Office of Rural Health, Wyoming Department of Health Wyoming Area Health Education Center



Presenter Q & A

What is a REACH Program?

A REACH program is a one-day, hands on health career exploration opportunity for 5th - 8th grade rural students who have an interest in entering a healthcare field. Students will learn about the wide variety of health careers that are available through lecture, hands-on interactive activities, and discussion.

What will the day be like?

Over the course of the day, students will hear from approximately 8-10 healthcare professionals, perform a number of hands-on healthcare career-related activities, and learn more about educational opportunities in Wyoming. Students will have lunch on site. Programs will run approximately 8:00 a.m. through 3:30 p.m.

What do we need from you as a presenter?

Plan to devote 1/4th of the total session time to discuss your career. The remaining time should be devoted to a hands-on activity that is creative and pertinent to your occupation.

What should you talk about?

- What is your formal job title/where you work?
- What made you choose this career?
- Where did you go to school/train and how long did it take?
- What you do/what is a typical day like for you?
- Describe what you like best/least about your job?
- What classes should students take in high school and in postsecondary programs/volunteer experience/part-time jobs?
- Work Environment: individual/group/office/open area, sitting/on feet, etc.
- · Additional opportunities within a particular field

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Tips for Presenters

- Keep it hands on! Whatever you do, keep the students involved in activities that get their hands on simulated actions of real procedures. Lecturing just doesn't keep their interest, so even though you may have information you want to tell them, they will remember what they physically did during their time spent with you. Keep the verbal presentations short and emphasize the hands-on activities for the learning.
- Ask them questions. Kids love to share their experiences and knowledge.
- Avoid situations where students have idle time. If several students have to wait to have a turn
 at an activity, those waiting can become disinterested. Look at ways you can subdivide your
 group into smaller groups doing different activities at the same time. This may mean a little
 more staff/volunteer involvement but it will pay off! And the program coordinator can help too.
- Have a "Plan B" for the squeamish. It doesn't happen often, but there are some students even
 when it's just a simulation who might mildly react to something (for example, when suturing
 pig's feet, a vegetarian student who feels uncomfortable might be offered a banana as an
 alternative for suturing).

Interactive activity ideas

• For a full list of interactive ideas and websites where to find additional ideas, check out the "REACH Ideas" documents at http://health.wyo.gov/rfhd/rural/REACH.html.