

Pre-Health Plunge Program

Are you ready to take the plunge into your healthcare education? This exciting program is the first step toward success in your healthcare studies. Think of it as your personal head start—designed to boost your confidence and prepare you for the challenging (but fascinating!) world of human anatomy and physiology.

But that's not all! You'll also build connections with your future classmates, healthcare professionals at area hospitals, get to know the college community, and discover all the amazing campus resources available to support you. It's not just about hitting the books—it's about setting yourself up for success, from day one all the way to graduation.

Objectives:

Upon successful completion of the Pre-Health Plunge Program, you should be able to:

1. Effectively build upon foundational anatomy and physiology knowledge to improve comprehension of BIO103 Human Anatomy & Physiology Survey/BIO115 Human Anatomy & Physiology 1 course content.
2. Demonstrate effective note taking strategies, time management skills, and test preparation/study skills.
3. Effectively use metacognitive skills to facilitate your success in college.
4. Develop collegial relationships with other pre-health students, members of the college community, and healthcare professionals at area healthcare facilities.

Schedule of Activities

Monday, August 3

- **8:00 – 12:50 PM:** Move in & get College ID (if not already completed)
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Program Welcome, ATHS W204
- **3:00 – 4:30 PM:** Challenge Course, ATHS Atrium
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Activities with Peer Mentor

Tuesday, August 4

- **8:00 – 8:50 AM:** Note-Taking Workshop, ATHS W204
- **9:00 AM – 11:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **12:00 – 12:30 PM:** Lunch
- **12:40 – 3:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **3:45 – 4:30 PM:** Overview of P.L.A.T.O. and Turnitin, LIB 200
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Activities with Peer Mentor

Wednesday, August 5

- **8:00 – 8:50 AM:** Time Management Workshop, ATHS W204
- **9:00 AM – 11:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **12:00 – 12:30 PM:** Lunch
- **12:40 – 2:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **2:45 – 3:30 PM:** Madigan Library Tour & Finding Resources Workshop, Library
- **3:45 – 4:30 PM:** Test Prep Workshop, CC 207
- **4:40 – 5:10 PM:** Dinner
- **5:10 – 5:30 PM:** Travel to Geisinger Muncy, Pick-up at the ATHS loop
- **5:30 – 7:30 PM:** Geisinger Muncy Workshop
- **7:40 – 8:00 PM:** Travel back to campus, Pick-up in front of Geisinger Muncy

Thursday, August 6

- **8:00 AM – 10:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **11:00 – 11:30 AM:** Lunch
- **11:40 – 2:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **2:45 – 3:30 PM:** Please Understand Me Workshop, LIB 102
- **3:45 – 4:30 PM:** Tutoring Center Overview & Tour, ACC 143
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Activities with Peer Mentor

Friday, August 7

- **8:00 AM – 10:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **11:00 – 11:30 AM:** Lunch
- **11:40 – 2:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **2:45 – 3:30 PM:** Yoga Workshop, LEC B1018
- **3:45 – 4:30 PM:** Hudock Center for Academic Excellence Workshop, DJG 1049
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Activities with Peer Mentor

Saturday, August 8

- **8:00 AM – 12:00 PM** Move into Permanent Housing
- **12:00 – 9:00 PM** Activities with Peer Mentor

Sunday, August 9

- **10:00 AM – 6:00 PM:** Activities with Peer Mentor
- **6:00 – 9:00 PM:** Collaborate with Peers on Poster Presentation

Monday, August 10

- **8:00 AM – 10:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **11:00 – 11:30 AM** Lunch
- **11:40 – 2:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **2:45 – 3:30 PM:** Counseling Services Workshop, CC 207
- **3:45 – 4:30 PM:** Math Workshop, ACC 302
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Collaborate with Peers on Poster Presentation

Tuesday, August 11

- **8:00 AM – 10:50 PM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **11:00 – 11:30 AM** Lunch
- **11:40 – 2:30 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **2:45 – 4:30 PM:** Blood Pressure Workshop ATHS W131
- **4:45 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Prepare for Poster Presentation

Wednesday, August 12

- **8:00 – 10:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **11:00 – 11:50 AM:** Anatomy & Physiology Poster Presentations, LEC B1101
- **12:00 – 12:30 PM:** Program Wrap-Up, LEC B1101