

# MIDDLE SCHOOL PROGRAMS

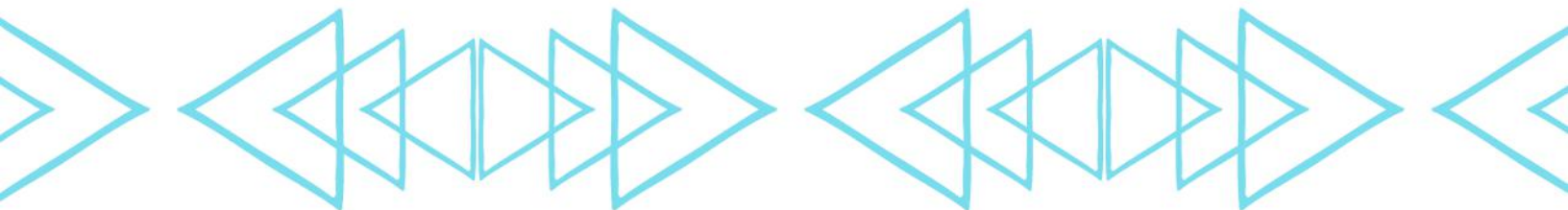


all regions

8

# OUR GOAL

We aim to inspire Native youth and young adults to pursue careers in public health and healthcare so they can care for their communities.





**make  
your  
own  
path.**

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# USING THIS GUIDE TO FIND YOUR PATH

This guide features opportunities for Native middle school, high school, and college students who may be interested in exploring careers in healthcare and public health.

## Who can use this guide?

Teachers, students, mentors, parents, or any caring adult



## What's your path?

Check out programs in medicine, nursing, public health, laboratory science, or research and find your path!

## What's inside?

Programs are organized into three chapters: middle school, high school, and college/graduate. Each chapter is further organized into regions, depending on where the opportunity is located.

# GUIDE SET-UP



## How to find your way in this guide?

Programs are **color-coded**, so you can easily know what educational level you are in. The color schemes for each chapter are shown in the key to the right.



## KEY

MS

middle school programs  
in all regions

HS

pacific nw, west, &  
national high school  
programs

CG

pacific nw, west, &  
national programs for  
college/graduate students

## Information in this guide

We have included important program details like location, format, costs, and a brief description. You can also go to the program website by clicking on the program name. Here is a sample of what you'll find:

hyperlink



[OHSU NNACOE Tribal Health Scholars](#)

**Format:** Hybrid

**Location:** Virtual & in-person (local health clinics & hospitals)

**Duration:** 14 weeks virtual + 12 hours clinical shadowing

**Cost:** Stipend upon completion

**Description:** AI/AN high school students are introduced to various professions. 12 hours of clinical shadowing. Covers a number of topics including public health professions, dentistry, nursing, and medicine.

**Application:** Opens in October, closes in January. Learn more here.

important  
details



**Note:** visit program websites to learn about specific enrollment criteria.

### [Creighton Mini Medical School](#)

**Format:** In-person

**Location:** Nebraska or Arizona

**Duration:** One day over a weekend

**Cost:** \$300 scholarships available

**Description:** For rural, AI, first-generation, and middle school students from underrepresented groups interested in learning more about careers in medicine. Students are paired with a medical student for long-term mentor and contact.

**Application:** Learn more here.

### [Discovering the Scientist Within](#)

**Format:** In-person

**Location:** Corvallis, OR (Oregon State University)

**Duration:** Half-day

**Cost:** Free

**Description:** Designed to encourage young girls to enter STEM, this program welcomes anyone interested in science, technology, engineering, or mathematics. Students participate in hands-on activities.

**Registration:** Learn more here.

### [Doctor for a Day Program](#)

**Format:** In-person

**Location:** Seattle, WA (University of WA)

**Duration:** One day/month

**Cost:** Free

**Description:** This monthly program introduces underrepresented students living in the greater Seattle area to the health professions. Events are run by UW medical students and include stations with hands-on activities, such as suturing or physical exams.

**Registration:** Learn more here.

### [Dream Catcher Program](#)

**Format:** In-person

**Location:** Northern Arizona University (Flagstaff, AZ)

**Duration:** One day

**Cost:** Free

**Description:** This one-day event introduces AI students to a variety of health careers.

**Application:** Interested students should visit NAU's

Native Journey to Academic Success page here.

### [Investigators of Science](#)

**Format:** In-person

**Location:** Eastern Oregon University, Le Grande, OR

**Duration:** One day in early November

**Cost:** \$10.00

**Description:** Hosted by Eastern Oregon University and Northeast Oregon Area Health Education Center (NEOAHEC), this program is designed for students who are interested in learning more about science, technology, engineering, and math. The goal of this program is to show how STEM fields are part of the healthcare fields. Not AI/AN-specific.

**Application:** NA. Visit website for updates

### [Montana American Indians in Math & Science](#)

**Format:** In-person

**Location:** University of MT campus

**Duration:** One or two weeks depending on track

**Cost:** Free

**Description:** MT AIMS provides STEM programming for 6th-10th grade AI/ANs across the US with the hope of supporting students through a PhD program. This program would be ideal for individuals curious about research careers in the sciences.

**Application:** Opens in spring. Visit website to apply.

### [Roots to Wings - Pacific Northwest University of Health Sciences](#)

**Format:** In-person

**Location:** Pacific Northwest University of Health Sciences campus (Yakima, WA)

**Duration:** Nov-April (Bi-monthly)

**Cost:** Free

**Description:** Yakima County students (grades 6-12) learn from PNWU medical students, participate in simulations and labs, and explore what it is like to be a medical care provider.

**Application:** Learn more here.



YOU CAN !

# RESOURCES & INSPIRATION



# PARTNER PROGRAMS

**Our partners offer weekly text messages to support and inspire students interested in health and STEM fields.**

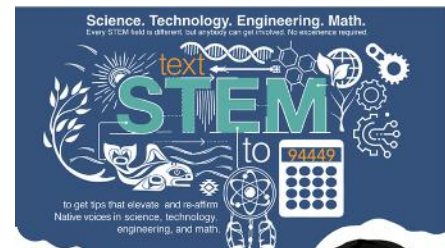
## INSPIRE

People who work in public health are community protectors. To hear diverse Indigenous voices, and the pathways you can take to work in public health, **text INSPIRE to 94449.**



## STEM

Our goal is to elevate and re-affirm Native voices in science, technology, engineering, and math, by connecting you to Native professionals who work in STEM fields. **Text STEM to 94449** to sign up for weekly tips and advice to support you on your journey.



## HEALERS

The mission of We Are Healers is to increase the number of Native providers who go into medicine.

**Text HEALERS to 94449** to receive 1-on-1 support via text message.





# SUPPORT WHEN YOU NEED IT



## RECEIVE CARING MESSAGES

Sometimes, we all need a pick-me-up. Sign up to receive caring messages twice a week to lift your spirits or remind you how **AWESOME** you are.

**13 to 24 year olds:** text **CARING** to 65664  
**College students:** text **COLLEGE** to 65664



## IN CRISIS? IT'S OKAY TO ASK FOR HELP

Text the word **"NATIVE"** to 741-741 and you'll be connected with a trained crisis counselor.

The service is free, confidential, and available 24/7.

Visit the [HNY website](#) to find more resources.



DARE  
TO  
BEGIN

YOU GOT  
THIS!

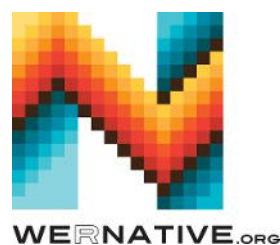
BE BRAVE



WE STAND  
**BEHIND**  
YOU

MANY  
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KS

**We would like to acknowledge and thank our partners for supporting our endeavors.**



**NPAIHB**  
*Indian Leadership for Indian Health*

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