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/
- 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.

- 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/


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.