

Experiential Learning Resource Guide

Review the IMS resources site: <https://med.fsu.edu/imsDegree/resources>

- Look under the Experiential Learning Resources to find the following:
 - IMS Experiential Learning Checklist
 - Helpful hints before contacting a community agency
 - The Experiential Learning Hours Guide – what counts/doesn't count for EL hours
 - Experiential Learning Milestones and Guidelines (dates, deadlines, minimum EL hours by map term)
 - Resources for Volunteer Opportunities
 - IMS Database – step by step instructions for documenting hours
 - ServScript Program information (voluntary program for posting service hours to transcripts)

Get Connected

- Inquire about opportunities on the **IMS Facebook group page** – network with other IMS students, and receive up-to-date news and announcements about opportunities.
 - Facebook group: The Interdisciplinary Medical Science (IMS) Group
- Watch for announcements from **IMS Canvas Site** for EL hour opportunities.
- Attend Grand Rounds, Guest Lectures, and other presentations – to network with professionals/professors
- Join a Pre-Health Club/Student Organization
- Meet with Community Coordinator each semester
- Attend EL advising and special topic workshops

Shadowing

- Career Center www.career.fsu.edu - **Handshake - Employer Job Posting Database**
- Visit health insurance providers' physician directories
 - Capital Health Plan – www.capitalhealth.com
 - Florida Blue – www.floridablue.com
 - Cigna Dental - <https://hcpdirectory.cigna.com/web/public/providers>
- Tallahassee Primary Care Associates Job Shadowing Program: <https://www.tallahasseeprimarycare.com/>
- Tallahassee Physician Directory: https://issuu.com/rowlandpublishing/docs/tpmrg_17-18_web
- Start with your own healthcare providers and friends/family members in healthcare
- Shadow a variety of health professionals in a variety of settings (5-10 times per year)
 - Hospitals, clinics, health department, rehab centers, hospice care, assisted living, etc.
 - Health Professionals – *anyone in scrubs* – Doctors, Physician Assistants, Dentists, Veterinarians, Nurses, Specialists, Technicians, Therapists, Social Workers, Administrators, etc.
 - Shadow in both urban and rural settings (such as Big Bend area, outside Leon County: Madison, Jefferson, Gadsden, Wakulla, etc.)

Clinical Training

Get trained so that you can have hands-on, direct patient care experience. Here are some options:

- Go to www.4yourcna.com and watch the videos and then go to the Florida Board of Nursing to sign up for the CNA test. They use Prometric a private testing company. The exam cost \$140.00
<https://www.prometric.com/en-us/clients/nurseaide/pages/fl.aspx>
- Contact Express Training Services about their Weekend Warrior program. It starts with an on-line portion followed by weekend classroom sessions in Destin, Pensacola, Fort Myers and Gainesville.
<https://www.expresstrainingservices.com/classes/cna-2/ww/>
- Gator CNA has a similar service. <https://www.gatorcpr.com/cnaprep>
- S.E. School of Health Sciences does CNA and CMA training here in Tallahassee. Call 850-222-0020 or <https://southeasternschool.org/> They can also be found at Health Science Consulting 850-559-1678
<https://www.healthscienceconsulting.com/>
- EMTB training. The Medical Response Unit here at FSU can help you start the process.
<http://uhs.fsu.edu/fru/> And Tallahassee Community College has a semester long class too.
<http://www.tcc.fl.edu/academics/academic-divisions/healthcare-professions/emt/>
- Goodwill Industries, W. Pensacola Street – CNA training. Call 850-608-0557 for details.

Clinical Experience/Healthcare related jobs & internships (paid or unpaid)

- Various nonprofits (assisted living, nursing homes, rehab centers, ability services, etc.)
- Membership in Pre-health or health-related RSOs
- Career Center Jobs, Internships, and Health Fairs (through **Handshake**)
- IMS Org Canvas site** – announcements about jobs and other EL opportunities
- Go to the HR sites of various healthcare & wellness centers: medical offices, hospitals, therapy, rehab, assisted living, clinics, private companies (at home healthcare), etc.

Volunteering

Serve communities in a variety of settings, addressing a variety of issues/needs/circumstances. Service hours do not need to be healthcare related. Volunteering can address any community need, and/or help any disadvantaged/vulnerable population.

- Visit the Center for Leadership & Social Change website: www.thecenter.fsu.edu
- Search the Center's agency database: <http://thecenter.fsu.edu/community-agency-resources>
- Join RSOs actively engaged in service: <https://nolecentral.dsa.fsu.edu/organizations>
- 2-1-1 Big Bend Crisis Hotline @ www.211bigbend.org (to search for agencies, programs, companies that provide various healthcare services).
- Visit the Leon County Volunteer Center website: www.volunteerleon.org

Undergraduate Research Opportunities

- Visit the IMS Resources webpage: <https://med.fsu.edu/index.cfm?page=IMS.resources>
- Visit <https://cre.fsu.edu/students/resources> for research opportunities
- Join CELLS (research focused RSO)
- Attend Group and Peer Advising sessions

Transferable skills Determine what's missing from your resume/portfolio and seek opportunities to fill gaps.