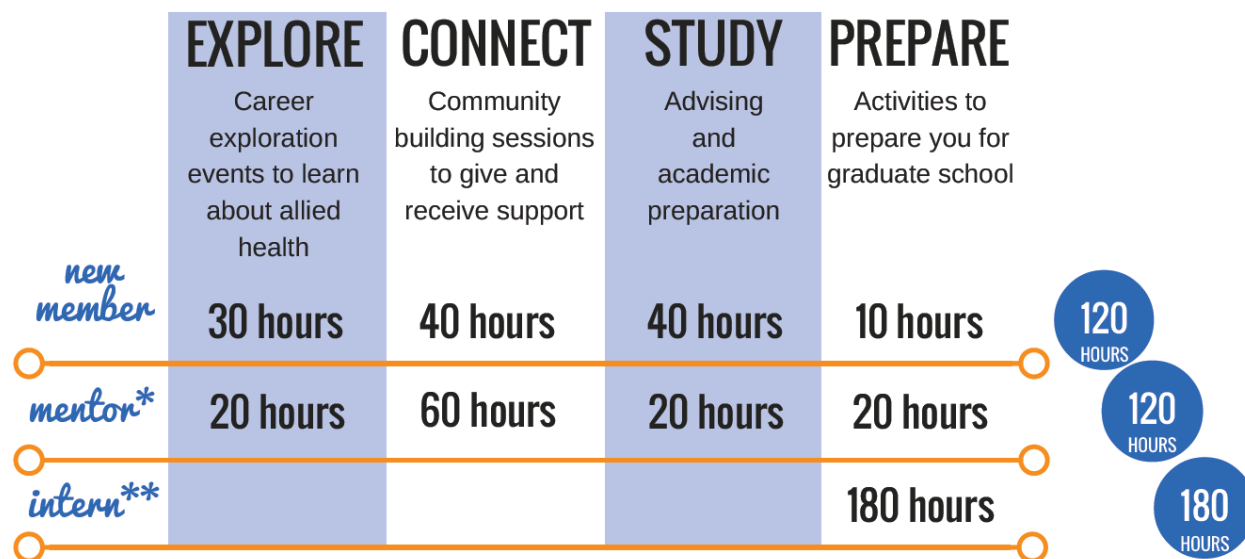
## Disability Accommodations

Reasonable accommodations are available for students who have a documented disability. Please notify the Program Coordinator when you join if any accommodations are needed.

## Student Commitment

**To receive the stipend, 120 documented hours must be completed by May 31, 2017.**  
(Exception: Summer GRE Prep Course may be completed by August 31, 2017.)

Hours must be tracked through the AHA Hours Tracking spreadsheet (available in Titanium). Must be submitted twice per semester.



## Activity Descriptions

Allied Health Academy members select their 120 hours of activities from the following list. Some are offered only once, others will be recorded and available to watch later, and others can be scheduled on your own time. Recommended activities by AHA role are listed below.

AHA Role	Explore	Connect	Study	Prepare
	Objective / Activities	Objective / Activities	Objective / Activities	Objective / Activities
New member	Exposure to the allied health field <i>panels, guest speakers, field trips</i>	Finding your community and building your identity <i>faculty-led group sessions, receiving peer mentoring, community events / service learning opportunities</i>	Finding your path and developing an academic plan <i>KNES 201, academic advising, study sessions, study skills workshops</i>	Intro to grad school and building healthy habits <i>workshops (writing, self-care, financial literacy)</i>
Mentor	Networking and refining your path <i>panels, guest speakers, field trips, networking mixers, informational interviews</i>	Giving back and developing helping skills <i>AHA-wide group sessions, mentoring high school / community college students, mentoring the new cohort at CSUF through HESC 399, community events / service learning opportunities</i>	Staying on track and moving forward <i>academic advising, study sessions, study skills workshops, GRE test prep course</i>	Preparing graduate school application and continuing healthy habits <i>workshops (grad school applications, writing, self-care, financial literacy), taste of grad school</i>
Intern				Gaining experiential training through allied health internship <i>on-site activities (either research or professional), professional development activities (blog, portfolio, video/poster)</i>

## **Explore**

*Panels.* To explore different career options from current and former graduate students in the allied health fields. Learn more about careers, get inspired by role models, and meet others with similar interests. [1-2 per semester]

*Guest speakers.* To increase your understanding of each occupation, alumni representatives from our graduate school linkage partners will speak about their respective professions and their career paths. One guest speaker will be featured each month. [last Friday of each month]

*Networking mixers.* To expand your allied health network, we will coordinate mixers with professionals and/or graduate students in allied and other health occupations. Networking mixers will be offered once a semester. [pending]

*Field trips.* To explore the various career settings in which you can work within the diverse field of the allied health professions. Meet and network with current working professionals and gain insight into different career paths and work. [1 per semester]

## **Connect**

*Cohort group support sessions.* To build community, develop your identity as a health professional, and navigate the sociocultural aspects of preparing for graduate school, faculty mentors will lead cohort-wide and AHA-wide group sessions. These events include a focus on getting to know the other members of the Academy with both similar or varying career interests and backgrounds. [3x per semester]

*Small group sessions.* To check-in between the major events during the semester, faculty mentors will hold small group sessions. These act as group office hours for seeking advice and building relationships with faculty mentors and peers. [2x per semester]

*Mentoring high school or community college students.* To strengthen the Allied Health Academy pipeline by providing insight about your experience in college with others, our partner high schools (Anaheim Union High School District) and community college (Cypress College) will host opportunities for CSUF members to mentor their Allied Health Academy students. This is a great opportunity to develop skills, help others navigate the process that is higher education, and serve as a role model for others on a similar path. [varies]

*Mentoring between CSUF AHA cohorts.* To build connections between Academy cohorts at CSUF, returning AHA members will mentor the incoming cohort. Mentoring activities will focus on engaging new mentors in the Academy, providing guidance on preparing for graduate school, and other facets specific to the Academy. Peer mentors must be enrolled in the Allied Health Academy section of HESC 399, or have already been trained through CHHD Peer Mentoring Program. This ensures peer mentors receive robust training on communication, problem solving, cultural competence and other skills which are key to allied health careers.

*Community events.* To connect with the off-campus community, members are encouraged to participate in community events. Expand your knowledge of community health issues and network with community leaders at events such as health fairs, cultural performances, health

conferences, and volunteer opportunities. Community events will be shared through Titanium. [various]

## **Study**

*Advising sessions.* To develop a plan to reach your academic/career goals and help you make progress on it, the Allied Health Academy Academic Life Coach (grad advisor) will be available for advising sessions. These sessions may include reviewing pre-requisites or identifying internships. These sessions will be offered either individually by appointment or as groups by degree (e.g., PT/OT, public health, speech therapy, social work/counseling). [2x per semester]

*KNES 201 health professions course.* To explore in more depth the diversity of allied health professions, a new course, Kinesiology 201 Introduction to Allied Health Careers was created. This 1-unit course provides an overview of the U.S. health care system, various careers, and features guest speakers. Students in the class will create action plans to pursue their goals. Open to members and non-members. [Fall semester]

*Study sessions.* To ensure you stay on top of your academics and applications, the KHS 115 office will be available exclusively for members during the week to provide a quiet space to study alone or with other members. [weekly]

*GRE test prep course.* To prepare for the GRE test and increase your competitiveness, the Academy will cover enrollment fees for the CSUF University Extended Education GRE test prep course. Visit the Extension website for upcoming dates: <http://extension.fullerton.edu/ProfessionalDevelopment/Course/13477/1>. Limited availability. Requires application. [Fall/Spring/Summer]

*Study skills workshops.* To strengthen your study habits for college and grad school, study skills workshops on topics such as test anxiety and time management will be provided. [varies]

## **Prepare**

*Taste of Grad School.* To expose juniors and seniors to a grad school environment, each month one engaging faculty member from a graduate linkage partner program will lead a mock course about a topic in their field. Students will gain familiarity with current research by reading a preassigned article and engage in discussion led by a linkage partner professor. [monthly, first Friday of the month]

*Application workshops.* To find out what it takes to apply and be accepted into graduate school, workshops will be offered. Topics include an overview of the process, personal statement, admissions tips, and more. Workshops will be led by the Career Center, admissions representatives from our graduate linkage partner programs, as well as current and former graduate students. [throughout the semester]

*Writing workshops.* To strengthen your writing skills and help develop ideas for your personal statement, writing workshops will be offered. Topics include reducing common writing errors, APA format. Receive tips on telling your story authentically that will appeal to graduate



admissions committees and also improve your writing skills. You may also meet with the CHHD Faculty Writing Coach for a one-on-one session. [varies]

*Self-care workshops.* To optimize your student performance through your well-being, self-care workshops, on topics such as balance and stress, will be provided by the Student Health and Counseling Center specifically for Allied Health Academy members during the year. You may attend also health education workshops provided by the Student Health Center to gain tips on how to take care of yourself. Additionally, Allied Health Academy members can attend the Student Health Center's workshops on nutrition which are open to all CSUF students. Allied Health Academy members are also encouraged to set up one-on-one health coaching through the Student Health Center to reach their wellness goals. [2-3 per semester]

*Financial literacy workshops.* To improve your understanding of personal finance, budgeting, financial aid, and how to fund graduate school and living expenses, these workshops will provide life-skills that often times are not covered in University curriculum. [pending]

*Informational interviews.* To expand your network and knowledge of a certain allied health career, members are encouraged to contact speakers, panelists, and other professionals for informational interviews. These would be scheduled on your own time. Members are expected to be professional and respectful when interacting with interviewees. Reach out to Career Center for tips on informational interviewing. [on-going]

*Professional internship / research experience.* Build your professional resume with professional internship opportunities in the surrounding community or research experience with renowned faculty here on the CSUF campus. Positions are limited and competitive but will give you valuable work/research experience while shaping you to be a stronger candidate for grad school. Interns are required to do 120 hours of internship work at their placement site and 60 hours of professional development activities as assigned by the Academy. Requires application. Internships are offered to juniors and seniors who have been in the Academy for at least one semester. Refer to the Internship Guidelines on Titanium. [Fall/Spring/Summer]