Purpose:

The seminar provides program students the opportunity to learn and hear the experiences and challenges from health career professionals who will share their personal experiences and challenges in high school, college, their professional career, and the community he/she serves. The LaCMER will welcome a diverse group of health career representatives from a local health organization.

The school site JDA/DA teachers and the academic program coordinator will arrange students in the classroom for the open discussions as follows:

- Each student will develop one-two questions to ask the presenter
  - Questions such as:
    - Why are you serving in the Fresno community?
    - What type of support did you receive from your parents?
    - What struggles did you encounter in middle school, high school?
    - What type of resources did you use to help you overcome some of your challenges?
    - Where did you complete your high school, college?
- Health professionals will have approximately 40-45 minutes to answer their questions and conduct a dialogue with the students about their profession.
- Coordinator will monitor the time and inform health professionals of time left in the class period.

For your review, the following are a set of suggested questions/topics that the health professional may use to begin dialogue with the groups.

1. Self-Introductions: name, current status (grade, job, etc), school, career interests.
2. Doctor, Resident/Intern/Medical Student – share your personal story…. Where you are from, when you first became interested in your career, where you went to school, college, professional training, what you went through to get to this point (obstacles, challenges, support), what your goals are.
3. Pursuing a career in your field (and those of interest of the students if you know)... what is the process? What to expect…what are alternatives if you at first don't succeed? What's it like being in medical school?
4. Discuss strengths and weaknesses and implications or challenges for school, college, professional school and career.
5. Ask students what their interests are and what their worries or concerns are about making their dreams come true. What questions do they have?
6. What advice do you have for them? If you have stories to tell, do it!

Use your own judgment as to what should be discussed. Our goals are to expose the students to your experience and your professional path to help plan and prepare for their own futures.