

Lang Doctor's In Training Lesson Plan Shell -

Title: Health Care Professionals Panel Talk and Goal Setting

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To the Presenter: *Please read through the lesson plan and make any notes prior to the session. Arrive 15 minutes before session begins to write out Lesson Objectives and Do Now Activity (see below) on whiteboard, and to lay out and organize all supplies.*

Please refer to the Teaching 101 Lesson on the Community Pediatrics Website prior to giving your lesson

Objectives: (assign Time Limit for each Objective Covered)

LSWBAT #1 – Lang Scholar Will be Able to - Understand the importance of setting short, medium and long-term goals towards a successful personal, professional and financial career - (15mins)

LSWBAT #2 –Listen to and ask questions of a panel of health care professionals as they share their paths to their respective careers – (45mins)

Supplies:

-Copies of Goal Setting Work Sheet x 20.

-PowerPoint

Do Now: (display on power point for students to complete as they walk in) – Slide 2
The 4F's are a common way to think about the important aspects of future planning. They are Fit, Focus, Fate and Family.

Give students 3-5 minutes write down why they think each word is important and that they will be asked to provide examples in a few minutes.

Intro:

1) Always start lessons reviewing Lang Classroom Rules – **(2 min)**

Slide #3 - *Feel free to ask scholars to share these rules to you!*

- a. **Excellence:** We are not satisfied with mediocrity. We strive for exceptional quality in our academics, professionalism, and service. We are hard workers who aim to go above and beyond what is expected of us.
- b. **Innovation:** We are creative problem-solvers who think critically and devise out-of-the-box solutions.
- c. **Respect:** We esteem and honor the inherent worth of every person and seek to show regard and consideration for each person, including advisers, guest speakers, and ourselves, at all times.
- d. **Empathy:** We identify with the thoughts and attitudes of others. We listen, understand, and then respond.

- e. **Responsibility:** We fulfill our commitments. Our word is reliable and we hold ourselves accountable for our own actions.
- f. **Teamwork:** We listen, help, share, participate, and communicate. Each of us contributes to a positive peer-support network that strives to help every member to reach common goals and aspirations. We learn from each other!
 - a. **Slide #4 Highlights Excellence and Responsibility** as the key rules to keep in mind during the first part of today's lesson.
 - b. **Slide #5 Emphasizes teamwork** which is most important for the hospital to function at its best for its patients and another main purpose for tonight's session

2) Review your objectives for the lesson – **(1 min) – They should be on the board**

Solicit prior knowledge

- 1) Review “Do Now” **(2 min)** – Slide #6 and 7
 - a. Slide 6 – solicit specific examples the scholars wrote down for the Do Now
 - b. Slide 7 – Wayne Gretzky: the best hockey player of all time.

Communicating the new Knowledge...

-Objective #1 – The importance of creating Short, Medium and Long Term goals throughout all stages of your life to reach your final goal of a successful career helping people

Key General points to address:

- The road is long but there is a lot to enjoy along the way
 - There is no true rush, as long as your breaks along the way are productive learning opportunities that can make you a better health care professional in the end. These experiences may offer you new perspective, which will help you help your patients and their families better as a HCP.
- There are so many people to help you along the way
 - Lang is a great place to start, but don't forget your families, teachers and counselors.
- There is no definite road map for you to take, you have to make your own and be ready to defend it

Key points to keep in mind during Middle and High School (Slide #9)

- Do the best you possibly can in school and on your standardized exams – The truth is that Colleges / Universities understand what an “A” means at one high school versus another and therefore there is no denying great SAT and Regents exam scores.
 - But grades are not everything!

- Connect with a mentor or two – Know who you can open up to, who has your best interest in mind and understands your goals and can help you attain them.
 - Remember, this person may end up writing you a Letter of Recommendation at some point and will be an incredibly valuable person to ask advice from along the way.
 - Every stage of life you should try and make 1-2 professional mentors.
- Get involved and show leadership through extracurricular activities – Don't just join a club... run one! This activity does not HAVE to be a health care related, but don't worry, you all are off to a great start with this, as Lang will look tremendous on your College applications
 - Find your passions and be able to communicate why these activities brought balance to your life.
- ***Stay out of trouble!*** – Getting arrested, having an unplanned pregnancy, or developing a problem with substances will complicate your life in many ways.
 - Even if you are matured or changed by getting through such a challenging circumstance -trouble in school (cheating) or the law (arrests) or a child (financial expenses) may have serious consequences on your permanent record, which will inevitably interfere with your future plans.

Define the following terms: (Slide #10)

- Short Term Goal – A measurable task to complete in a time frame of months to 1 year. E.g. score above a 90 on the next test, or save \$50 a month for a vacation or to put in a savings account to contribute to tuition expenses.
- Medium Term Goal - A measurable task to complete in a time frame of 1-5 years. E.g., meet someone to call my girlfriend, secure financial aid for college/professional school, develop a relationship with a professional mentor and secure a letter of recommendation from them.
- Long Term Goal - A measurable task to complete in a time frame of 5-15 years. E.g. Get married and have a child, get into medical school and then become a doctor, make enough money to live in a comfortable apartment with my wife and children.

Explain:

- Short-term goals always need to be created and recreated along the way.
- Long term goals can always be changed, they are never set in stone but having them in place really help give your days, education and outlook on saving money true direction.
 - Therefore, ***the Long Term Goals guide making your short and medium term goals*** – therefore it is helpful to think about it as working backwards when making your goals.
- While these three pathways (***Personal, Professional, Financial***) are written in parallel, they have ***everything*** to do with each other

- E.g. making a medium term goal of getting into university without having a short-term financial goal to seek out Financial Aid opportunities would be irresponsible.
- Solicit additional examples from Lang Scholars –e.g. applying to a top tier college with a C average...

-Objective #2 – PANEL DISCUSSION (slide #12)

Intro:

- 1) Does anyone want to list some of the many different professionals that work together at a hospital to take care of patients and their families? (Slide 13)
- 2) Record student’s answers on board then use this as a starting off point to introduce the members of the panel who are present – (Slide 14)
 - a. NP, RN, SW, Care Coordinator, MD
 - b. Then also phlebotomist, nutritionist, radiology tech, etc.

Panel Format:

- Introduction of each panel member with name and position written on nametag
- Each panel member to speak for around 5 minutes around the following talking points:
 - How/when did they know they wanted to be a _____
 - What they needed to accomplish in order to become a _____.
 - E.g. schooling, standardized exams, internships, etc
 - How they paid for their training
 - What are the major responsibilities of a _____
 - What they enjoy about _____
 - What is challenging about _____
 - ***How do they work with the other panel members as a team!***
- After each panel members speaks to the above, students will be able to ask directed or general questions to the panel.
 - If the question is general, panel moderator will help to answer or solicit the proper panel member to answer the question.

Summarize the lesson.

Refer to your posted lesson objectives and perhaps ask some of the scholars to share one thing they have learned about goal setting or the team aspect of health care

For Your Consideration

- Take home the copy of my Junior Year of HS goal sheet and use it to help make your own.
- Feel free to work on this with your family or close friends or mentor at school.

Name: _____ Date: _____

Goal Setting for a Career in Health Care

Instructions: In order to reach your desired personal, professional/academic and financial future, there is a lot to plan! Setting Short (0-1yr), Medium (1-5yrs) and Long Term (5-15 yrs) Goals help you stay on track!

Example: Dr. Gise's Goals as a Junior in High School!

Goals	Personal	Professional / Academic	Financial
Short Term #1	Win the state tennis tournament	Score a 90 or above on every test or paper this year	Discuss with family how we plan to pay for university.
Short Term #2	Gain starting spot on baseball team	Graduate HS with an A minus or above average	Discuss family's plan with guidance counselor
Short Term #3	Win student council election for HS School President	Score highly on SATs to make my college application strong	Research financial aid options for University
Short Term #4	Become active member in the Activities Board to help make school events more fun.	Determine which teacher could write a great letter of recommendation on my behalf	Save a significant amount of money for college and medical school tuition
Medium Term #1	Find the right college for me	Graduate college with an A minus or above average	Discuss with family how we plan to pay for Medical School
Medium Term #2	Make a group of friends as supportive and fun as my friends from home	Score well on the MCAT so I can get into a medical school in the USA.	Find a job that could help both advance my career and help offset some of the expenses of school
Medium Term #3	Find a woman to date who has shared values and is really smart.	Find extracurricular activities that I could really become passionate about	Consider taking a job before med school to make money to help pay for med school expenses.
Long Term #1	Marry that girl!	Become a doctor, most likely a pediatrician or an ophthalmologist	Invest money wisely and save up toward buying a home
Long Term #2	Have children!	Become a teacher of medicine / pediatrics to future medical students and residents	Make enough money to live in a comfortable apartment for my family and for my kids to go to great schools

Name: _____ Date: _____

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<i>Goals</i>	<i>Personal / Happiness</i>	<i>Professional / Academic</i>	<i>Financial</i>
Short Term #1			
Short Term #2			
Short Term #3			
Short Term #4			
Medium Term #1			
Medium Term #2			
Medium Term #3			
Long Term #1			
Long Term #2			