

## Orientation

The Lewis and Clark Community College Developmental Education's Bridge to Health Sciences class will have a comprehensive Orientation process, as we recognize that the health sciences career pathways are challenging programs of study. In order to assure that enrolled students will be prepared to embark on this curriculum, we will spend time during the first week of the program engaging students in activities that will support their success as learners.

The Orientation schedule will align with their typical weekly bridge class schedule, which is Tuesday, Wednesday, and Thursday from 9:00 a.m. until 2:00 p.m. The Model Program Design committee reviewed two options – one option was from 9:00 – 2:00 Tuesday, Wednesday, and Thursday and the other option was from 9:00 – 3:00 on Tuesday and Wednesday with a shortened day (9:00 – noon) on Thursday. The committee determined that having a schedule consistent with what would be expected of them during the ensuing semester was a better choice.

Each day will have a variety of activities designed to engage the students in exploring their future as students and as health services professionals. They will be exposed to several facilitators from both the adult education staff and the health services staff.

Day one will consist of a Self-Directed Search (SDS), which is an easy to use career self assessment test. It is tested, proven, and dependable and widely used. It is considered to be an excellent, introductory resource. Many students are not aware of the options they have in the health sciences career pathways. The SDS will open their eyes to the possibilities. The Self-Directed Search gives you a two or three-letter RIASEC or Holland Code that tells the relationship between job personalities, key characteristics, college majors, hobbies, abilities, and careers. Following this, students will do some routine paperwork. A personal transitions workshop will be next on the agenda, following a break. The participants will also have the opportunity to discover their own learning style. Since it is critical for students to take charge of their own learning, they must have an understanding of how they best take in information. The students will be introduced to the concept of overcoming barriers to their academic success. By being involved in identifying barriers and coming up with solutions to overcome them, the students will be beginning to design a personal success plan. The day will end with a presentation of the health sciences career options available at Lewis and Clark Community College. This presentation also contains information about employment and salary statistics for each of those options.

The second day of Orientation will be full. Starting with a workshop on effective communication styles, the students will learn what their style is and how they can use

that style to support achievement of their goals. The program counselor will facilitate a lesson on time management/procrastination to end the day.

On the agenda for the final day are a presentation by the Exercise Science Coordinator on three behavior models; a continuation of the Official Practice Tests; team work activities. The Orientation will wrap up with a tour of the Math and Science Building.

After completing this intensive three days of Orientation, the participants in the Health Sciences Bridge class will be ready to engage in an exciting and challenging semester that will culminate with their acceptance into the challenging programs of study that make up the health sciences career pathways.