



Student Handbook



Welcome to Scrubs Camp!

We're excited you're here!

Whether you've always dreamed of becoming a doctor or nurse, or you're just beginning to explore careers in healthcare, Scrubs Camp is your chance to step behind the scenes and discover what it really takes to care for a community.

Today, you'll meet healthcare professionals from many different departments, experience hands-on activities, explore medical equipment, and learn about the teamwork that keeps a hospital running every day. You may be surprised to discover that hospitals offer dozens of career paths—from direct patient care to technology, business, emergency services, laboratory science, rehabilitation, nutrition, marketing, and so much more.

This workbook is your guide throughout camp. Use it to:

- Record what you learn in each department.
- Ask questions and take notes.
- Reflect on the careers that interest you.
- Discover your strengths and explore future opportunities.
- Complete activities, and have fun!

Don't be afraid to ask questions, try something new, and step outside your comfort zone. Every healthcare professional you meet was once a student just like you, wondering what the future might hold. This experience may be the first step toward an exciting career in healthcare. One day, we may even welcome you back as a member of our team.

We hope you enjoy Scrubs Camp and leave inspired to make a difference in the lives of others.

Welcome to the team!

Student Code of Conduct

Crawford County Memorial Hospital (CCMH) Scrubs Camp is a hands-on opportunity for students to discover and explore the healthcare field. This Code of Conduct explains the expected behaviors and conduct of all CCMH Scrubs Camp members. It is the responsibility of every Scrubs Camp member to act in a manner consistent with this Code and with the values and behaviors it expresses. Any member who violates this Code is subject to discipline, up to and including removal from the program.

As a CCMH Scrubs Camp member, I promise:

- To be kind and courteous to other Scrubs Camp members, to CCMH leaders, and to CCMH patients and visitors. I understand that foul language and destructive behavior is not allowed, and that outstandingly bad behavior will not be tolerated and may result in my expulsion from CCMH Scrubs Camp.
- To be respectful of all CCMH equipment and property, as well as the personal property of the people around me.
- To actively engage in planned activities and to follow the instructions and directions given to me by CCMH activity leaders.
- To limit my use of cell phones and other mobile electronic devices which may create a distraction and take away from valuable learning time of my own and of my fellow Scrubs Camp members.
- To respect and maintain the confidentiality of CCMH patients. I understand that I may see or hear private and confidential health information while attending CCMH Scrubs Camp; I will make every effort to be mindful, protective and respectful of CCMH patients by not sharing, photographing or recording any confidential, private or personally identifying information I may come across. I understand that photography and recording in clinical areas is strictly prohibited, unless given permission by a CCMH staff member.

I understand the CCMH Scrubs Camp Code of Conduct. I agree to abide by the rules described above and understand that I may be removed as a participant if I violate any of these rules.

Finding the Right Healthcare Career

Healthcare is one of the fastest-growing career fields, with hundreds of opportunities for people with different interests, skills, and personalities. While doctors and nurses are well-known, hospitals and clinics also rely on laboratory scientists, therapists, pharmacists, EMTs, IT professionals, dietitians, marketers, accountants, maintenance staff, and many others to provide excellent patient care.

As a student, you may know exactly what career you want to pursue - and that's okay! The best way to find the right fit is to learn about different careers, ask questions, gain hands-on experiences, and think about what excites you most.

As you explore Scrubs Camp, consider what you enjoy doing and what you're naturally good at. Whether you love science, technology, solving problems, helping others, or working behind the scenes, there's a place for you in healthcare.

Use the questions and activities on the following pages to learn more about yourself and discover which healthcare careers might be the best fit for your future.

Quiz

Take a quiz to learn more about healthcare careers that may interest you. Scan the code to take the quiz.



Research

Explore different searches and sites on the internet. Scan the QR code to search the Explore Health Careers website.



Scan the QR code below to search the Ultimate Medical Academy website.



Job Shadow

Participate in job shadow opportunities at different hospitals and clinics.

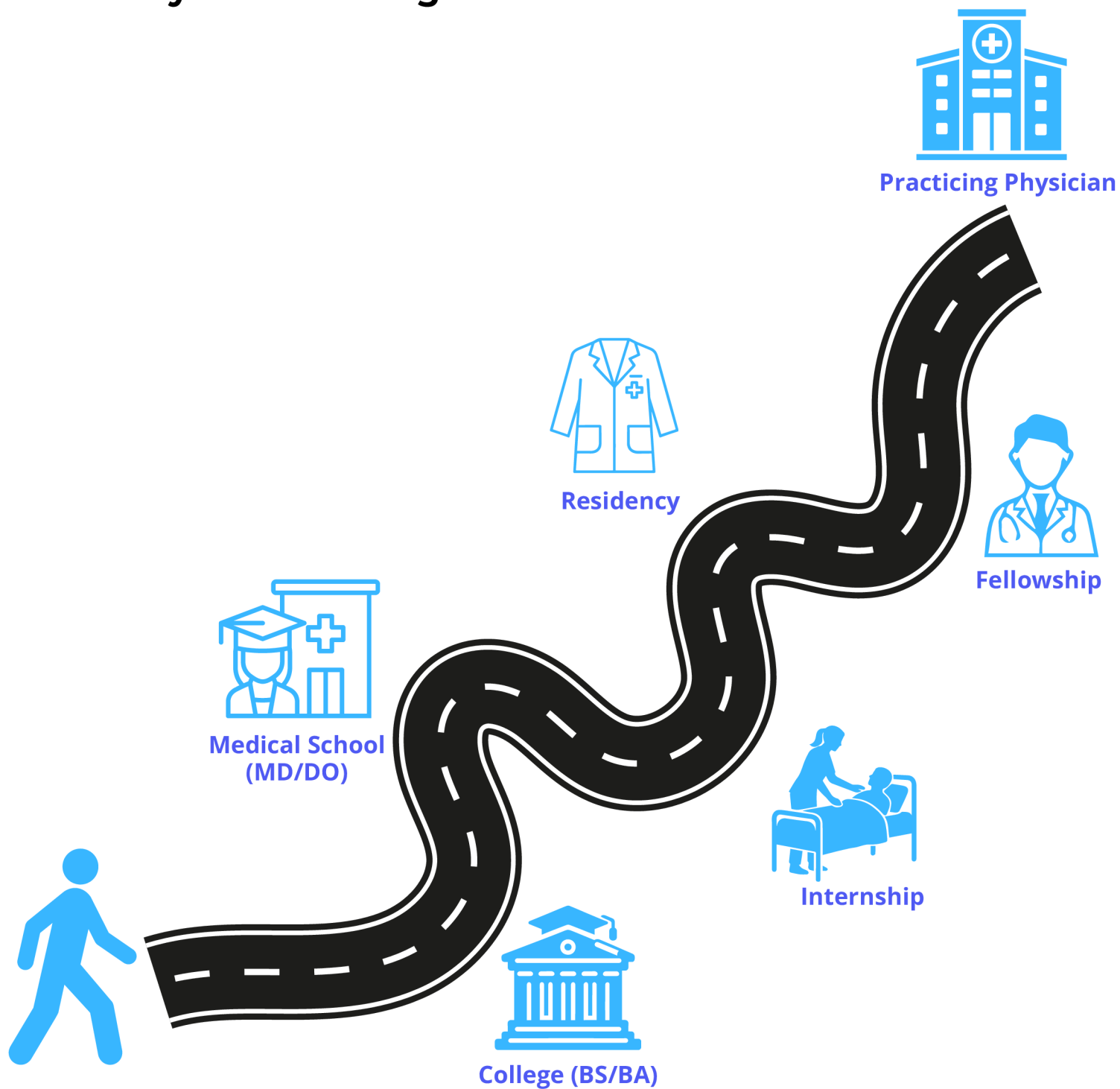
Workshops

Attend workshops and other learning events.

Network

Talk with people who are currently working in healthcare about their experiences.

Pathway to Becoming a Doctor



Professional Attire

What is appropriate work attire?

Describe what business casual attire is.

What is inappropriate to wear with a business casual dress code?

What is a casual Friday?

What would be ok to wear on casual Friday and not ok to wear on casual Friday?

Professional Attire

Research the cost of job-related attire for the following professions.

Construction/jobsite needs – steel-toed work boots, T-shirt, jeans, tool belt

Medical professional - scrubs, comfortable shoes

Hospitality worker - non-slip shoes, black pants, white shirt, apron

Finance worker - Business professional attire

Professional Attire

Write down two careers you are interested in and the types of attire that are required for them.

1. _____

2. _____

Interview Readiness

Sample Interview Questions

Tell me a little about yourself.

Why did you apply for this job?

What are three of your strengths?

What are three of your weaknesses?

Tell me three words that describe you.

Interview Readiness

Sample Interview Questions

Describe the perfect supervisor.

In your opinion, what is the ideal company?

What makes you want to work for this company?

What makes you the best candidate for this job?

Why should we hire you?

Interview Readiness

Interview Reflection - 1st Interview

I felt prepared for my interview: yes no

Why did you or why didn't you feel prepared?

Which question(s) was the most difficult to answer? Why?

How could you have been better prepared for your interview?

What would you do differently next time?

Interview Readiness

Interview Reflection - 2nd Interview

How was your second interview different?

Did you feel more confident or less confident? Why?

Would you do anything differently if you did the interview again?

Setting Goals

Setting goals is a great way to turn your dreams into a plan. SMART goals help you create clear, realistic steps that keep you focused and motivated. Use this page to think about what you want to achieve and how you'll get there—one step at a time.

Setting a SMART goal helps you stay on track.

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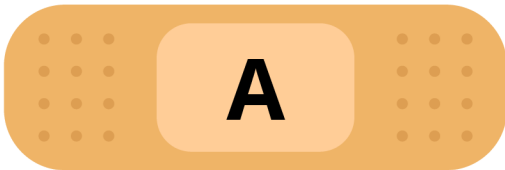
Specific

Be detailed about your goal.

M

Measurable

How will you know you achieved your goal?

A

Attainable

Is it realistic that you will hit this goal?

R

Relevant

How will this you improve academics or your personal or social life?

T

Time-bound

What is a realistic time frame for you to achieve your goal?

Setting Goals

Why is this goal important to you?

List at least 3 steps that will help you reach your goal.

1.

2.

3.

How will you celebrate your success?
