

Thanks to all of you that had a chance to stop by and say hello at the Involvement Fair. We had a lot of fun chatting and hearing about all the cool things you did over the summer. We are happy so many of you signed up to volunteer with the Mayo Clinic Caring Hands, Hospice and River's Edge Parkinson's volunteer programs and we look forward to hearing about your experiences.

Nobel Conference is next week! And this year the topic is one that is important to all of us and to you as a future health professional, mental health. We highly encourage you to engage with this conference, check out the website and full schedule [here](#).

To highlight this year's conference in our podcast episode 36 we spoke with [Lisa Heldke '82](#), Director of the Nobel Conference and [Marie Walker](#), Co-chair of the [Nobel Conference 58](#) about all things Nobel and Mental Health, listen [HERE](#).

And today is the day, January Interim Career Exploration online application is available. See application link below!

Updated list of available internships in all areas, (Search section: Medical/Health) [HERE](#)

Heather Banks & Heidi Selzler-Bahr
Health Professions Specialists

**January Interim Pre-Health Career Exploration 2023
(Year 13 of the program)
Earn Academic Credit and gain 100+ shadowing hours**

[Application opens TODAY, Wednesday, Sept. 21: Apply HERE](#)

Application due: Wednesday, October 12 @ noon

If you are interested in exploring a career in the health professions, this Pre-Health Career Exploration is a unique opportunity to spend 30+ hours per week in a health care setting for the January Interim Term. Gustavus has partnered with clinical sites to offer this exclusive opportunity to selected Gustavus students. See site opportunities below. *Note additional sites may still be added.

Pre-Health Sites

- **Mankato Clinic, Mankato, MN** (4 students) Cardiology, Dermatology, OB-Nurse, Nursing Home, Neurology/Sleep Center, Oncology, Now Care-Occupational Medicine, ENT/Foot & Ankle/Allergy/Ophthalmology, Pediatrics.
- **River's Edge Hospital & Clinic, St. Peter, MN** (4 students) Med Surg., OR, ER, Cardiac Rehab, Physical Therapy, Occupational Therapy, Urgent Care, Radiology (1-day shift), Lab (1-day shift), and *Infusion Therapy (possible extra department)

- **HCMC Neurosurgery, Minneapolis, MN** (1 student) Dr. Bergman, MD Chief of Neurosurgery
- **Dental rotation (Mankato & St. Peter, MN)** (4 students) Oral Surgery, Orthodontics and Family Dentistry
- **Kind Veterinary Clinic, St. Peter, MN** (1 student pre-veterinary)
- **Carlson-Tillisch Eye Clinic, Mankato & New Ulm, MN** (1 student pre-optometry)
- **Orthopaedic & Fracture Clinic, Mankato, MN** (1 student pre-physical therapy)
- **Benedictine Health System, St. Peter, MN** (1 student pre-occupational therapy)
- **Capstone Clinic, Wasilla/Palmer, Alaska** (2 students pre-medicine various specialty areas)

Or if you are interested in **creating your own** January Interim Health Career Exploration the registration deadline is December 14, 2022. Contact Heather or Heidi to schedule a time to meet to talk through the registration process. Additional Information [HERE](#)

Innovation Scholars Program (Research opportunity)

Application deadline: Friday, Sept. 23

Stipend: \$1,500

Gustavus, Mayo Clinic, and Medical Alley inventors and researchers are looking for creative thinkers looking to join this year's Innovation Scholars Program, is that you?

Each year a team of four students partner with a new and exciting innovation from Mayo Clinic or Medical Alley and the team gets to decide how best to guide the new innovation forward by getting first-hand research and marketability analysis experience with leading inventors and researchers.

Juniors and Seniors are welcome to apply, the application and additional information can be found [here](#).

Each team member earns a \$1,500 stipend and students can earn credit for the experience.

Questions contact:

Emilie Moeller, emiliemoeller@gustavus.edu, Career Development Specialist

Looking to volunteer on campus and have an impact?

Check out these two programs working with the youth in the St. Peter community. **Applications due:** Friday, Sept. 23rd.

[Big Partner/Little Partner](#)

Big Partner/Little Partner (BPLP) is a mentorship program that pairs Gustavus students with youth from St. Peter and the surrounding communities to foster friendship and personal growth.

Application due Friday, Sept. 23rd Link to Big Partner/Little Partner Bigs Returners Application: [Click Here](#)

Application due Friday, Sept. 23rd Link to Big Partner/Little Partner New Bigs Application: [Click Here](#)

[Gustie Buddies](#)

Gustie Buddies is a mentorship program that pairs Gustavus students and youth with developmental delays from St. Peter and the surrounding communities to foster friendship and personal growth.

Application due Friday, Sept. 23rd Link to Gustie Buddies Gusties Application: [Click Here](#)

See all the volunteer programs available: [Gustavus Community Engagement Center](#)

Enrichment Opportunities:

Mental Health First Aid, interactive 12-hour course

[Mental Health First Aid](#) is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid is offered in the form of an [interactive 12-hour course](#) that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

****some course are supported by grants and are FREE**

[Virtual LGBTG In Healthcare Panel YouTube video](#)

(58 minutes produced by the UMN Pre-Health Student Resource Center, Oct. 2021)

This virtual event will cover topics such as what it means to be LGBTQ as a healthcare worker and health professional student, what are some of the many obstacles and barriers patients in those communities are currently facing (particularly with transgender, gender queer and non-binary).

The panel included:

- Adam Scott, UMN Medical Student
- Elizabeth Babkin, UMN Medical Student
- Drew Klick - Pharmacist, Park Nicollet Methodist Hospital
- Dr. West Mori, M.D. - Micrographic Surgery & Dermatologic Oncology (MSDO) Fellow