

HERO Mentoring Program CALENDAR 2023 – 2024

Deadline to Apply: Thursday, September 21

Participants must commit to attend all ten virtual sessions from October through January.

Apply Here: [HERO Mentoring Program application](#)

Activities Calendar

Week	Session	Topic	Description
Oct 2 – 8	Pre-Launch	Initial contact	<u>Mentor / Mentee Introductions via email</u> : Logistics, Outside Commitments, Parent Awareness, Commitment to HERO
Oct 9 – 15	Session 1	HERO Orientation	<u>Large group online sessions led by NVT AHEC staff</u> introducing the HERO Mentoring Program and orienting to the Calendar, Session Flow and Design, Career Exploration Tools, and PLPs
For Sessions 2 through 10: Participant and Mentor pairs will select a day of the week and time that works best with their schedule for one-to-one, online mentoring sessions.			
Oct 16 – 22	Session 2	Getting Started: Mentor Pairs	Mentor Pairs get to know each other virtually, REASONS, Mentor’s Career Journey, Mentee’s learning style, HERO goals, preferred pace, reflection, first choice topic!
Oct 23 – 29	Session 3	Microbiology & Infectious Disease	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Lyme Disease ● MRSA - Infections Acquired in a Hospital ● Hep-C Activity: Testing for Bacteria CHT - <i>Social Determinants of Health</i>
Oct 30 – Nov 5	Session 4	Muscular System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Muscular Dystrophy ● ALS ● Muscle/Ligament/Tendon Tears Activity: Model Joints CHT - <i>Use of Performance Enhancing Drugs</i>

Nov 6 – 12	Session 5	Circulatory System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Coronary Heart Disease ● Stroke ● Blunt or Penetrating Heart Trauma Activity: Model Pumping Heart CHT - <i>Risk Factors of Cardiovascular Disease</i>
Nov 13 – 19	Session 6	Respiratory System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Asthma ● Chronic Obstructive Pulmonary Disease (COPD) ● Collapsed Lung Activity: Model Lung CHT - <i>Vaping and Inhalant Addiction</i>
Nov 20 – 26	Thanksgiving Break		
Nov 27 – Dec 3	Session 7	Digestive System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Ulcers ● Irritable Bowel Syndrome ● Hernia Activity: Peristalsis Model CTH - <i>Developing a Healthy Relationship with Food</i>
Dec 4 – 10	Session 8	Nervous System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Epilepsy ● Alzheimer’s Disease ● Traumatic Brain Injuries Activity - Neuron Model CHT - <i>Neurodiversity in Teens (Autism, ADHD, etc.)</i>
Dec 11 - Jan 1	Exams and Winter Holidays		
Jan 8 - 14	Session 9	Integumentary System	<u>Teen Choice</u> <ul style="list-style-type: none"> ● Acne ● Melanoma ● Burns Activity: Model of Skin Layers CHT - <i>Why Sun Safety May Save Your Life</i>

Jan 15 - 19	Session 10	Skeletal System	<u>Teen Choice</u> <ul style="list-style-type: none"> • Joint Replacement • Leukemia • Osgood Schlatter's Disease Activity: Finger Splints CHT - <i>The Stigma of Being "Differently Abled"</i>
Jan 20 & 27	Closure	Celebration!	1 - 2 sites, in-person celebration for Mentees and Mentors. Content Focus: Diabetes



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