

## What does Champlain Valley AHEC do?:

*Champlain Valley Area Health Education Center (CVAHEC) connects students to careers, professionals to communities, and communities to better health.*

*Our school programs and presentations are designed to educate and inform students of the many diverse careers and opportunities available to them in the health care field.*



**High school students participating in one of our Shadow Day programs.**

## How do I apply to a program?

1. Go to our website at [www.cvahec.org](http://www.cvahec.org) and explore our detailed programs and opportunities listed under our Health Careers section. Application instructions can be found in Health Careers.

OR

2. Email Jocie Mueller, the Health Careers Program Coordinator at [jmueller@cvahec.org](mailto:jmueller@cvahec.org) with the following information about yourself:
  - Full Name
  - High School and County
  - Grade Level
  - Name of the program that you would like to apply for
  - Email address (\*This is how we identify you, so it is very important that you use the **same email address for ALL communication** with Champlain Valley AHEC, or your application could get lost.

**\*\*After you send this email – in approximately 48-72 hours, you should receive a private application link in an email message. Read all email and application instructions VERY CAREFULLY before completing the application.**

### Champlain Valley Health Education Center



92 Fairfield Street  
St. Albans, VT 05478

Phone: (802) 527 - 1474 ext.214  
Fax: (802) 527 - 1632  
E-mail: [jmueller@cvahec.org](mailto:jmueller@cvahec.org)



Champlain Valley Area  
Health Education Center

Champlain Valley Health Education Center

## Exploring Health Careers in Franklin and Grand Isle Counties!

- Interested in problem solving, new technology, and relating to people?
- Concerned about today's health issues?
- Exploring or considering one of the many health career fields?
- .....then you should try one of our exploration programs in health care!

Helping you steer to a health career!



**LEARN FROM ACTUAL HEALTH CARE PROVIDERS IN YOUR AREA!**

Tel: 802-527-1474 ext. 214



# 3 Great Program Options:

## **Health Careers Shadow Day at Northwestern Medical Center**



**Job shadows happen during a Shadow Day or a MedQuest session.**

A one-day program that takes place at Northwestern Medical Center. Shadow Day is designed to provide students with the opportunity to develop comfort in the health care field, shadow a health care professional in his/her work setting (one 2-3 hour job shadow), and to explore, as well as strengthen skills and resources, needed for such a career. Students will also receive confidentiality and infection control training, and interactive presentations by health care professionals.

**October 20, 2011**

**Costs: \$25, if selected**

(some scholarship funds available)

Lunch provided, but transportation is not.

### **Am I eligible?:**

- if you live in Franklin or Grand Isle counties
- in grade 10, 11, or 12
- can participate the whole day: 7:15-3:30pm

**Complete** application due **September 27th, 2011!** (including one letter of recommendation)

## **Focus on Health Careers Conference**

A one-day conference for high school students who are interested in learning more about the health care field. This conference will give students the opportunity to explore health careers in high demand in Vermont, interact with health care professionals and students to learn what work and study are really like, learn strategies and resources to make the best of high school opportunities, prepare for the transition to college, and much more. The conference is held at the University of Vermont's College of Medicine.

**October 29, 2011**

**Costs: \$40, if selected**

(some scholarship funds available)

Lunch is provided, but transportation is not.

### **Am I eligible?:**

- if you live in Addison, Franklin, Grand Isle or Chittenden Counties
- in grade 9, 10, 11, or 12
- can participate the whole day: 8:30-4:30pm



**Health care is a hands-on field!**

**Complete** application due **October 1st, 2011!** (including one letter of recommendation)

## **MedQuest Health Careers Exploration Program**

A rigorously structured, educational, week-long, and residential program that is held on the UVM campus, providing students with the opportunity to explore a variety of careers in health care while gaining comfort in a college environment. Students will receive confidentiality and infection control training. Through interactive presentations and a job shadowing experience at each of the three local hospitals or within the communities, students strengthen their leadership skills, learn about community and continuing education resources, and develop a clearer understanding of the health care field and how they can enter into such a career.

**June or July sessions in 2012**

**Costs: \$500, if selected**

(some scholarship funds available)

Meals and housing provided.

### **Am I eligible?:**

- if you live in Addison, Franklin, Grand Isle, or Chittenden Counties
- in grade 11 or 12
- interested in living in a UVM dorm and experiencing college life
- can participate the whole week, either:  
Session I: June 24th—June 29th, 2012  
OR  
Session II: July 8th—July 13th, 2012

**Complete** application due **February 10th, 2012!** (including two letters of recommendation)