In response to the ongoing and predicted shortage in healthcare professionals, *From Jump Rope to Stethoscope* (FJR2S) is a community outreach program whose main goal is to introduce healthcare as a career option to children K-12. This is accomplished through various umbrella programs with a dual purpose. Our short-term goal is to maintain ongoing contact with participants by introducing them to a network of outreach, academic and mentoring programs located on the VCU-MCV campus as well as the VCU Monroe Park Campus. Our long-term goal is to “grow our own workforce” by highlighting the education opportunities at Virginia Commonwealth University as well as the numerous employment prospects at VCU Medical Center.

**RPS – CIS Health Career Exploration**

FJR2S offers a health career exploration class at a select Richmond Public School (RPS), in close collaboration with Communities in Schools (CIS). The class includes lecture, hospital tour, and hands-on demonstrations of medical/nursing skills. Final class grade is based on a life skills project where students write a resume and mock interview for an entry level job in healthcare.

**Career Days**

**Elementary through High School**

Upon request, presentations are conducted at area schools for their career days or seminars.

**Boy Scouts of America Health Career Explorers**

**Rising 9th-12th grade; Ages 14-18 years**

VCU Medical Center has been a Boy Scouts of America (BSA) medical post since 2009. BSA Explorers is a worksite-based, after-school program that is part of the BSA *Learning for Life* Initiative. This program introduces high school students (age 14 to 18) to possible careers in healthcare through monthly meetings and unit tours.

Program Dates: Meetings are held the first Thursday of each month from October through May.

Application Available: Late August

Application Requirements: Online registration with personal statement, teacher recommendation and an interview

**Safe Sitter One Day Course with CPR**

**Ages 11-14 years**

VCU Medical Center is a proud Registered Safe Sitter® Teaching Site. Safe Sitter® offers a comprehensive babysitting training program for 11-13 year olds that includes CPR, life and safety skills.

Application Requirements: Online registration
From Jump Rope to Stethoscope

Saturday High School Nursing Career Seminar
9<sup>th</sup> – 12<sup>th</sup> grade
The high school seminar is a full-day program designed to introduce participants to VCU as a college choice, and focuses on nursing as a career opportunity. This workshop typically includes a VCU campus tour, a hospital tour and topics on various nursing careers.
Program Dates: One-day program, usually in April
Application Available: March
Application Requirements: Online registration and teacher recommendation

Mary Elizabeth Mahoney Nursing Camp
Rising 7<sup>th</sup> - 9<sup>th</sup> grade; Ages 12-14 years
Mary E. Mahoney was the first African American nurse in the United States who had a long and successful career of hard work, advocacy and dedication. The Mary E. Mahoney Health Career Camp invites middle school students to explore health care as a potential career. Preference is given to underrepresented groups, i.e. minorities, males, low-income.
Program Dates: One-week non-residential summer program, usually in June
Application Available: April
Application Requirements: Online registration with personal statement and teacher recommendation

Mary E. Mahoney Summer Internship Program
Ages 16-18 years
This experience is for high school students who have participated in Health Career Explorers for two years. Participants must be at least 16 years of age and committed to a four-week summer paid internship. Interns function as paid junior volunteers and are assigned to one clinical area for the entire program.

Questions about all programs and availability should be directed to FJR2S program coordinators, Karen Hill, RN and Theresa Mondovics, RN.

FJR2S programs are highly competitive and available on a rolling application basis. Program descriptions can be found online on the VCU Division for Health Sciences Diversity website, www.dhsd.vcu.edu, along with the official teacher recommendation form and online application.

The fees for all programs (with the exception of career days) are based on grant funding and vary depending on the funds awarded, class size, etc. Maximum program cost to date has been $50.00.