

Workshop Experience:

(Complete this journal after participating in an ACES workshop/training activity [must complete for all required workshops and first 3 elective workshops each academic year])

Student Name: _____ Date of Workshop: _____

Title of Workshop: _____

1. What new information or skills did you learn from this workshop? List at least 3.
2. How will you use the information or skills that you learned from this workshop?
3. What did you enjoy about the workshop? Provide at least 1 example.
4. Name 2 interesting things you learned from the workshop:
5. What would you have changed about this topic (if anything) OR any remaining questions on this topic?

Overall, I would rate this workshop (circle one)

Poor 1 2 3 4 5 Great

Volunteering Experience:

(Complete this journal after volunteering or participating in a community service activity related to helping people/healthcare)

Student Name: _____ Experience/Event: _____

Date of Experience/Event: _____ Name of Organization: _____

Contact Person with Organization: _____ Was this a one day event OR a recurring event?

Address of Organization: _____

6. Briefly describe the purpose of the experience/event, target audience, and why you chose to participate. (At least 50 words).

7. Describe your participation in the experience/event (including leadership role, if held)?

8. How much time did you spend on this experience/event (including your involvement in planning, implementation, follow-up [list dates and total hours])?

9. How many people were involved?
Community/Audience:
Staff/Volunteers:

10. What was the impact of this experience/event? (On you, participants, community)

11. Would you recommend this event/experience to others? Why/Why Not?

12. What would you change about this experience/event? Why?

Overall, I would rate this event/experience (circle one)

Poor 1 2 3 4 5 Great

Job Shadowing Experience:

(Complete this journal after participating in a job shadowing activity [Medical Explorers Rotations DO count])

Student Name: _____ Date & Total Hours of Shadowing: _____

Location of Shadowing (include address please): _____

Preceptors Name (name of who allowed you to shadow them): _____

1. What did you observe? List at least 3 things
2. What information or skills did you learn about this profession that you didn't already know? (ie how much schooling was required, different specialties within the profession, etc...)
3. How will you use the information that you learned from this experience?
4. What did you learn about yourself during this opportunity?
5. How did this experience confirm or change your point of view of this profession?
6. Is there anything you saw or experienced that you cannot see yourself doing as a health care professional? Explain?
7. Has this shadowing experience influenced your health career choice? If so, how?
8. What did you enjoy about the experience?
9. What experience during your shadowing had the most profound impact on you and why?
10. What would you change about the experience?

Overall, I would rate my experience (circle one)

Poor 1 2 3 4 5 Great

Overall, I would rate my preceptor (circle one) and Why?

Poor 1 2 3 4 5 Great

Service Learning Project:

(Complete this journal during your 2nd/silver year after completing your [minimum] 5 hour service learning project; enter this journal in the same spot as you do shadowing/volunteering & notify Heather after you enter it so you can receive credit on your ACES transcript)

Project Title: _____ Date(s) of Project: _____

Name of Organization (and address please): _____

Contact Person/Supervisor with Organization: _____

1. Describe the overall goal and list the objectives of the project.
2. Describe your participation in the project (including leadership role).
3. What useful skills did you learn or how did you refine existing skills?
4. How might you apply these skills in other situations?
5. How does this experience connect to your long term goals?
6. How have you grown as a result of this experience?
7. How much time did you spend on this project (including planning, implementation, follow-up)?
8. How many people were involved?
Community/Audience:
Staff/Volunteers:
9. What was the impact of this experience? (On you, participants, community)
10. Would you recommend this experience to others? Why/Why Not?
11. What would you change about this experience? Why?

Overall, I would rate this event/experience (circle one)

Poor 1 2 3 4 5 Great

ESSAY

Describe the purpose of the project including project description, problems and community needs met, obstacles encountered, work completed, and your overall assessment of the project (300-500 words).

Professional School Visit Experience:

(Complete this journal usually during your 2nd/silver year after completing your professional school visit; enter this journal in the same spot as you do your others & notify Heather after you enter it [if you didn't attend with an ACES group] so you can receive credit on your ACES transcript).

Student Name: _____

Date of Visit: _____

School(s) Visited (and address(es): _____

- 1. Make a plan/appointment to meet with an advisor from the department you will be going through.** (This might be the nursing department, PT/OT school, med school, pharmacy, or if you will be a “pre-med” or other “pre-health professions” student, you will be meeting with whatever major you choose to pursue (examples include: biology, chemistry, biomedical sciences, health sciences, etc.).)
- 2. Make a list of questions for the advisor you plan to meet with and list those questions and brief answers here:** (Example questions might be: how many people are admitted, what is the average GPA, what pre-requisites are required or what dual enrollment courses might be better to take and transfer in, etc.)
- 3. What are the admission requirements for the school and your program of interest?**
- 4. Do they have any pre-admission programs? If so, list them below.** (Ex. you can get admitted early if you declare your major as a freshmen and keep a certain GPA).
- 5. What are 3 pros and 3 cons of this particular school?**
- 6. What kind of financial aid options would be available to you?**
- 7. Take the general campus tour, if possible. What is your overall impression of the school? Do the students, faculty, and staff appear warm and welcoming?**
- 8. What housing or extracurricular options are there?**
- 9. What size is the student body? Student-Faculty Ratio?**
- 10. In your opinion, will this school be a good fit for you personally?**