



Health Careers Program Statewide Educational Seminars 2022 - 2023

DISCLOSURE STATEMENT

The sessions are presented as part of the South Carolina AHEC Health Careers Program targeted at high school, undergraduate, and gap year pre-health students. A certificate of participation is only given to those who attend and complete an evaluation. This program does not meet professional development requirements for practicing health professionals.

FALL 2022 SCHEDULE

October 27 Health Professionals Panel – The Pathway to Success in Healthcare

Presenter: Various Practicing Health Professionals

Description: Students will be able to tap into the real-world experiences of various healthcare providers and explore how they decided on their career path.

Objectives: Upon completion of this seminar, students should be able to:

1. Identify the skill sets needed to pursue a health career
2. Recognize how to choose a health career based on interests
3. Identify the types and levels of jobs available in specific health careers
4. Identify the educational requirements in pursuing a health career

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3275>

November 17 Navigating the Professional World

Presenter: Ali McMenamin, MA
Director of Communications
South Carolina AHEC

Description: The path toward finding a job or internship can sometimes feel intimidating and confusing, but it doesn't have to be hard if you have the right tools for navigating the professional world. This webinar will discuss ways to communicate, what to expect, and how to prepare so that you can put your best foot forward on your path toward a health career.

Objectives: Upon completion of this seminar, students should be able to:

1. Implement strategies for professional communication
2. Use key professional tools such as resumes and cover letters

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3280>



SPRING 2023 SCHEDULE

January 26 Mental Health: It is OK to say, "I Am Not OK"

Presenter: Jean Ann Lambert
Community Educator
Mental Health America of South Carolina

Description: Sometimes in life, we end up in situations that we just can't change. Radical acceptance is all about fully accepting your reality in situations that are beyond your control. This doesn't mean you approve of the situation, are giving up, or that it isn't painful. You are still allowed to (and should!) feel however you feel, but by accepting that it is what it is, you give the problem less power over you and you can begin to move forward.

Objectives: Upon completion of this seminar, students should be able to:

- 1) Explain stigmas within mental health
- 2) Identify ways to handle peer pressure
- 3) Understand common and uncommon forms of mental health symptoms
- 4) Recognize self-destructive behaviors (drinking, smoking, self-harm)

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3281>

February 23 **Health Professions Student Panel: The Path in Pursuing a Career in Healthcare**

Presenter: Various Health Professions Students

Description: Health professions student panelists will provide important information to students considering applying to a health professional school in the future. The students will share aspects of their experiences, success stories, application processes, and so much more!

Objectives: Upon completion of this seminar, students should be able to:

- 1) Understand how career choices are related to lifestyle choices
- 2) Identify the importance of networking to increase awareness of rare opportunities
- 3) Explain how a future health professions student should prepare for admission to a health program

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3284>

March 23 **Nutrition: Empowering Your Body**

Presenter: Alaine Mills, MS, RD, CSSD, LD
Wellness & Sports Dietitian
Health, Wellness, & Human Performance ICCE
Medical University of South Carolina

Description: Nutrition plays a vital role in your health and development. Making healthy decisions in your younger years will benefit you while growing older. People are suffering from diseases due to poor nutrition. Join in the discussion about making decisions that benefit you. Challenge yourself-learn tips for portion size, exercise, mental care, and wise food choice.

Objectives: Upon completion of this seminar, students should be able to:

- 1) Define nutrition
- 2) Explain the process of nutrition
- 3) Evaluate foods in regards to nutritional values
- 4) Apply nutritional values to personal diet

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3288>

April 27

Oral Health: A Window to Your Overall Health

Presenter:

Joni D. Nelson, PhD, MS

Associate Professor and Deputy Director, Division of Population Oral Health
Medical University of South Carolina - James B. Edwards College of Dental Medicine

Description:

Learners will explore the intersections of oral health and overall health. Learners will have the opportunity to expand their understanding of basic risks for oral disease burden, as well as advance their efficacy on social determinants of health and its relation to population oral health outcomes.

Objectives:

Upon completion of this seminar, students should be able to:

1. Explore the significance of oral health and systemic-related diseases
2. Discuss the persistent effects of oral health and oral-medical related disease burden
3. Understand innovative strategies to improve oral health equity

REGISTRATION LINK

<https://www.scahec.net/learn/programs/3289>

PROGRAM CONTACT

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