

# Med-Start Phoenix 2009



## Med-Start Week One Kicked off with a Bang!

We welcomed the sixth annual Med-Start class last Sunday, June 7th and the first week has been a success!

The week commenced with a tour of the University of Arizona Phoenix Medical Campus, where the students were exposed to the cutting edge training offered by the University.

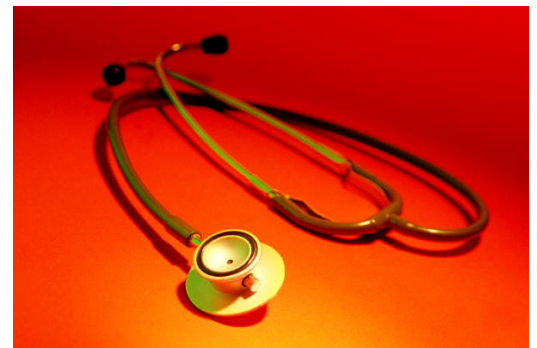
Students have been working hard this week on their English, Health Care, and College 101 classes! They have completed their first assignment and are beginning to understand the many opportunities in health care.

This past week they also toured Banner Good Samaritan Hospital. The week was finished out nicely with an unlimited ice cream extravaganza where they met the Tucson Med-Start students, and a trip to NAU in Flagstaff. There the students were able to participate in an interactive heart dissection and tour of the campus.

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## Upcoming Events

Tuesday, June 16th	Career Chat with a Medical Student Panel and a visit from Phoenix Fire/Paramedic Lisa Jones
Wednesday, June 17th	Discussion on Public Health with Dr. Campos-Outcalt
Thursday, June 18th	Tour of ASU
Friday, June 19th	Tour of Banner Good Samaritan Hospital Suturing Session with Dr. Garcia



**College 101**

By: Monica Gonzalez



As a junior going into my senior year in high school, I am more than lucky to have a college 101 class to prepare me and my peers for our bright future. In college 101, we are given insight on how to search for colleges, how to look for a scholarship that will fit each individual's need, and how to budget money in college. Such insight will aid us in various ways, but most important of all, it will help us become successful in the transition from high school to college.

What I like best about college 101 so far is the lecture about issues facing freshman. It informed us that although many young adults make it through the application process and get into college, not all of them make it out. I now know that I will do fine living on my own as long as I (once again) don't get caught up with all the newly found freedom. Overall, college 101 is a great tool to keep in your arsenal and to keep high school seniors from having the "deer in headlights" look when applying and making that grand transition to college.

**HCC 130**

By: Lamberto Guzman

Health Care Class 130 is an interesting class that keeps me focused. The skills we have talked about seem like they can make you a better person in life not just for the career. The class is designed to teach us ways to become a doctor with etiquette. When I was doing my reading for the class, I realized so many skills that I was missing. Being a doctor is not always about knowing everything about medicine. You have to be able to work with patients and co-workers in order to have a good day. If you enjoy helping and working with people this class can benefit you. Different aspects of communication, like verbal and nonverbal communication is taught. The class keeps me motivated to becoming a doctor. You get to hear about the different situations from the professor had when he had to apply some of the skills being taught. Health Care 130 helps you understand so much more about the medical field.

**ENG197**

By: Cindy Arvayo

What could be said about ENG197? An even better question is, what can't be said about this class? From the first day to the end of the first week, it gives you a totally different outlook on any other English class. Keeping you thinking and wondering constantly. Working your brain out in trying to figure out why you remember the things you do. And what is the reason for remembering. In other words what is the meaning to a memory. Yes the class can be challenging at times, but it is a fun one to have a chance in participate in. From expressing our emotions/thoughts on a range of variety things to using our five senses in describing a object. ENG197 is most definitely one amazing class so far. that most of us never knew existed.

# Med-Start Phoenix

## Banner Good Samaritan Hospital Trip

By Porsche Randolph



The trip that we took to Banner Good Samaritan Hospital was one of the first *tours* of a hospital that I had ever taken and it would be pretty hard to top. The hospital itself didn't appear as one when we first arrived, honestly I thought it resembled a restaurant, but that wasn't necessarily a bad thing. The lobby of the hospital was beautiful. It had family friendly art work and a wonderful staff that accepted us with open arms. My favorite part of the tour was the visit to the morgue. It wasn't at all what I expected, in fact, the entrance reminded me of the museum of science and industry in Illinois because of all the organs on display. We were privileged enough to hold a real human brain, see a 21 week old fetus, and see the cooler where they put bodies before they're given autopsies, for both adults and babies. This was one of the most exciting trips that I've been on and it wouldn't have happened without the Med-start program.

## Meet and Greet Tucson

By: Merica Vorachitti

After our tiring trip from Banner Good Samaritan Hospital and a movie that made us doubt the American Healthcare system, the meet and greet was a great break. We got to enjoy ice-cream with lots of different toppings in the fishbowl with the Tucson Med-Start group. It was our chance to converse with other Med-Start students besides the ones we see every day. It was fun to find out that some of them actually came from the Phoenix area and not from some place on the outskirts of Tucson. We also had games to break the ice, such as Monopoly, to get the Tucson and Phoenix people to mingle. Also towards the end of the meet and greet, a concentration game was held on the fishbowl floor. The object was to maintain a clapping pattern while saying the right word to the chosen topic without losing the pattern. It was amusing to watch, especially when the category of anatomy was up. Of course the counselors had the most impressive words that most of us never knew existed.



## Trip to NAU

By: Erma Zamora

The trip to NAU was both fun and informative. First we learned that most students attend NAU because it's a much smaller campus than ASU and U of A. The tour was amazing. We surrounded by beautiful scenery. We also had the opportunity to dissect a heart and many thoughts rushed into my head. First I thought we were going to be inside a lab not a room with many desks. Second, I didn't think the room would smell so bad, although it wasn't very strong, I felt kind of sick. The physical therapy class was different than what I had in mind. The class was more like an aerobic/yoga class instead of therapy, although I did get to learn how to move the muscles and to increase the mind towards the physical aspect.



## Picture Gallery



Leaving a successful day of class



Enjoying the exercise balls



Banner tour examining the brain



NAU trip heart dissection



Morgue bone saw demonstration



First day lunch social