



# N B L H O

National Boricua Latino Health Organization

www.nblho.com

## NBLHO Pa' Lante Mentorship Program

### **Introduce the idea at a meeting**

The goals of the meeting should be:

1. Set a tentative date or time period for the event
2. Brain storm ideas for activities and workshops, and appropriate rooms to host each activity
3. Get input about high school student programs to contact, and the number of students you would like to host
4. Create a tentative schedule of the day
5. Designate the work load at the initial meeting, so accomplishments can be made before the next meeting. For example, form committees for food and activities. There should be a faculty liaison, and a high school student liaison.
6. Decide whether to invite other classmates to participate as mentors.

### **Coordinate with a group of high school students.**

1. Contact the high school students early, ideally right after the initial meeting. If your NBLHO chapter has chosen to work through a program such as Upward Bound, it is important to keep in mind that these students have activities going on all of the time. They need notice far in advance to plan for chaperones and transportation, among other issues.
2. In the initial contact, be prepared to give details about the date, schedule, activities that will be taking place, and the number of high school students that you would like to host. Make sure to give the arrival time as one hour prior to any planned activities. Transporting a large group of high school students is difficult and they will probably be about an hour late.
3. Once you have a group of students, create a sign-up sheet for the students asking name, year in high school, topics of interest in the sciences etc...The form makes it easier for people coordinating from the students' end to let you know how many students have signed up and what interests come up most.

### **Plan activities and reserve rooms:**

Ideas about activities are: suturing, gross anatomy lab tour, pathology autopsy case, physical diagnosis work-shop, clinical cases workshop, and tour of the medical school and hospital. Once activities have been planned:

1. Designate people to run each work-shop.
2. Contact faculty and staff for permission to have the high school students in higher security areas of your institution (gross lab), or for access to necessary equipment and specimens (suturing equipment and pathology specimens). It is important to be respectful and set a standard for future mentoring events.



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## **NBLHO Pa' Lante Mentorship Program (cont.)**

3. Reserve appropriate rooms through your institution. It is helpful to reserve a large space for a welcome and introduction session, as well as a lunch session. Make sure to leave the rooms as you found them to ensure a good foundation for future mentoring events.
4. Contact the security for your institution to let them know you are hosting an event. Find out what types of IDs the high school students should bring with them. If the students need ID, make sure to inform the student liaison.

### **Food:**

If your institution plans on seeking discounts, or asking for donations, make sure to prepare a well written statement describing the mentoring event.

### **Day of the event:**

- Ask mentors to arrive early to set-up and incase the high school students show up on time.
- The student liaison should be available for contact at any moment to help with directions and any other issues that may come up as the students make there way to the institution. The student liaison should also contact security to make sure everything is ready for the students' arrival; name tags etc...

The program can be altered to work with junior high school and undergraduate students as well.

For further information or assistance with the Pa' Lante Mentorship Program please contact the NBLHO Co-Chair Elect Vicky Vargas at [cochairelect1@nblho.com](mailto:cochairelect1@nblho.com) or [info@nblho.com](mailto:info@nblho.com).