

On Track OHSU!

Help set the pace for a diverse generation of health scientists



OHSU students and faculty inspire the next generation of health scientists

Do you remember the moment you thought, “I can do this; I can succeed in science”? Help us to inspire that “aha” moment in a diverse group of underrepresented middle and high school students to follow in your career footsteps.

On Track OHSU! volunteers:

- Visit Oregon middle and high schools to help students learn about health science careers;
- Provide opportunities for students to imagine themselves as health science professionals;

- Connect with middle and high school students when they visit OHSU.

Student and faculty volunteers come from programs throughout OHSU.

Although volunteer time commitment is minimal (about 10 hours per school year), the reward is invaluable — exciting a new, diverse generation about health science education and careers.



“I think the beauty of this program is that it’s an easy way for students to give a few hours and hopefully leave an impact and impression on high schoolers.”

— *On Track OHSU!* volunteer

Each grade level’s unique experience

On Track OHSU! students gain hands-on experience in each of these grade level specific activities:

GRADES 6-8



THE SCIENCE OF HEALTHY LIFESTYLES

The goal is to increase students’ engagement and sense of belonging in the sciences. Students participate in a Let’s Get Healthy Fair where they become research subjects and learn about their own health. Volunteers visit health classes to teach on topics such as the neuroscience of learning. The year ends with a full day visit to OHSU.



Middle and high school student participants

Currently, *On Track OHSU!* students come from the following high schools and their feeder middle schools:*

In Portland:

- Jefferson High School Middle College for Advanced Studies – Health Science and Biotech Program;
- Self Enhancement Inc's middle school after school program

In Woodburn:

- Woodburn High School Wellness Business and Sport School;
- Valor Middle School;
- French Prairie Middle School.

*OHSU plans to start expansion of *On Track OHSU!* in 2015, as resources allow.

"It's exciting to see a future generation of scientists fall in love with science and health the way I did."

— On Track OHSU! volunteer



GRADES 9-10



EXPLORING HEALTH SCIENCE CAREERS

The goal is for students to learn about and explore a variety of careers in the health sciences. Students attend two OHSU visits and meet in small groups with health science professionals representing diverse fields. Volunteers visit the high schools to help students create an educational plan.

GRADES 11-12



EXPLORING EDUCATION PATHWAYS AND ACADEMIC PREPARATIONS

The goal is for students to develop a deeper understanding of the academic preparation needed to enter health science careers. Volunteers visit the schools twice and share personal experiences about their education, its challenges and rewards. Students visit OHSU twice for academic preparation sessions on specific topics such as body systems and translational research.



Thank you to the *On Track OHSU!* school partners



Be a part of *On Track OHSU!*

Want to learn more, provide resources or sign up as a volunteer?

Contact Katie Lenahan at lenahank@ohsu.edu or visit www.ohsu.edu/xd/education/student-services/science-education-opportunities/.



About *On Track OHSU!*

Created in 2013, the *On Track OHSU!* program works with Oregon middle and high school students to increase the number of underrepresented students in the health sciences and in OHSU's schools and programs.

Student volunteers from OHSU and other Oregon university and community colleges serve as role models and work to increase students' engagement in the sciences. OHSU faculty also volunteer to provide On Track students an authentic view of possible health science degrees and careers.

All *On Track OHSU!* activities are aligned with Portland Metro STEM Partnership's common measures: to increase students' academic identity as scientists and to increase students' ability to face and overcome the challenges of STEM coursework.

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