

## Narrative for the August 9<sup>th</sup> event

LIFE –Learning Inspired Field Experience- is a signature program of Reach Out Inland Health Professions Coalition which provides the structure for a 40-60 hour experience for young adults pursuing a health related field. The program includes an application, selection process, immunization requirements, assignments, reflection and an evaluation.

The Valenzuela foundation has been collaborating with IHPC for the past year to offer educational awards to students who complete this field experience. So far, 57 awards ranging from 100-\$500 dollars have been awarded to students during LIFE recognition events. An overwhelming 94% were used to pay for certification/college fees.

This summer, Dr Valenzuela and the Foundation wanted to pilot a new project to introduce students to Women’s health career opportunities. The LIFE interns were exposed to Arrowhead Regional Medical Center, Mommy and Me Clinic, and Inland Faculty Specialists where they received medical lectures, observed OBGYN clinic procedures, job shadowed a medical scribe and physician assistant, introduced to medical research, and medical records—all within a women’s health focus.

Special thanks to the Valenzuela Foundation for partnering with the IHPC to coordinate this opportunity for students this summer.

Thanks to Dr. Guillermo Valenzuela , Lina Parades, Dr. Shirley Wong, and Mabel Abundis for coordinating this opportunity for students.

All the students completed the field experience that gave them new inspiration for their careers.

Below are some comments from their reflections:

*I was always interested in becoming a physician and due to that I have shadowed various doctors in different environments. None of them compare to my experience at Arrowhead Regional Medical Center. To start off with, the amount of exposure I was able to be a part of was extremely life changing. I was not only around physicians, but I was around all the different types of careers within the medical field. Upon meeting the Medical Assistants, I learned how to manage working in a team.*

Denaly Zacahula

*The LIFE program has absolutely had a tremendous impact on my career goals and my interest in the health profession. Going into this internship, I had an idea of what I wanted to pursue, but found myself stuck between a few jobs within the medical profession, including an MD, Physician’s Assistant (PA), and a Nurse Practitioner. I was lucky to see all three of these in action, and observe what a typical day in the hospital or clinic was like for them. I also got a chance to speak with these professionals, which gave me important insight into their journey in the medical field, why they chose their profession, and recommendations for my personal pathway.*

Rachel Brundage