



The **HERO program** connects high school students with medical student mentors to explore their interests in health care and engage in hands-on health science activities. *For information about what it means to have a mentor, read the following pages.* Participants in **HERO** will learn about the differences in health care settings, connect with professionals in the field, and gain a well-rounded knowledge of skills across health and medicine disciplines.

In addition, **HERO** participants also receive:

- A chance for priority admission and scholarship eligibility to the AHEC Governor's Institute on Health & Medicine.
- The opportunity to earn certifications in CPR & Stop the Bleed.
- Personalized support for health career and post-secondary planning.
- A network of peers and mentors interested in health and medicine.

The **HERO program is free** and serves students in grades 9-12. Activities this fall will be held online and in person after school. *For a complete schedule, see the following pages.* Students interested in the **HERO** program **MUST** be willing to meet the minimum requirements outlined on the registration form, ***including weekly participation.***

To register for **HERO** in your school, link to our registration page here:

<https://form.jotform.com/22220603727142>



HERO is a program of the Northern Vermont Area Health Education Center (AHEC) and is supported by the University of Vermont, UVM Larner College of Medicine, University of Vermont Medical Center, our community hospitals, and the Vermont Department of Health.

The Benefits of Having a Mentor

men·tor

noun: An experienced and trusted adviser.



Guidance from experience

A mentor can give you valuable insight on getting where you want to go because they have real-life experiences that can help inform your decisions. Your mentor can provide guidance on what you can do now and what you could do next to meet your goals.

Having support

Your mentor is there for you. Having a mentor means having someone with whom you can troubleshoot. If you are not sure what direction to go in, your mentor can help you figure it out!

Learning

Your mentor has the education and experience to help you better understand the topics you want to explore to accomplish your learning goals and prepare for your next steps and future career.

Building your network

Your network is everyone you know and everyone they know. Having a mentor is like having another person on your team who can open new opportunities to you.

Being a Good Mentee

Take responsibility for your own learning

Your mentor can give you tools and guidance, but the rest is up to you! You must be willing to take charge of your learning by asking questions and actively participating in the conversations.

Develop trust

At the beginning of the relationship, you and your mentor will both be working to develop trust in one another. Things that build trust include responding to emails, doing what you say you will do, and coming to meetings prepared and on time.

Reach out, engage, and communicate

Every relationship takes two people to make it happen! Don't wait to reach out – you can connect right away on Slack.com to ask questions or set up time to meet.

Say what you need

Your mentor wants to help, so tell them what you need. Honesty will help the relationship flourish. Be honest if something isn't working for you, or if you don't understand something.

Get in your growth zone

Your mentorship offers you another person in your life who is committed to your progress. Leaving your comfort zone and entering your growth zone is where the best learning happens. Your mentor will be a support for you as you try new things and allow yourself to learn from mistakes!



2022–2023 SCHEDULE

SEPTEMBER 2022

HERO Student Information Sessions

- At your school during the week of September 12th (Time/Locations TBD)
- At your school during the week of September 19th (Time/Locations TBD)

During these sessions, students will meet staff of the HERO program, learn all they need to know about being a HERO participant, and hear about opportunities available if they register. Parents are welcome to attend if they would like more information. Program registration forms and submission instructions will be provided.

HERO Parent Information Session

- Online (Zoom) Monday, September 19th from 6-7:15 PM

*HERO staff will answer questions and assist students, parents, and guardians to complete the registration forms required. All forms will be provided in advance and language support will be available. Please note: **Thursday, September 22nd is the official deadline for students to sign up for the HERO program.***

HERO Orientation & Tech Tests

- Online (Zoom) Tuesday, September 27th from 3:30-5:00 PM
- Online (Zoom) Thursday, September 29th from 3:30-5:00 PM

Students who register for the HERO program must attend an orientation session. The orientation will review expectations for the program and set up the online platforms used during HERO.

OCTOBER 2022

WEEK 1 (October 3rd – October 7th)

Introduction to Health Careers and the HERO program (UVM)

At your school during the week of October 3rd:

- BHS: Monday, October 3rd, 3:30-5 PM
- NCUHS: Tuesday, October 4th, 2:20-3:40 PM
- WHS: Wednesday, October 5th, 3-4:30 PM
- MVUHS: Thursday, October 6th, 3-4:30 PM

Participants will meet after school to be introduced to some of the fastest growing fields in health care! This is a great opportunity to get curious, set goals, learn more about health careers and HAVE FUN with friends! During this time, there will be the opportunity to socialize with peers & mentors who have similar interests, gain a deeper understanding about potential pathways and careers, and create your HERO community!

Saturday Content Continuation Session #1 (Virtual 4-6 pm)

Go deeper into this month's topic in small discussion groups led by mentors! Explore anatomy, physiology, pathophysiology, career pathways, and anything else that interests you.

WEEK 2 (October 10th – October 14th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

WEEK 3 (October 17th – October 21st)

Professional Development - Pop-up #1 feat. Virtual Job Shadow

- Online (Zoom) during the week of October 17th (Time/Locations TBD)

Join Lanie & Kevin to take your health career exploration to the next level with amazing tools and resources!

WEEK 4 (October 24th – October 28th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

NOVEMBER 2022

WEEK 5 (October 31st – November 4th)

Dynamic Duos of Diabetes - Public Health Module

At your school during the week of October 31st:

- BHS: Monday, October 31st, 3:30-5 PM
- NCUHS: Tuesday, November 1st, 2:20-3:40 PM
- WHS: Wednesday, November 2nd, 3-4:30 PM
- MVUHS: Thursday, November 3rd, 3-4:30 PM

This module provides an opportunity to learn about an important area in health care. You will learn about public health, more specifically about diabetes and how it can affect people's daily lives.

Saturday Content Continuation Session #2 (Virtual 4-6 pm)

Go deeper into this month's topic in small discussion groups led by mentors! Explore anatomy, physiology, pathophysiology, and anything else that interests you.

WEEK 6 (November 7th – November 11th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

WEEK 7 (November 14th – November 18th)

Professional Development - Pop-up #2 feat. Health Professional Panel

- Online (Zoom) during the week of November 14th (Time TBD)

Engage directly with health professionals to deepen your understanding of what different careers within health care look like. This is a great opportunity to ask questions of experienced health care professionals.

WEEK 8 (November 21st – November 25th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

DECEMBER 2022

WEEK 9 (November 28th- December 2nd)

Making Marvelous Minds - Mental Health Module

At your school during the week of November 28th:

- BHS: Monday, November 28th, 3:30-5 PM
- NCUHS: Tuesday, November 29th, 2:20-3:40 PM
- WHS: Wednesday, November 30th, 3-4:30 PM
- MVUHS: Thursday, December 1st, 3-4:30 PM

Gain a deeper understanding of how mental health integrates with physical health. In this module you will learn ways to recognize when to take care of yourself and how to help others when it comes to emotional wellness.

Saturday Content Continuation Session #3 (Virtual 4-6 pm)

Go deeper into this month's topic in small discussion groups led by mentors! Explore anatomy, physiology, pathophysiology, and anything else that interests you.

WEEK 10 (December 5th – December 9th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

WEEK 11 (December 12th – December 16th)

Professional Development - Pop-up #3 feat. Resume Building

- Online (Zoom) during the week of December 14th (Time/Locations TBD)

In this professional development session, you will have the opportunity to learn how to create an effective resume that will help you in all of your future career endeavors.

WEEK 12 (December 26th – December 30th)

Enjoy your winter break!

JANUARY 2023

WEEK 13 (January 9th – January 13th)

Contusions, Concussions, Catastrophes - Medical Module

At your school during the week of January 9th:

- BHS: Monday, January 9th, 3:30-5 PM
- NCUHS: Tuesday, January 10th, 2:20-3:40 PM
- WHS: Wednesday, January 11th, 3-4:30 PM
- MVUHS: Thursday, January 12th, 3-4:30 PM

Gain a better understanding of neuroscience and take a deep dive into concussions and the impact they have on a human life! This hands-on module will give participants an understanding of how impacts to our neurological systems affect our lives.

Saturday Content Continuation Session #4 (Virtual 4-6 pm)

Go deeper into this month's topic in small discussion groups led by mentors! Explore anatomy, physiology, pathophysiology, and anything else that interests you.

WEEK 14 (January 16th – January 20th)

- ★ Connect one-to-one with your mentor online to talk about goals, get your questions answered about health and medicine, and plan for your future health career.

Professional Development - Pop-up #4 feat. VSAC College Bootcamp

- Online (Zoom) during the week of January 18th (Time/Locations TBD)

Receive valuable information regarding next steps for college planning and the resources available to you. Learn about college scholarships and grants, how to choose the right college program, and create a Federal Student Aid (FSA) ID!

Final HERO Celebration (Virtual) Saturday, January 28th

CELEBRATE GOOD TIMES, COME ON!

This evening is all about having a great time and celebrating what you have learned and the relationships that you have made!

Reflect on and celebrate your journey in the HERO program, whether this is your first year or you are a returning participant! Plant a seed for the future by contributing to a virtual time capsule! Invite a friend or mentee to attend! The learning and growth you have experienced is long-lasting and important. Come to acknowledge and celebrate all the wonderful things you've accomplished this year!

Supports and Incentives throughout the Program

Health Careers Counseling and Online Exploration

HERO participants will be connected directly to a health careers counselor who will help them explore and work through their career and educational goals! These options will include additional exploration through online platforms such as Slack and Virtualjobshadow.com.

Scholarships

HERO participants who complete the program will be eligible for priority admission and scholarship to the AHEC Governor's Institute on Health & Medicine.

Certifications

HERO participants who complete the program will be able to attend a FREE CPR and Stop the Bleed certification training in the spring.