



Syllabus: CPH 101

Course Information

Course Title: Exploring Careers in Health Professions

Course Prefix/Number: CPH 101

Semester: Summer 2022

Class Days/Times: Tuesday 5:15-6:55pm

ZOOM:

This course is a hybrid course with an online component (see below)

Credit Hours: 2 credit hours

Instructor Information

Name: Daniel Sestiaga Jr., MPH

Phone/Voice Mail: 928-246-0958 (Text only)

E-mail: dsestiaga@tocc.edu

Office location: [Online Zoom](#)

Office hours: Via Zoom 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.

Student Learning Outcomes

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



Syllabus: CPH 101

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.

This is a hybrid virtual and online course in which 50% of the course will take place during our scheduled Zoom time (~100 minutes) and 50% of the course will be conducted independently via online course work (~100 minutes).

Course Learning Materials and Textbook Information

1. Stanfield's Introduction to Health Professions (7th Ed.) ISBN: 9781284098808
2. Online Websites

Course Outline

1. Introduction to the Careers in Health Professions
 - a. Self-Assessment
 - b. Development of Personal Learning Objectives
 - c. Determinates of Health and Health Disparities affecting Tribal Communities
2. Student Success
 - a. Study Skills
 - b. Learning Assessments
 - c. Time Management
3. Health Careers Exploration
 - a. Programs of Study
 - b. Health Care Careers Research
 - c. Health Professional Guest Lectures
4. Career Readiness
 - a. Resume Writing
 - b. Personal Statements
5. Self-Reflection



Syllabus: CPH 101

Course Schedule and Important Dates

1. Online Discussion

- a. One original response and two responses to two (2) separate peers will be due in Canvas by **Sunday (11:59pm)** each week.
- b. To receive full points, all discussions will 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 proofread).**

2. Participation

- a. Your participation in this course is crucial for its success. In class discussions, activities and presentations will need your input. To receive full credit, students must be prompt, prepared and fully 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. Your research topic should be relevant to the health of Native American communities. Research topics will need to be submitted to the instructor during the 2nd week of the course for approval and feedback.
- c. All papers will be at least **3-4** (not including References & Title Page) pages in length and written in **APA 7th Edition (student)** 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. **Papers are to be written in the 3rd person as this is not a personal statement.**
- d. Your research paper should address the following:
 - i. Introduction of a health-related topic (disease, area of interest, wellness, etc.)
 - ii. Discussions on how this issue is being addressed (by government, organization, tribal government)
 - iii. How can (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
- e. Past topics include: *Native American health disparities, diabetes, alcoholism and liver disease, Native American nurses, cancer, COVID-19 in Native American communities, etc...*

4. Résumé



Syllabus: CPH 101

- a. Your future in the health field is critical to your community. To get started, you should have a solid portfolio of your work. A résumé is great way to convey your experience and knowledge to future employers.
 - i. For this assignment, you will submit a draft résumé, receive feedback and corrections, and then submit a final version prior to the end of the class.
- b. This should follow the template that is given to you. 1-2 pages in length.

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 for Chosen Career
 - iv. A Visual Layout of your Educational Pathway
 - v. Final thoughts on course
- b. Please see the Scoring Criteria/Sheet for specifics

| Summer 2022 | | |
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| Week | Reading (Prior to Course Meeting) | Assignments Due (11:59 PM) |
| Health Care Foundation Modules | | |
| 1: May 24, 2022 -Syllabus Review -Learning Styles -Motivation -Health of Tribal Communities (Health Disparities) -APA Formatting | Health Disparities (PDF) | Due: 5/29/22 - Discussion #1 Post and Response - Career Survey |
| 2: 5/31/22 -U.S. Health Care and Categories -Social Determinants of Health | Chapter 1: U.S. Health Care Chapter 2: Categories of Health Services The Solid Facts (PDF) | Due: 6/5/22 - Discussion #2 Post and Response - Health Topic due |
| Drop Deadline: May 31, 2022 | | |
| 3: 6/7/22 -Who pays for your Health? | Chapter 3: Paying for Health Care Chapter 5: Health Care Reform | Due: 6/12/22 - Discussion #3 Post and Response |



Syllabus: CPH 101

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| 4: 6/14/22 <i>--Planning your Future Career</i> <i>-Resumes</i> | Chapter 7: Health Career Planning Chapter 8: Career Development | Due: 6/19/22 - Mid-Term Research Paper - Draft Resume |
| Career Profiles | | |
| 5: 6/21/22 | (Subject to Change based on Career Survey Response) | Due: 6/26/22 - Discussion #4 Post and Response |
| 6: 6/28/22 | (Subject to Change based on Career Survey Response) | Due: 7/3/22 - Discussion #5 Initial Post and Response |
| Withdrawal Deadline: June 29, 2022 | | |
| 7: 7/5/22 | (Subject to Change based on Career Survey Response) | Due: 7/10/22 - Discussion #6 Initial Post and Response |
| 8: 7/12/22 <i>-Final Presentations</i> | No Reading. Finish up presentations and final resumes | Due: 7/12/22 - Final Presentation (5:00pm) - Final Resume (11:59pm) |



Syllabus: CPH 101

Evaluations/Grading & Assignments:

| Assignments | Points | Total Points |
|------------------------------|-----------------------|---------------------|
| Weekly Discussions (x6) | 10 (each week) | 60 |
| Midterm Research Paper | 100 | 100 |
| Final Presentation | 100 | 100 |
| Participation (x8) | 5 (each week) | 40 |
| Résumé Draft | 40 | 40 |
| Final Résumé | 60 | 60 |
| Total Possible Points | | 400 |

Your grade will be determined by the following:

90 and above is an A
80 - 89 is a B
70 - 79 is a C
60 - 69 is a D
Under 60 is Failing

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 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 TONDHHS and TONHC 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:

Attendance Policy (Re: face-to-face, synchronous-virtual, or Flex courses)



Syllabus: CPH 101

As this is a hybrid course, students are expected to engage with the synchronous class time. Students must participate in class activities as they will be graded. 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.

You are expected to arrive to class on time and be prepared to participate in each class period. Four unexcused absences may result in a letter grade of “F” or an instructor withdrawal “FW” (see 45th-Day Instructor Withdrawal policy). 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, please notify the instructor as soon as possible.

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.

Incomplete Policy

Incomplete (I) grades are not awarded automatically. The student must request an "I" from the instructor who can choose to award an Incomplete only if all three of the following conditions are met:

1. The student must be in compliance with the attendance policy.
2. The student must have unavoidable circumstance that would prohibit the student from completing the course.
3. The student must have completed over 75% of the course requirements with at least a “C” grade.

Incompletes are not a substitute for incomplete work due to frequent absences or poor academic performance. Incomplete grades that are not made up by the end of the ninth week of the following semester will be automatically changed to an F if the agreed upon work, as stipulated on the written form signed by the instructor and the student when the I grade is awarded, is not completed.

45th-Day Instructor Withdrawal Policy “FW” (Re: face-to-face, synchronous-virtual, or Flex courses):

Students who have missed four (4) consecutive classes, has not submitted any assignments, nor taken any quizzes by the 45th - day census report, are assumed NOT to be participating in the class and may be withdrawn at the faculty member’s discretion. After the 45th - day census, if a student needs to stop attending a course, they must withdraw from the course (see Student Withdrawal Policy).

Student Withdrawal Policy “W”:



Syllabus: CPH 101

Students may withdraw from class at any time during the first two-third of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by **May 31, 2022** if you do not expect to complete the class, otherwise you may receive an "F" letter grade for the course. For more information on the student withdraw process email admissions@tocc.edu.

Special Withdrawals (Y) Grade:

The "Y" grade is an administrative withdrawal given at the instructor's option when no other grade is deemed appropriate. Your instructor must file a form stating the specific rationale for awarding this grade. "Y" grades are discouraged since they often affect students negatively. Your instructor will not award a "Y" grade without a strong reason.

Equal Access Statement/Disability Accommodations:

Tohono O'odham Community College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations as required to ensure an equal educational opportunity. This process includes self-identifying as a student with a disability, providing supporting documentation of their disability, and being approved for services through the Disability Resources Office (DRO). It is the student's responsibility to make known to their instructor(s) the student's specific needs within the context of each class to receive appropriate accommodations. We will work together to develop an accommodation plan specifically designed to meet the individual student's requirements.

For more information or to request academic accommodations, please contact: Anthony Osborn, TOCC Disabilities Resource Coordinator, aosborn@tocc.edu, or 520-383-0033 for additional information and assistance.

Title IX:

Tohono O'odham Community College encourages each student to have the knowledge and skills to be an active bystander who intervenes when anyone is observed or being harassed or endangered by sexual violence. Sexual discrimination and sexual violence can undermine students' academic success and quality of life on campus and beyond. We encourage students who have experienced or witnessed any form of sexual misconduct to talk about their experience and seek the support they need.

Confidential support and academic advocacy can be found with: Student Services Title IX Coordinator/Counselor, Alberta Espinoza, M.Ed. located in I-We:mta Ki: Room 18. Phone 520-383-0033 email: aespinoza@tocc.edu

Conduct: Bias, Bullying, Discrimination and Harassment:

Tohono O'odham Community College faculty and staff are dedicated to creating a safe and supportive campus environment as a core value. Harassment based on age, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status,



Syllabus: CPH 101

marital status, political ideology, race, religion/spirituality, sex, sexual orientation, and tribal sovereign status will not be tolerated.

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).

Late Assignments: Any late assignments turned in after the due date (specified time) will receive a **5-point** grade deduction for every day that it is late.

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

Academic Integrity:

Violations of scholastic ethics are considered serious offenses by Tohono O'odham Community College, the Student Services Department, and by your instructor. Students may consult the TOCC Student Handbook sections on student code of conduct, on scholastic ethics and on the grade appeal procedure. Copies are available at Tohono O'odham Community College.

All work done for this class must be your own, or the original work of your group. While you may discuss assignments with other class members, the final written project must clearly be original. You may use work from books and other materials if it is properly cited. Copying from a book without proper reference or from a person under any circumstances will result in an "F" for the assignment, and at the instructor's discretion, possibly an "F" for the course. If you are uncertain about proper citations ask your instructor or the librarian.

Course Feedback:

All assignments will be graded and returned to the students promptly, typically within a week after the assignment is closed for handing in. E-mail and phone messages will be returned within two days. A student or the instructor may request a student conference at any time during the semester. Quarterly grade reports will be provided to each student, either in person, by email or via the electronic system of Canvas.

DISCLAIMER

This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.