

Sample Day 1 HCEF Curriculum

Healthcare Career Exploration Fellowship (HCEF)
Oakland International High School



Day 1: Wednesday, July 5, 2017
9:30 – 3:00pm in Parent Center
Team & Trust Building

Agenda

1. Music/postcards

This is a time to get settled. Put your stuff down, use the restroom if you need to and then pick 2-3 cards that stick out to you right now.

2. Introductions

Please share your name and one postcard that you picked. What made you choose it?

*I struggle with names, please help me.

3. Improv activities

Game 1: Share a movement and/or a sound and everyone repeats back. Do this in a circle, so everyone has a chance to initiate a movement and/or sound.

Game 2: Share a movement and/or a sound and the next person picks it up and it passes through the circle like a wave. Do this in a circle, so everyone has a chance to initiate a movement and/or sound.

Game 3: Share a movement and/or sound then go over to another person so then they share a movement and/or sound and then pass it along to another person until everyone has gone.

4. Group agreements

Group agreements can be a useful tool to set some ground rules to create safe learning space, for us to share both what we know and don't know. Have any of you participated or led people in creating group agreements? (if yes, ask people to share). Establishing group agreements helps to build trust in a group. Today we are going to come up with some group agreements that we commit to keeping for our time together. What do you think?

Some questions (write down answers):

- What kind of atmosphere do we want to create?
- What are some things that could get in the way?
- What are some ground rules that we want to keep?

Some examples of agreements we might have:

- Assume positive intentions
- Be curious and ask questions
- Stick to "I" statements when sharing opinions
- Celebrate differences and similarities
- Be respectful
- Listen actively
- No cell phone use
- Let's look out for each other – lots of field trips and I want to make sure we are all safe and I sometimes get anxious, so help me so we can make sure we are safe and together when we travel
- I won't have all the answers...

- Appreciation box =)

5. Overview of our time together

Go over the structure/schedule of the weeks, what to expect, and any logistics needed (e.g., permission slips). Collect commitment/consent forms. Any questions?

Show them the doc with all their demos

What made you want to be in this program?

What healthcare careers are of interest to you right now?

Introduce the shout out box!

6. “I Am From” poems

“I Am From” poems are a way for us to share about who we are with one another so that we can build and deepen relationships. You might share about your family, your culture, your community, your school, land, spirituality – whatever is important to you.

We will take some time individually to write “I Am From” poems. Start each line of your poem with “I am from...” and complete that statement by writing about what culture, family, beliefs, etc. you are from. Pen and paper are available.

Here is an example. (Read personal “I am from” poem)

When everyone is complete, share in pairs and then invite people to share in the larger group.

7. Guided visualization: future self (from LTW book)

We are going to start thinking about our future selves through a visualization, which is like a guided meditation. It can help us think outside the box and imagine possibilities for ourselves. I am going to guide us through a visualization right now, please do your best to stay awake.

Close your eyes and take slow deep breaths, allowing your body to completely relax. Keep your attention on your breathing, and notice how your breathing welcomes relaxation.

Notice and release any remaining tension in your neck, back, arms and legs.

Imagine yourself walking on a beautiful day and you feel totally at peace. Notice your surroundings—notice the colors and sounds and smells. Make note of what this place looks like and feels like to you.

Continue on your walk until you realize you have magically, come to the place where your Future Self lives, ten years into the future. [pause] Notice what your future home looks like and get the feel of the place.

Your Future Self, ten years older than you are now, welcomes you. Notice your Future Self—the appearance, energy, clothing...

As you enter the home of your Future Self, your home ten years from now, look around. Notice the feel of the space, colors and smells.

Your Future Self encourages you to sit down to have a conversation. As you gaze into your future self’s eyes, get a sense of the wisdom and experience. Notice how you feel.

Now you can ask some questions of your future self. What is important in your life right now? [pause] [sep] What do I need right now? [pause]

What is the greatest contribution you have made over the last ten years? [pause] What special name do you like to be called? [pause] What do you do on a daily basis?

Now ask a few questions of your own and notice the answers coming to you. Receive each response with gratitude.

Gaze into your Future Self 's eyes, taking in any additional insights you receive. As you do, your future self hands you a gift. Explore the gift—and ask your future self what the purpose of the gift is for you.

Then thank your Future Self and leave the house and prepare to make the journey home.

As you head back, notice everything around you and take the time to cherish any new insights.

As you return to your starting point, express your gratitude for this magical inner journey.

Take a deep breath and slowly come back from the visualization to where you are now— opening your eyes and stretching, remaining silent.

Write down the key insights you learned from your journey and time with your Future Self. Stay fully present and open to even more insights as you write.

Debrief as a group:

- How was that for you?
- What surprised you?
- What inspired you?
- Did your Future Self have a clear career? What was it?

8. Journals

We will have journals to document our time together. Today we are going to do art journaling with our journals, which I learned from one of my mentors.

Question: What is your career goal?

With this question in mind, look through the magazines and pick whatever calls to you. Just like we did the postcards. Don't think too much about it. Pick some images, and then put them together in your journal. Once everyone has done that, I will have a few questions for you.

Follow up questions:

Please write responses to these questions in your journal near your image.

What do you see when you look at this image?

What do you feel?

What do you imagine?

What steps do you need to take to reach your goal?

Go around, everyone to share 1-2 sentences about their image.

9. SWOT (if need an additional activity, but may be better towards the end)

Now that we have a sense of our career goal(s), let's look at our strengths, weaknesses, opportunities and threats for reaching that goal(s) right now. This is a SWOT analysis. This model helps us see where we are and where we want to go to get to our goal. Strengths and weaknesses are internal, they are about us. Opportunities and threats are external, they are about what is happening around us that also impacts us. In your journal, draw a table and answers the following questions:

Strengths: What are some of your strengths that will help you reach your goal(s)?	Weaknesses: What are some of your weaknesses when it comes to reaching your goal(s)?

<p>Opportunities: What might be opportunities to reaching your goal(s)?</p>	<p>Threats: What might be threats to reaching your goal(s)?</p>
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10. Closing and reminders

What is your mood as we close today?

Reminders to return permission slips by FRIDAY at the very latest.

Materials

- Postcards
- Pens
- Paper
- Markers
- Butcher paper
- Magazines
- Glue
- Scissors
- Journals
- Copies of any handouts – permission slips

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Other notes/thoughts for holding the container

Energizer after lunch

- stand in middle and say something people who resonate need to move out of chairs
- intention soup
- look at expressive arts tools

starting/closing the day

- picking a card from deck...if this resonates with the young women in first week
- mood check
- affirmations
- one highlight