Della Keats

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WWAMI School of Medical Education

2013 Program Guide

Della Keats Program Dates: June 16 — July 26, 2013

UNIVERSITY of ALASKA ANCHORAGE
WWAMI SCHOOL OF MEDICAL EDUCATION

Della Keats Health
Science & Biomedical Research Summer Programs

This Program Guide Includes

• Academic information—course descriptions, program requirements, etc.

• Housing information, curfew and visitor information, contact information, what to bring, etc.
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2012 Della Keats Programs Administered and Sponsored By:

WWAMI—School of Medical Education
Center Addressing Health Disparities through Research and Education (CAHDRE)
The Eyak Corporation
IDeA Network of Biomedical Research Excellence
Native American Research Center for Health (NARCH)
New York Life Foundation
Welcome to the 2013 Della Keats Summer Program!

The faculty and staff of the Della Keats Programs look forward to your arrival.

This Program Guide provides you and your parents with important information concerning the 2013 Della Keats Program. Please read it carefully with your parents, as it answers many frequently asked questions regarding the Della Keats Program.

Our goal is to help you reach your educational and career goals. We believe this can best be accomplished by providing you with a learning experience that is both challenging and personally rewarding. In order to provide you with this type of experience, we have designed a summer program that is demanding yet adaptable to your individual needs. What you get out of the program, therefore, will depend on your own level of involvement and commitment.

The first half of this Program Guide is dedicated to the academic aspects of the program. It will provide you with information about the types of courses you will be taking during the summer and will answer general questions about the programs.

The second half of the Program Guide is dedicated to the housing aspects of our program. In this section, you will find answers to housing questions and find extensive information about what you can expect while living in the UAA dorms.

If you have any questions which are not answered in the Program Guide, please call or e-mail Cassandra (907) 786-4737 (cdale5@uaa.alaska.edu) or René (907) 786-1019 (rcontrer@uaa.alaska.edu) in the UAA WWAMI Program Office.

Again, congratulations and we look forward to seeing you this summer!

Della Keats Programs Staff
**Academic Coursework**

**ANATOMY AND PHYSIOLOGY**
Anatomy and Physiology offers a hands-on introduction to human anatomy and physiology. Students will study each of the major anatomical systems and their function in the body. Students will also conduct an individual research project on a specific structure or system and present the results of this project in a short seminar. The class will be conducted in The UAA Gross Anatomy (cadaver) Laboratory, and at least 75% of class time will be dedicated to locating, dissecting and studying the actual tissues and organ systems.

**COMMUNICATION, ORAL**
Oral Communication is a basic introduction to human communication. While a focus is placed on public speaking, students also learn about communicating interpersonally and in groups.

**COMMUNICATION, WRITTEN**
Written Communication focuses on argumentative essay writing, writing for college, and scholarship applications and the Della Keats research presentation. Students will receive the opportunity to improve writing skills through timed, in-class essay assignments, and frequent papers.

**HEALTH PROFESSIONS SEMINAR**
Health Professions Seminar combines field trips, guest lectures, and student projects. Students will visit a range of medical laboratories and institutions. As part of this course, students will explore a wide variety of medical career options, including various medical specialties, general practice, nursing and medical technical professions.

**MEDICAL TERMINOLOGY**
"Medical Terminology" is taught in a tutorial format. This course has two aims. The first is to introduce students to medical and, in particular, anatomical terminology. The course will cover common word stems, prefixes, suffixes, and plural forms and the manner in which medical terminology is used in both literature and practice. The second is to make medical literature more accessible to the students and to make anatomical names comprehensible and easier to learn.
**MICROBIOLOGY AND GENETICS**
This course offers a hands-on introduction to two key fields of modern medicine and biomedical research, microbiology and genetics. Students will be introduced to standard modern techniques in both fields through short projects carried out in active research laboratories. Classes will be conducted in the microbiology and genetics teaching laboratories at UAA.

**PUBLIC HEALTH**
The Public Health course incorporates behavioral and social science concepts in the analysis of a variety of public health issues. It also introduces students to the ways in which socio-economic status, culture, race/ethnicity, age and gender relate to disease outcomes and the quality of life. Students receive instruction in problem identification, assessment, intervention and evaluation through analysis of relevant factors.

**MULTI-DISCIPLINARY RESEARCH PROJECT**
“Multidisciplinary research” is founded on biomedical, behavioral, and social sciences. Factors such as economics, environments, work, and politics must be considered when researching effects on health. This research approach will teach Della Keats students to use evidence-based principles to do health disparity research on underserved minority populations in Alaska. The projects are intended to cover topics from three different perspectives: anatomy/physiology, diagnostic/treatment, and public health with individual students responsible for one perspective within teams of students responsible for all three.

**LIBRARY SCIENCES**
Library Sciences teaches students methods for conducting a multi-disciplinary research project. There are assigned library times when students would wisely choose to go to the library to work on their project. This course collaborates with the oral and written communication and Public Health courses.

**BIOMEDICAL ETHICS**
“Biomedical Ethics” explores current ethical challenges faced by health professionals. Students engage in discussions of current event topics regarding ethical dilemmas in the medical profession. An emphasis is placed on critical thinking and individual values.
**JOB SHADOWS**

Students will spend four days with professionals in the medical field. Students will engage in a total of four sessions; each session will be three (3) hours in duration. Please be advised that students are expected to wear appropriate professional clothing for all job shadowing activities (see page 15 of this Program Guide).

**Non-Credit College Prep Workshops**

**HOW TO SUCCEED IN COLLEGE**

How to Succeed in College will address both the application process and the college experience. Application-related topics will include: How to apply to college; How to apply to medical and nursing Programs; How to apply for scholarships; and Timelines for applications. College experience topics will include: College teaching formats; Study skills; College living environments; and Health issues associated with college life.

**HOW TO GET INTO MEDICAL SCHOOL**

Housing staff will provide occasional workshops that will examine the ways in which high school and undergraduate students can prepare themselves to be suitable applicants for medical programs. Undergraduate coursework, acquisition of health care experience, preparation for entrance exams and interviews, and the structure of effective personal statements will be discussed. The topics may have a premedical focus, but will also be relevant to the application process used by other professional programs.
SIMULATION LAB
Della Keats students will use the SIM Lab Center to learn proper communication and medical response to simulated medical conditions. The Health Sciences Building (HSB) simulation labs provide an environment for users to practice proper client assessment, critical thinking, intervention skills, Situation Background Assessment Recommendation (SBAR) communication, and procedures.

The simulation labs are located in rooms 209C, 209E, and 211C of HSB. The labs includes three high-fidelity simulation patient rooms, one control room with three content expert and technician control stations with advanced video system technology, three video debriefing rooms, and two simulation computer labs.

To learn more about the Health Science Building’s SIM Lab go to the following website:

http://www.uaa.alaska.edu/schoolofnursing/nursingresourcecenter/simulationlabs.cfm
Past Della-Keats students in the Gross Anatomy Lab
Why do I have to do a project? Della Keats has three primary goals; 1. Increase the number of Alaskans from educationally and/or economically disadvantaged backgrounds, particularly Alaska Natives, who pursue careers in health science and health professions, 2. inform the Alaskan public about health science research and the clinical process so they are better equipped to make healthier lifestyle choices and better understand the aims and benefits of clinical research, and 3. Provide a research base for students entering health careers to improve their practice for the benefit of Alaska’s residents, including those from health disparity populations.

Oral and written communications (see page 5) are combined with presentation methods, library research skills and student research projects. The courses are held during the six weeks of the Della Keats summer program. Students will be taught how to conduct a multi-disciplinary research and develop presentations to turn digital images and videos into a research presentation suitable for the general public.

What do I have to do for my project? Develop and present a multi-disciplinary research paper on a health disparity within an underserved minority population of personal interest or connected to your community. This project requires a written factual paper with source citations and oral and PowerPoint presentations to be presented to your peers and faculty members at the end of the course session.

How long is the project? For students that are seniors in the Della Keats project, the project is completed at the end of the course. When the presentations have been completed, students may then apply for credits.
Academics: Q & A

Do students receive grades for each course?
Yes. Each instructor will provide students with a syllabus outlining assignments, quizzes, and tests that will be given throughout the six weeks. A transcript will be provided to students at the end of the program showing grades in each of their courses.

Can students receive high school or college credit for participating in the Della Keats program?
Yes. Della Keats students may elect to receive either high school or college credit for this program. High school or college credit is not compulsory. High school credit (0.5 elective credits) are free. College credit, 4 credits of Biol:A141: Introduction to Medicine & the Health Professions at $157/credit (2012/2013 rates), will cost $628.00 plus applicable fees. Students may register while on campus with assistance from UAA staff.

What is a typical day like?
Students typically have class from 9 am until 5 pm, with an hour-long break for lunch from 12:00 pm to 1 pm. Occasionally students will take part in planned academic events in the evenings and/or on weekends. There are also fun activities and shopping trips on weekends.

Do I need to bring school supplies?
Yes. Please bring pens and pencils, notebook paper.

Students who do not bring their own school supplies will receive modest supplies. Students may have an opportunity to shop for supplies during the first week of the program, but they should bring enough supplies to at least get them through the first week.
How much homework can I expect each night?
The amount of work assigned each night will vary with each course. However, students should be prepared to spend 2-3 hours each night doing homework.

Will I have access to a computer?
Students will have access to UAA computers in the library and in the dorms. If you have a computer of your own, you are more than welcome to bring it, as this will decrease the demand for on-campus computers. We also encourage you to bring a USB jump drive, if you own one.

Do I need to attend all classes?
YES! Students are expected to fully participate in all scheduled academic activities including classes, tours, and presentations. Absences are only acceptable if students have informed the Housing Director and instructor. Unexcused absences are not acceptable and multiple occurrences may result in dismissal from the program.

Absences that are approved by the Program Directors and/or the Housing Director will not be cause for dismissal; however, students are responsible for missed lectures, assignments and homework. Furthermore, disruptive behavior such as sleeping, chronic tardiness, and rude and disruptive classroom behavior will not be tolerated by instructors or Program Administration.

Can I receive college credit for my research project work during the following academic year as an undergraduate?
Students may choose to receive UAA college credits. If they wish, as an undergrad they may enroll in 3 credits of Biol A198, Individual Research with Dr. van Tets. UAA tuitions rates for 2012/2013 are $154.00/credit, thus 3-credits will cost $462.00 plus applicable fees.
Welcome to the
Della Keats
Housing Experience!

The staff of the Della Keats Summer Program has a fun-filled summer planned for you! The remainder of this informational packet will be dedicated to the housing aspect of the Della Keats Program. This information will give you a general overview of what you can expect during your six-week stay on the UAA campus. It consists of information, questions and answers about general housing life in the dorms, suggestions of what to bring, contact information for students during the program, and a map to West Hall.

Our goal in Housing is to provide an atmosphere that is conducive to both living and learning. While there is a substantial educational component of this program, we also want to provide a realistic glimpse of life at the university and provide you with the tools to succeed in college. Therefore, your summer housing experience will be filled with educational workshops, personal growth and team building exercises and of course, fun outings.

This brochure may not answer all your questions concerning Della Keats Housing. If you have any questions concerning housing, please feel free to contact the Housing Director, TBA. They will be more than happy to answer any questions you may have.

See you this summer!

Della Keats Programs Housing Staff
General Housing Information

Where do students live during the program?
Students will be housed in a Residence Hall on the University of Alaska Anchorage campus.

Where will students have classes?
Daily classes will be held on the UAA campus.

How far is the UAA campus from the dorms?
The UAA campus is a short walk from the Residence Halls. Limited bus shuttle services will be available during the summer. In the past, students have also used rollerblades, skateboards, and bicycles to get to and from the dorm to the UAA campus.

How do I get to the dorms?
The Residence halls are located on Residential Drive. If coming from Providence Drive, turn south (right) onto Elmore Street; continue past the main housing entrance and turn right at the 4th entrance, “Residential Drive.” If coming from Tudor Road, turn north (left) onto Elmore Street; make a U-turn after the first median and take the first turn on the right. Please see the housing map on page 21.

Will I be provided with food and other supplies during the program?
No. However, students will receive a monetary stipend every two weeks, in the form of a check, which will be sufficient to pay for food and activities. Each student is required to have an Alaska Identification Card or Driver’s License in order to cash his/her stipend checks on days students are taken to the bank.

Do I have to pay for housing?
As with the academic aspect of the program, housing is provided free of charge for Della Keats participants. However, a $25 deposit will be collected during the distribution of the first stipend. This covers any damage to the dorms or vans during program use and/or checking out of housing without returning room keys. Students who check out without damages will receive their deposit back at the end of the program.
I live in the Anchorage Area; can I live at home during the program?
No. Residing on-campus is a required part of our program. Living in the residential halls provides an experience that is an integral part of the program, as it gives students a college-like atmosphere in which to live and learn.

When can I move in?
Rooms will be available to move into at 3:00 pm on Sunday, June 17th. Students are required to check in at the dorms with the West Hall front desk AND with one program staff member. Students are required to check in no later than 5:00 pm. [A “welcome” reception will be held at 5:30 pm to allow students and their parents to meet staff and faculty members, other program participants, and former Della Keats students.]

I’ll be arriving in Anchorage via airplane; will someone be at the airport to pick me up?
Yes. If you are flying into Anchorage, a program staff member will be at the airport to receive you. If for some reason there is a change in your flight arrival time, or if no one is there to pick you up, please call designated YPM.

How can students be reached during the program?
Students will have personal telephone numbers in their dorm rooms. Students will also have regular access to the Internet. In case of an emergency, contact information for staff members will be provided to parents and guardians. Youth Peer Mentors will carry cell phones with them at all times in case of an emergency.

Can my child drive his/her car during the program?
No. Students are strongly advised not to bring their cars to the program. While students are able to drive their own vehicles to West Hall, they are not permitted to drive their own vehicles throughout the duration of the program. Program staff members will have the use of vans to transport students to and from academic events and housing activities throughout the duration of the program. Upon arrival at the dorms, vehicle keys must be turned over to the Housing Director. Students will only be allowed to use their vehicles during the program with permission of the Housing Director. Keys will be returned to the students at the end of the program.
Additionally, parking is enforced year round at UAA including at the residence halls. This means that if students choose to bring their cars to UAA, they must apply for a summer parking permit (cost is $25 for the entire summer) and must also apply for a housing lots permit as well (no cost). If you are interested in purchasing a summer parking permit and housing sticker, please contact Parking Services at www.thepermitstore.com or 907-786-1119 for additional information.

Can students go home on the weekends?
They are usually allowed to check-out on Sundays, with a parent or a parent approved adult. Curfew rules apply. The housing staff has planned and organized many activities for the weekends during the program. Additionally, living on campus during the week and on the weekends adds to the college-like experience the program offers.

What about health care, illnesses and medications for students?

- All important health care information MUST be provided by the parent/guardian of each Della Keats summer program participant (or by the participant, if over 18 years of age). Health care information includes: allergies, illnesses, necessary medication, medical appointments, and name of primary health care provider. NOTE: Della Keats Students must provide proof that their immunizations are up-to-date to take part in the Preceptorships. This includes a recent (within the past 12 months) tuberculosis (Tb) test. Providence Alaska Medical Center will not allow students without such proof to interact with patients. Students are strongly encouraged to arrange to be given missing immunizations as soon as possible before the program begins.

- For participants under 18 years of age, a parent/guardian will be required to fill out a release form to allow staff to authorize treatment in case of an emergency.

- Program staff ask that medical appointments be made prior to the start of the program or after the program has ended, as students will have a busy academic schedule.
What should I bring? Do I need 'nice' clothing?

A comprehensive list of suggested items is available in the *What to Bring* section of this guide (see page 18). With regard to the types of clothing to bring, students should bring clothing for school and play. Students also need to bring appropriate attire for job shadowing and interviews. If students do not have proper clothing, shopping trips will be made available.

**Appropriate job-shadowing attire for males:**
- Slacks
- Dress shirt
- Dress shoes (no sneakers)

**Appropriate job-shadowing attire for females:**
- Slacks or skirt (must be at least knee length)
- NO midriff-baring shirts
- Comfortable, closed-toe shoes
- Tattoos must be fully covered by clothing
- Any piercings must either be fully covered by clothing or removed

**What if students are found using controlled/illegal substances or alcohol?**
Any student found under the influence of non-prescriptive drugs or alcohol will be immediately sent home. Use of any tobacco products is also not permitted for those under the age of 19. Participants who are 19 and choose to smoke will be encouraged to refrain from smoking while participating in the program.

Any student sent home as a result of the use of controlled/illegal substances and/or alcohol may be held responsible for reimbursing the program for expenses, including travel assistance, room & board, and stipend.
Life in the Dorms

What will life in the dorms be like?
Housing will closely mimic life in the dorms during a typical university school year. Students are not afforded the same amount of freedom that they would experience in college, but we think that the program is a good bridge between high school and college. Programs will include workshops, study groups, and tutoring. However, not all activities will be academic in nature. Other activities will include trips to various areas within and outside Anchorage.

Will I be living with other program participants?
Students will be living with up to three other (same-gender) individuals. Fortunately, UAA Residential Halls allow each participant to have his/her own room. West Hall rooms include a bathroom for every two students.

What types of activities are being planned?
As you will be spending a large part of the week in classes, housing staff will primarily offer activities that will provide relief from your academic schedule, such as movies, hiking, bowling, and swimming. Housing activities will also include workshops that facilitate personal growth and academic success.

Do I have to pay for events?
Each week students will receive a stipend. Therefore, unless otherwise stated, students will be responsible for paying their own way to most events. It is expected that students will practice good money management skills to pay for weekly events and meals. Stipends are considered taxable income and are reported to the IRS. This is why we asked for your Social Security number.

Does housing include meals?
Unless otherwise stated, students will be responsible for paying for their own meals (breakfast, lunch, and dinner) throughout the duration of the program. Students will be given a stipend that will cover the cost of meals. There are also several restaurants within walking distance of the dorms, and weekly trips will be made to stores so students can purchase food.
**Do students have a curfew?**
Yes. Curfew is at 10:00 pm each night. This means that students must physically be in West Hall by 10:00 pm each night, unless students are out with staff. Housing does not have a lights-off policy. However, UAA functions as a hotel during the summer, and since there are other people living in the dorms, “quiet hours” begin at 11:00 pm and end at 8:00 am. Students are also required to be in their own rooms by 1:00 am.

**I’m 18; does the curfew still apply to me?**
Yes! We hold all of our students to the same standards and to the same rules, regardless of age.

**Are students allowed visitors?**
Guests (i.e. friends and family) are permitted Sunday through Thursday until 10:30 pm. Friday and Saturday guests are permitted to stay until 11:00 pm. Students must check-in their guest with Housing Staff so they are aware of who is on the floor. Students are responsible for their guests and their actions. Overnight guests are not permitted. Moreover, program participants are required to sleep in their own rooms at night. **Note about our guest policy:** Program activities take priority over visitations. Students should refer to the program schedule and check with program staff prior to inviting visitors to the dorms. Please also note that guests must pay for parking during parking enforcement hours (Monday—Friday between the hours of 7:30 am and 7:30 pm).

**Are laundry facilities available in the dorms?**
Yes. Students are responsible for doing their own laundry. Laundry facilities are located on the first floor of West Hall. The cost is $1/load/wash and $1/load/dry. Be sure to keep your quarters for the machines. Students are also responsible for purchasing their own laundry supplies such as detergent, fabric softener, bleach, etc.
What to Bring...

Students should bring the following items:

▪ State ID or Driver's License (to cash stipend checks at local banks)
▪ Personal toiletries
▪ Appropriate clothing for program (e.g. clothing for job shadowing, interviews, labs, classrooms, outdoor activities, etc.)
▪ Swimsuit or trunks
▪ Students are allowed to bring personal electronics such as stereos, CD players, DVD players, computers, televisions, cordless phones, etc.
  □ However, please keep in mind that academics and program activities will take priority over other forms of entertainment.
▪ Ethernet cable for laptop computer (if applicable)
▪ Students are also allowed (but not required) to bring personal microwaves.
▪ Calling cards or cell phone with long distance service (if student is not from the Anchorage area)
▪ Sleeping bag (good padding for dorm beds and also needed for camping)

**NOTE:** Please take into consideration that whatever is moved in must be moved out at the end of the six weeks.

Students living in the dorms are provided with the following items:

▪ Bedding (sheets, blanket, and pillow)
▪ Towels
▪ Alarm clock and coffee maker
▪ Small refrigerator (one for every 2 participants)
▪ Microwave (located at the first floor Front Desk)
▪ Community television (located in the Floor Lounge)
▪ Corded phone and Voicemail
Suggested Items:

- A personal fan as it tends to get a bit hot on the top floor of the dorms during the summer.
- A computer laptop or desktop, to avoid and reduce the demand for program computers on busy nights.
- A USB Jump/Thumb/Memory Stick/Drive. These come in very handy during the summer to transfer data between computers. If students want to purchase one, they can wait until they get to Anchorage.

UAA Housing does NOT allow the use of the following items:

- Toasters or Toaster Ovens
- Hot plates
- George Foreman Grills

If you have any questions about what can and cannot be brought to the dorms, please call the UAA Housing Office at (907) 786-4894.
Contact Information

Snail Mail, E-mail & Telephone Calls
Mail is delivered to the residence halls daily. Letters and/or packages can be sent to the dorms for pick-up by students at the Housing Commons.

<Student's Name>
Della Keats Summer Program
UAA Conference Services
3700 Sharon Gagnon Lane
Anchorage, AK 99508

Students will also have access to university computers and will therefore have daily access to e-mail. Each dorm room has its own phone and Internet connection. Phone numbers will be given out upon check-in to the dorms.

Della Keats Program—Visitors Policies
Students are welcome to have visitors during the program. However, visitations are restricted to evenings and weekends when no other program activities are planned. Additionally, unless advised otherwise, visitors are not allowed in student’s rooms.

Important Phone Numbers

UAA WWAMI Program Office..........................................................(907) 786-4789
FAX number..............................(907)786-4700
Housing Director .................................................................(9am-5pm) TBA
Emergency Contact ......................................................... (907) 223-2503
Housing Map