



Health Exploration Resources & Opportunities

HERO MENTORING PROGRAM 2026

Explore. Learn. Connect.



WHAT IS HERO?

Designed for Vermont high school students interested in health & medicine, HERO is a free, virtual health career exploration program that pairs high school students with UVM medical student mentors.



HOW HERO WORKS

- **One-on-One Mentorship**
 - Get paired with a UVM medical student mentor for real insight into health careers and medical education.
- **Fall Sessions**
 - October to December, eight virtual sessions launching on October 6th.
- **Set Your Goals**
 - Work with your mentor to define learning goals: college prep, career exploration, or academic growth—and track your progress.



WHY IT'S **AWESOME**

- **Learn from a near-peer:** a UVM medical student who has been where you are
- **Explore the field:** see the many pathways in health and medicine
- **Discover your direction:** gain insight, skills, and confidence for your future



EXPECTATIONS

- **Be responsive:** answer emails from mentors & staff
- **Show up prepared:** join sessions on time & ready to participate
- **Be curious:** ask questions, try new things
- **Be respectful:** this is professional prep for your future



WHO SHOULD APPLY?

HERO is for students who:

- Love science, medicine, or helping others
- Are curious about human anatomy & health careers
- Want to build connections with medical students as mentors
- Are ready to take steps toward their future
- Live in the following counties: Caledonia, Chittenden, Essex, Franklin, Grand Isle, Lamoille, Orleans, Orange, or Washington



KEY DATES & COMMITMENT

- **About HERO Q&A:** Sept. 10 @ 3:30 PM
- **Application Closes:** Sept. 18
- **Virtual Orientation:** Oct. 6 @ 6:30 PM
- **Weekly sessions:** Oct. 12–Dec. 6
- **Commitment:** 8 virtual sessions + active participation



TO KNOW BEFORE YOU APPLY:

- Limited space available
- Optional letter of recommendation from a teacher or other professional
- Parent/guardian support is required
- No prerequisite experiences or prior knowledge required to participate!





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LAUNCH YOUR HEALTHCARE JOURNEY WITH HERO!

Build skills.
Gain mentors.
Explore careers.
Make connections.



Questions?
healthcareers@nvtahcec.org

