



---

## CPH 101: Exploring Careers in Health Professions

Spring 2019 | Tuesdays 5:30-7:30pm | I-We:mta Ki: Room 24  
Section 1 | 2 Credits

---

**Instructor:** Daniel Sestiaga Jr., MPH  
**Phone:** 520-383-0108  
**Office:** IWK, Room 25

**Email:** [dsestiaga@tocc.edu](mailto:dsestiaga@tocc.edu)  
**Cell Phone:** 520-993-1988  
**Office Hours:** By Appointment

---

### **Course Description:**

The CPH 101-Exploring Careers in Health Professions course will serve as a first-year colloquium designed for students who are interested in pursuing careers in medicine, pharmacy, public health and other health related areas. This course will focus on student success and help students become familiar with educational pathways leading to a health career. This is a course in critical thinking, self-awareness, and empowerment and seeks to provide insight regarding health-related issues in tribal communities and serves as an opportunity to explore topics in career readiness.

### **Course Objectives:**

Upon completion of this course, students should have an understanding of:

- Health professions and potential career choices
- Knowledge regarding the various licensures, certificates and degrees needed to be prepared for a career as a health professional.
- Various programs of study, degrees and potential careers that are available to them upon completion of their degree
- Familiarity with the college campus, study skills, learning styles, time management tools and student success topics

### **Student Learning Outcomes (SLOs):**

1. Describe the college campus and identify available resources for student success
2. Identify individual interests, academic and career goals
3. Make use of career readiness opportunities
4. Explain current health related issues surrounding tribal communities
5. Articulate health issues in indigenous populations
6. Demonstrate awareness of health-related professions, programs of study, health professionals

### **Course Structure:**

Each week, the course will focus on components of student success and career exploration. This course is designed to improve and support student learning skills and foster a deeper understanding of health care professions and college preparation. This course will be a

combination of lecture, interactive class activities, class discussion, student presentations, guest presentations, other forms of media and online discussions.

**Texts and Materials:**

1. *Native American & First Nations College & Career Success (2<sup>nd</sup> Ed.)* by Fralick, Zamaora, and Gauthier.
2. *Introduction to Health Care & Careers* by Roxann DeLaet.
3. Online Websites

**Evaluation and Grading:**

<b>Assignments</b>	<b>Points</b>	<b>Total Points</b>
Weekly Discussions (x16)	<b>10 (each week)</b>	<b>160</b>
Midterm Research Paper	<b>100</b>	<b>100</b>
Final Presentation	<b>100</b>	<b>100</b>
Participation (x16)	<b>5 (each week)</b>	<b>80</b>
Self-Reflection Paper	<b>60</b>	<b>60</b>
<b>Total Possible Points</b>		<b>500</b>

**Himdag Cultural Component:**

Tohono O'odham traditions and cultural beliefs will be discussed as relevant course topics, and only as appropriate to the Tohono O'odham Nation's traditional standards for sharing information as determined by the Himdag Committee.

This is a critical time in indigenous health and wellness. With the Tohono O'odham Nation now governing their health care services there are many opportunities for students to embrace these changes, learn from local experience and understand how the health landscape is changing across Indian Country. Additionally a strong partnership with community experts and health professionals from the TODHHS will be critical for guest presentations and internship or service learning opportunities. Student identification of the resources and support systems will serve as the basis for understanding how the college operates at an institutional level. T-So:son (Core values) would be reviewed in introduction and incorporated in course implementation.

This course will provide insight to areas surrounding health care. As the Tohono O'odham Nation has acquired its health system it is now vital to assist students in career exploration. This course will provide the fundamental skills needed for student success and address the need for community members to be represented in their own health system.

**Policies and Expectations:**

Students are expected to come to class on time and ready to engage in discussion. Students must be prepared by completing all reading and assignments before class. Student must have the appropriate means to take notes using a laptop or pen/pencil and paper. Students must participate in class activities. Students are expected to complete and turn in all assignments on or before the due date. Throughout the duration of this course, students must respect themselves, others and the instructor.

**Attendance:** Class attendance is mandatory and roll will be taken. Missing class will affect your final grade for this class. If you are going to be absent, you must notify the instructor via email with valid justification prior to the start of class.

*“You are expected to arrive to class on time and be prepared to participate in each class period. **Four** unexcused absences may result in **withdrawal and a “W” or “Y”** will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergency. If you will be absent or have been absent, please notify your instructor as soon as possible.”- (Approved by Faculty Senate, April 2014)*

**Tardiness:** It is important to be on time for class. Repeated tardiness will affect your final grade in the class. (Student Participation: 2 points max will be deducted for tardiness).

**Academic Integrity:** In order to adhere to the class moral and ethical policy, students will avoid the following:

1. Cheating: Includes, but not limited to the following: copying from another’s quiz; making a copy of the quizzes and giving it to someone or using a quiz if someone gives it to you
2. Inappropriate collaboration: Includes, by not limited to the following: group work when work is assigned to an individual student, having another person do your work
3. Plagiarism: Using another writer’s words or ideas without citing the author; not using proper citation including quotation marks and sources.

**Late Assignments:** Any late assignments turned in after the due date (specified time) will receive a **full letter** (-10 points) grade deduction for every day that it is late.

**Extra Credit:** Extra credit opportunities **may** be provided sparingly throughout the semester.

### **Class Schedule and Assignments:**

#### **1. Online Discussion**

- a. One original response will be due in Canvas by Thursday (11:59pm) of each week. Two responses to two (2) separate peers will need to be completed by Sunday (11:59pm) each week.
- b. In order to receive full points, all discussions should be 100-150 words for initial response and 75-100 words for peer response. All entries should be self-written and reflective on your readings, lectures, and discussions. Entries should be free from grammatical and spelling errors (please proof read).
- c. Discussion topics will be provided from a combination of entries in Fralick, Zamora & Gauthier’s book unless otherwise stated.

#### **2. Participation**

- a. Your participation in this course is crucial for its success. In class discussions, activities and presentations will need your input. In order to receive full credit, students must be prompt, prepared and full engaged with topics, discussions and presenters.

#### **3. Midterm Research Paper (See Scoring Criteria/Sheet)**

- a. Part of your success as a student in college relies on your ability to conduct research on various topics. As a potential student in public health, allied health, medicine, pharmacy or any other career, you will need to become familiar with topics in that field. For this assignment, you will need to select a topic of interest and discuss your research.
- b. Research topics will need to be submitted to the instructor during the 4<sup>th</sup> week of the course for approval and feedback.
- c. All papers will be at least 3-4 (not including References) pages in length and written in APA format. Please see the Purdue Online Writing Lab for guidance and paper specifications. Your research paper must include at least five (5) sources that are of scholarly, peer reviewed, or government publication.
- d. Your Paper should address the following:
  - i. Health related topic
  - ii. How is this issue being addressed
  - iii. How can a (your) chosen career path assist in addressing the topic
  - iv. How does this topic relate to the Native American Population and/or Tohono O’odham Nation
  - v. Conclusion

**4. Self-Reflection Paper (See Scoring Criteria/Sheet)**

- a. Your overall success is valued at TOCC. For this assignment you will reflect on this course and its overall application to you as a student. It will also include your reflection on how your program of study (at TOCC) will affect your potential career as student and professional. This may include a trip to visit your academic advisor.

**5. Final Presentation (See Scoring Criteria/Sheet)**

- a. Your final presentation will be due at the last course meeting of the semester. Your presentation will include the following.
  - i. Title
  - ii. Your Chosen Career
  - iii. Education Required
  - iv. Potential Educational Pathway
  - v. At least three main points from your self-reflection paper
  - vi. Final thoughts on course
- b. Please see the Scoring Criteria/Sheet for specifics

<b>Part 1: Student Success Introductions and Medical Introductions</b>		
<b>Week</b>	<b>Reading (Prior to Course Meeting)</b>	<b>Assignments Due</b>
<b>1: January 15, 2019</b> -Course Introduction and Syllabus Review -Self Assessment -Learning Styles -Introduction to Health Care	Fralick, Zamora & Gauthier -Chapter 1: Cultural Identity and Success  DeLaet: -Chapter 1: Today’s Health Care System (Focus on: Healthcare Facilities, Healthcare Professionals, Healthcare Trends)	<b>Discussion #1</b>
<b>2: January 22, 2019</b>	Fralick, Zamora & Gauthier	<b>Discussion #2</b>

<p><i>-Understanding your Motivation</i>  <i>-Self Assessments and Activities</i></p> <p><i>-Who Pays for HealthCare?: Healthcare Economies</i></p>	<p>-Chapter 2: Understanding Motivation (Do not worry about activities, these will be done in class)</p> <p>Delaet:  Chapter 2: Healthcare Economies</p>	
<p><b>3: January 29, 2019</b>  <i>-Exploring Your Major</i>  <i>-E,I, S,I,T,F,J,P Activities</i></p> <p><i>-Importance of Diversity and Critical Thinking</i>  <i>Introduction to Public Health</i>  <i>-Social Determinates of Health</i>  <i>-Health of Tribal Communities</i></p>	<p>Fralick, Zamaora &amp; Gauthier  -Chapter 3: Exploring your Personality and Major (Focus on Reading the material, skim over activities [they will be completed in class])</p> <p>Delaet:  -Chapter 6: Diversity and Difference in Health Care (Review Table 6-3)</p> <p>-Chapter 7: Critical Thinking and Problem Solving</p> <p>Social Determinants of Health: Solid Facts (WHO Europe)</p>	<p><b>Discussion #3</b></p>
<p><b>4: February 5, 2019</b>  <i>-Using Library Databases</i></p> <p><i>-APA Format and Writing</i></p> <p><i>-Reviewing Medical Terminology Basics</i></p>	<p>Guest: Ofelia “Liz” Zepeda, TOCC Librarian</p> <p>Review Purdue OWL- APA Format Styling Guide</p> <p>Delaet:  -Chapter 10: Medical Terminology Basics</p>	<p><b>Discussion #4</b></p> <p><b>Research Topics will need to be submitted and approved (due Sun. 11:59pm)</b></p>
<p><b>Part 2: Student Success Continued and Introduction to Health Professions</b></p>		
<p><b>5: February 12, 2019</b>  <i>-Study Skills</i></p> <p><i>-Overview of Health Careers</i></p> <p>Guest Presenter:  Tashina Machain,  AZ Indians into Medicine</p>	<p>Fralick, Zamora &amp; Gauthier  -Chapter 6: Using Brain Science to Improve Study Skills (Be sure to read ‘How Spider Stole the Sun’)</p> <p>Delaet:  -Chapter 17: Overview of Healthcare Careers</p>	<p><b>Discussion #5</b></p>
<p><b>6: February 19, 2019</b>  <i>-Taking Notes, Writing and Speaking</i></p> <p><i>-Career Highlights: Medical and Surgical &amp; Nursing</i></p>	<p>Fralick, Zamora &amp; Gauthier  -Chapter 7: Taking Notes, Writing and Speaking</p> <p>Delaet:</p>	<p><b>Discussion #6</b></p>

<i>Guest Presenter:</i>	-Chapter 18: Patient Care: Medical and Surgical -Chapter 19: Patient Care: Nursing	
<b>7: February 26, 2019</b> -Test Preparation  <i>-Mindfulness and Meditation</i>  <i>-Career Highlights: Dental &amp; Lab and Pharmacy Services</i>	Fralick, Zamora & Gauthier -Chapter 8: Testing Taking  Delaet: -Chapter 20: Patient Care: Dental -Chapter 21: Laboratory and Pharmacy Services	<b>Discussion #7</b>
<b>8: March 5, 2019</b> <i>-Time Management</i>	Fralick, Zamora & Gauthier -Chapter 4: Managing Time and Money (Focus on Time Management content, Activities will be address in class)	<b>Midterm Research Paper (Start of Class)</b>  <b>Discussion #8</b>
<b>March 11-15, 2019: Spring Break</b>		
<b>Part 3: Medical Profiles Continued</b>		
<b>9: March 19, 2019</b>  <i>-Career Highlights: Diagnostic and Imaging Services &amp; Therapy and Rehabilitation</i>  <i>Guest Presenter:</i>	Delaet: -Chapter 22: Diagnostic and Imaging Services -Chapter 23: Therapy and Rehabilitation	<b>Discussion #9</b>
<b>10: March 26, 2019</b>  <i>-Career Highlights: Health Information and Administration &amp; Veterinary Field</i>  <i>Guest Presenter:</i>	Delaet: -Chapter 24: Health Information and Administration	<b>Discussion #10</b>
<b>11: April 2, 2019</b>  <i>Career Highlights: Behavioral Health, Psychologist, Psychiatrist</i>  <i>Guest Presenter:</i>		<b>Discussion #11</b>

<p><b>12: April 9, 2019</b></p> <p><i>-Career Highlights: Public Health, Health Education, Dietician, MD, Pediatrician, Gynecologist</i></p> <p><i>-Guest Presenter:</i></p>		<p><b>Discussion #12</b></p>
<p><b>Part 4: Preparing for Your Future</b></p>		
<p><b>13: April 16, 2019</b></p> <p><i>-Reviewing your Program of Study at TOCC</i></p> <p><i>-Paying for your Education: Financial Aid and Budgeting</i></p> <p><i>-Exploring Educational Pathways</i></p>	<p>Please visit your TOCC Academic Advisor for Program of Study. You will need this for this course meeting.</p>	<p><b>Discussion #13</b></p>
<p><b>14: April 23, 2019</b></p> <p><i>-Preparing Your Resume and Personal Statements</i></p>		<p><b>Discussion #14</b></p>
<p><b>15: April 30, 2019</b></p> <p><i>-Your Personal Career Outlook</i></p> <p><i>-Current Health Events</i></p>	<p>Association of American Medical Colleges. (October 2018). <i>Reshaping the journey: American Indians and Alaskan Natives in medicine.</i></p>	<p><b>Discussion #15</b> <b>Discussion #16</b></p>
<p><b>16: May 7, 2019</b></p> <p><i>-Final Presentations</i></p>	<p>No Reading. Finish up presentations and Self-Reflection Paper.</p>	<p><b>Self-Reflection Paper</b> <b>(Start of Class)</b></p>

<p><b>The following URLs are important for any health student and college student to become familiar with</b></p>	
<p>Indian Health Service</p>	<p><a href="https://www.ihs.gov/">https://www.ihs.gov/</a></p>
<p>Inter-Tribal Council of Arizona</p>	<p><a href="http://itcaonline.com/">http://itcaonline.com/</a></p>
<p>Inter-Tribal Council of Arizona Health Programs</p>	<p><a href="http://itcaonline.com/?page_id=38">http://itcaonline.com/?page_id=38</a></p>
<p>Tohono O'odham Nation</p>	<p><a href="http://www.tonation-nsn.gov/">http://www.tonation-nsn.gov/</a></p>
<p>Tohono O'odham Nation Health and Human Services</p>	<p><a href="http://www.tonation-nsn.gov/health-human-services/">http://www.tonation-nsn.gov/health-human-services/</a></p>
<p>Tohono O'odham Nation Health Care</p>	<p><a href="http://www.tonhc.org/">http://www.tonhc.org/</a></p>
<p>**Purdue Online Writing Lab (Focus on APA)</p>	<p><a href="https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html">https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html</a></p>

Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>
Pima County Health Department	<a href="http://webcms.pima.gov/government/health_department/">http://webcms.pima.gov/government/health_department/</a>
Native Health Phoenix	<a href="https://www.nativehealthphoenix.org/">https://www.nativehealthphoenix.org/</a>
National Indian Health Board	<a href="https://www.nihb.org/">https://www.nihb.org/</a>
TOCC Library	<a href="http://www1.youseemore.com/tocc/">http://www1.youseemore.com/tocc/</a>
<b>Career Websites</b>	
Exploring Health Careers	<a href="http://www.explorehealthcareers.org">http://www.explorehealthcareers.org</a>
Center for Health Careers	<a href="http://hcwp.org/services/health-resource-directory/">http://hcwp.org/services/health-resource-directory/</a>
Georgia Health Careers	<a href="http://sowega-ahec.org/wp-content/uploads/2017/05/HCM2016-18.pdf">http://sowega-ahec.org/wp-content/uploads/2017/05/HCM2016-18.pdf</a>
AMA American Medical Ass'n: Careers in Allied Health	<a href="https://www.ama-assn.org">https://www.ama-assn.org</a>
UCLA Career Center (careers listed at left border)	<a href="http://career.ucla.edu/gradschool/health/">http://career.ucla.edu/gradschool/health/</a>
Stanford, CA Health Careers	<a href="http://med.stanford.edu">http://med.stanford.edu</a>
Kansas Health Careers	<a href="http://wichita.kumc.edu/general-info.html">http://wichita.kumc.edu/general-info.html</a>
Fun Facts about Health Careers	<a href="https://www.gahec.org/about-us.php">https://www.gahec.org/about-us.php</a>
Health Professions.com	<a href="http://www.healthprofessions.com/careers/">http://www.healthprofessions.com/careers/</a>
University of Arizona Health Sciences Center	<a href="http://www.ahsc.arizona.edu/">http://www.ahsc.arizona.edu/</a>

**Disclaimer: This syllabus may be altered at the discretion of the instructor. This may include but not limited to course outline, topics, and assignments. Students will be notified if such changes occur.**