

## **Pre-Health Plunge Program**

Are you ready to take the plunge to jumpstart your healthcare education? If so, the Pre-Health Plunge Program is for you! The purpose of the Program is to prepare you for your pre-program coursework, specifically human anatomy and physiology content, ultimately mitigating potential barriers to your success on your way to graduation. The Program will also help you develop a sense of community with the college and your peers and expose you to available campus resources to ensure your academic success.

### **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 I 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.

## Two-Week Schedule of Activities

### Wednesday, July 30

- **8:00 – 12:00 PM:** Move in
- **12:00 – 12:50 PM:** Lunch
- **1:00 – 1:50 PM:** Program Welcome, ATHS W204
- **2:00 – 3:30 PM:** Challenge Course, ATHS Atrium
- **3:30 – 4:30 PM:** Time Management and Note-Taking Workshop, ATHS W204
- **4:40 – 5:45 PM:** Dinner
- **6:00 – 9:00 PM:** Activities with Student Engagement

### Thursday, July 31

- **8:00 – 10:00 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Content Review & Class Preparation Workshop, LEC B2054
- **11:00 AM – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Please Understand Me Workshop & Tour the Center for Career Design, Library 102
- **3:00 – 4:00 PM:** Madigan Library Tour & Finding Resources Workshop, Library
- **4:00 – 5:00 PM:** Study/Review Time in the Library
- **5:15 – 6:00 PM:** Dinner
- **6:15 – 9:00 PM:** Activities with Student Engagement

### Friday, August 1

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Classroom Behavior Workshop, LEC B2054
- **11:00 – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:40 PM:** Lunch
- **1:50 PM:** Leave for Job Shadowing at UPMC Williamsport, Pick-up at the ATHS loop
- **2:00 – 5:00 PM:** Job Shadowing at UPMC Williamsport
- **5:05 – 5:15 PM:** Travel back from UPMC Williamsport, Pick-up at the Rural Avenue Entrance
- **5:30 – 9:00 PM:** Activities with Student Engagement

### Monday, August 4

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Nutrition Workshop, ATHS W204
- **11:00 AM – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Math Workshop Part 1, ACC143
- **3:00 – 3:50 PM:** Tutoring Center Overview & Tour, ACC143
- **4:00 – 5:00 PM:** Study/Review Time in the Library
- **5:15 – 6:00 PM:** Dinner
- **6:15 – 9:00 PM:** Activities with Student Engagement

## Tuesday, August 5

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Test Prep Workshop, LEC B2054
- **11:00 AM– 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Career Building Jenga & Using Generative AI Workshop, LIB321
- **3:00 – 3:50 PM:** Literacy Review Workshop, CC211
- **4:00 – 5:00 PM:** Study/Review Time in the Library
- **5:15 – 6:00 PM:** Dinner
- **6:15 – 9:00 PM:** Activities with Student Engagement

## Wednesday, August 6

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Counseling Services Workshop, CC211
- **11:00 AM – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Hudock Center for Academic Excellence Workshop, DJG
- **3:00 – 3:50 PM:** Meet Your Program Director, ATHS program areas
- **4:00 – 5:00 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 7

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Yoga Workshop, LEC B1018
- **11:00 – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** APA Style & AI Workshop, ACC302
- **3:00 – 3:50 PM:** Math Workshop Part 2, ACC302
- **4:00 – 5:00 PM:** Study/Review Time in the Library
- **5:15 – 6:00 PM:** Dinner
- **6:15 – 9:00 PM:** Activities with Student Engagement

## Friday, August 8

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Overview of P.L.A.T.O. and Turnitin, LIB200
- **11:00 – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:45 PM:** Lunch
- **2:00 – 5:00 PM:** Job Shadowing at UPMC Williamsport
- **5:05 – 5:15 PM:** Travel back from UPMC Williamsport, Pick-up at the Rural Avenue Entrance
- **5:30 – 9:00 PM:** Activities with Student Engagement

### **Monday, August 11**

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Collaborate with Group on Poster Presentation, Library
- **11:00 – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 2:50 PM:** Financial Aid Workshop, CC211
- **3:00 – 5:00 PM:** Collaborate with Group on Poster Presentation, Library
- **5:15 – 6:00 PM:** Dinner
- **6:15 – 8:00 PM:** Collaborate with Group on Poster Presentation, Library

### **Tuesday, August 12**

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Collaborate with Group on Poster Presentation, Library
- **11:00 – 12:50 PM:** Anatomy & Physiology Preview Workshop, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 4:30 PM:** Blood Pressure Workshop, ATHS W131
- **4:30 – 5:30 PM:** Dinner
- **5:45 – 8:00 PM:** Collaborate with Group on Poster Presentation, Library

### **Wednesday, August 13**

- **8:00 – 9:50 AM:** Anatomy & Physiology Preview Workshop, LEC B2054
- **10:00 – 10:50 AM:** Prepare for Poster Presentation, LEC B1101
- **11:00 – 12:50 PM:** Anatomy & Physiology Poster Presentations, LEC B1101
- **1:00 – 1:50 PM:** Lunch
- **2:00 – 3:00 PM:** Program Wrap-Up, ATHS W204