



**Cooper Medical School
of Rowan University**

PULSE Supplemental Health Professions Scholar's program

Sponsored by

OSHE/EOF

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Cooper Medical School of Rowan University

GOALS AND OBJECTIVES

Purpose:

To provide underrepresented and disadvantaged students with equitable opportunities to enhance and diversify their portfolio for health profession programs.

Goals:

- Provide intentional programming to address the extracurricular shortcomings due to the Covid-19 pandemic
- Implement six virtual programs accessible to EOF students statewide

TOTAL COST: \$98, 210

PROGRAMS OFFERED

Assistant Health Coach Certificate Program

Program Dates: January 17 – April 22, 2022

- 14-week certificate program offered online
 - 9 required modules focused on:
 - Health Literacy, HIPPA, Introduction to Medical Terminology and other diverse topics related to health care
- 4 tracks offered:
 - Pediatric and Adolescent Development
 - Substance Abuse
 - Healthy Living Disease Prevention
 - Woman and Infant Health
- Students paired with a medical student facilitator

Professional Development Workshop Series

Program Dates: January 31 –April 8, 2022

- 1.5 hour session each week
- Each topic delivered through multiple sessions
- Synchronous and Asynchronous options
- Topics covered:
 - Mastering Your True Potential
 - Perfecting Your Presence
 - Interviewing Skills/Resume Writing
 - Addressing Microaggressions

PROGRAMS OFFERED (contd.)

Academic Support Sessions

Program Dates: January 24 – May 6, 2022

- One-on-one or group academic support sessions each week
- Facilitated by a medical student
- Session times ranged from 1 hour – 2 hours
- Subject areas covered: Biology – Cells and Molecules, Anatomy, Microbiology, General Chemistry and Organic Chemistry

E-Mentoring Program

Program Dates: January 31 – April 8, 2022

- EOF students paired with a medical student mentor
- Intentional mentoring focused on diverse topics such as:
 - Time management and goal setting
 - Utilizing resources and seeking assistance
 - Importance of diverse experiences as a pre-health student
 - Finding a balance between personal and professional expectations
- Reflection assignments

PROGRAMS OFFERED (contd.)

Confidence & Public Speaking Skills Training

Program Dates: January 31 – April 15, 2022

- 1.5 hour small group sessions each week
- Focus on Confidence, Speaking and Content Skills
 - Learning how to articulate ideas effectively.
 - Using verbal & non-verbal strategies to captivate the audience.
 - Handling anxiety with ease.
 - Enhancing flow of ideas through logical transitions.
- Weekly informative or persuasive speech practice sessions based on prompts
- Final graduation speech

E-SHADOWING CERTIFICATE PROGRAM

Program Dates: January 17 – April 29 , 2022

Need for program:

- To address the lack of clinical shadowing opportunities during Covid-19
- Students fell short of admissions requirements and opted to take gap years

Program description

- 1.5 hour sessions each week for 15 weeks
- Synchronous or Asynchronous options
- Sessions facilitated by resident doctors at Cooper University Healthcare
 - Overview of their journey to medicine
 - Discussion of specialty fundamentals
 - Collaborative investigation of case studies
- Students responsible for completing a quiz at the end of each session

E-SHADOWING CERTIFICATE PROGRAM (contd.)

Specialties offered:

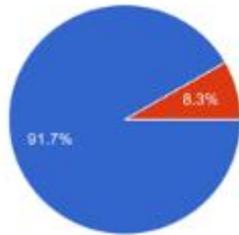
- Pediatrics
- Addiction Medicine
- Radiology
- Emergency Medicine
- Psychiatry

Positive outcomes:

- Program was extended due to high demand and student interest
- Students will receive at least 30 hours of E-shadowing that can be included in their professional school applications
- Students were engaged and interested in sessions

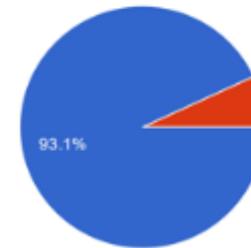
E-SHADOWING STUDENT FEEDBACK

The overall E-shadowing experience with Dr. Ernest Egu provided valuable exposure to the Family Medicine/Addiction Medicine Specialty:



- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

How would you rate the overall E-shadowing experience with Dr. Yaritza Santana



- Excellent
- Good
- Satisfactory
- Poor

Dr.Santana was AMAZING! I've been having a rough time lately and just seeing a Latin women being able to actually be a doctor and be so happy really struck me and reminded me it is possible. I just have to keep pushing.

I think that Dr. Aluko did a great job explaining the aspects of radiology to us and I found the sessions to be informative and understandable.

The sessions/recordings were easy to understand and follow along with. The topics were really interesting and interactive.