



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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High School Students MedQuest Experience

Albany Medical College recently conducted their annual MedQuest camp for regional high school students who are interested in pursuing a career in the health field. This unique, educational experience offers students first-hand exposure to a vast array of health occupations and medical procedures through interactive workshops and hands-on activities for one week at no cost.

On July 8th, the staff at Catskill Hudson Area Health Education (AHEC) presented, "How to make a Life Map," a lesson plan taken directly from their Scrubs Club curriculum, which is designed to inform and guide high school students toward healthcare as a future career option through engaging, hands-on activities. The Life Map lesson plan is designed as a precursor to health career exploration by having students develop a personal statement and life map by reflecting on personal interests, impactful experiences, influential people, educational milestones, and life experiences to create a visual autobiography and envision future goals.

Other MedQuest activities included a tour of the Emergency Department, exercises in the Healing Arts, CPR Training, and an introduction to careers in Nursing, Physician Assistant, Cardiac Surgery, Epidemiology, and Pharmacy, to name a few. Students also participated in discussions about getting into Medical School and Financial Planning.

"MedQuest is an extraordinary opportunity for high school students to explore health career options and we were pleased that Scrubs Club was invited to be a small part of it." stated Kathy Doyle, Program Coordinator for Catskill Hudson AHEC. "The students embraced the experience with great enthusiasm and their Life Maps were very expressive."

Catskill Hudson AHEC is a non-profit organization whose mission is to address regional healthcare workforce shortages through education and collaborative community relationships to assist students, career seekers and health professionals. For additional information about Catskill Hudson AHEC's numerous program initiatives, please visit www.CHAHEC.org/programs.

Albany Medical Center is northeastern New York's only academic health sciences center and one of the largest private employers in the Capital Region. For additional information on Albany Medical Center, please visit <http://amc.edu/>.



Kathy Doyle and MedQuest Students

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