

Kasandra Alvarez

Professor Capuano

HSC 301

11 December 2019

#### Form A: Q&A with a Physician's Assistant

This workshop has actually informed me and answered all of my questions on how to become a PA and life as a PA. The amount of hard work that is needed is unsettling for sure. It is worth it in the end seeing all of the positive aspects of the lifestyle with this career, but I do not know if it is for me. The amount of work needed outside of class and each semester is a lot to handle, so I am glad that she cleared the air for all of us clueless undergrads. She had to obtain a lot of experience in hospital settings and started working in the lab before she realized that she wanted to become a PA. I was informed of the many settings this job can take place in. I did not know that at CSULB we had our own staff of PA's. This was great news so I can see what the job is like first hand. She informed us on how Kaiser is a great company to work for and that she actually, retired from there, then moved to CSULB post retirement. There were two PA's to answer any of our questions. The first one is younger than the second, so she updated us on the new academic requirements to obtain our PA certificate. She informed us that it gets harder every couple of years, but the job will always be in demand. I am glad that I stayed after for a more personal conversation discussing stress and stress on the job. This factor of the job is what made me second guess my career choice.



**Form A: HSSA Event**

*Health Science Student Association Event: this should be a event for the Health Science Student Association. If you cannot attend their events you may attend an Eta Sigma Gamma (Health Science Honor Society) or a Health Science Graduate Association event if they are open events. Fundraising events do not count. You will need to include a one-page critique of this event, a brochure from the event, and a picture of yourself at the event.*

Student Name Kalandra Alvarez  
 Title of Event Q&A w/ a Physician Assistant Info  
 Sponsoring Organization How to be a PA  
 Date & Time 11/20/19 12:30pm  
 Location USU room 304  
 Focus/Purpose learn objectives on PA  
 Target Audience young college students  
 Other Participating Agencies/Groups N/A  
 Total Time Spent at event 1 hour

Evaluation	Excellent				Poor
Climate Environment	(5)	4	3	2	1
Content	(5)	4	3	2	1
Presentation	(5)	4	3	2	1
Usefulness	(5)	4	3	2	1


*To Event coordinator: Please Print your name and title, sign and date this form to verify the student participated in the event. Thank you.*

Heidi Girling Heidi G 11/20/19  
 Name & Official Title Signature Date

### Form B: #BeBlunt

This was the most interesting sit-in yet since Marijuana is a big part of my generation and age-group. I have never been pro-weed, so some of the negative effects did not surprise me. I like how the presentation was a good balance between pro/anti weed. One of the presenters is a cancer survivor, so he discussed how he is for it under safe and prescribed regulations. He expressed how it relieved his pain, and it may have reduced the size of his tumor. Both presenters made it pretty clear that they smoke or have smoked before. But, they both made it very clear that it is a drug that can reduce brain activity as you get older and 25 is the age found that you should even start considering to smoke weed since your brain is fully developed. They also discussed how when under the influence it is easy to think that you are safe to drive or go out in public, they showed statistics proving that you should stay away from

the public/driving at least ten hours after smoking. They wanted to make it a point to say that they are informing us about natural weed that is prescribed and not the strains found in dispensary houses that may be laced with something. They wanted to make sure the targeted audience (young adults) know the difference between the two, visually, the scent, and where it is located. Another topic of discussion was the many forms weed is in. It can be in a pen which is wax form; which they do not suggest, food, liquids, etc. They explained how it is easy to either put too much or too little THC and CBD in wax pens. This can affect how high you get and some side effects that may occur. Overall, I am glad that I attended this event and I will be informing my family and friends to spread awareness.



**FORM B: On Campus Health Educational Event**  
CHHS, Student Health Services, OCEAN, CAPS, or HSC Educational Event: this needs to be an on campus educational event on a health topic. Stopping by a booth doesn't count. The presentation must be at least 15 hour in length. You will need to include a one page critique of this event, a brochure from the event, and a picture of yourself at the event.

Student Name Kassandra Alvarez  
 Title of Event #BeBivert  
 Sponsoring Organization Greenlight18  
 Date & Time 10/2/19  
 Location USO  
 Focus/Purpose learn about marijuana legal/not legal etc.  
 Target Audience young adults  
 Other Participating Agencies/Groups \_\_\_\_\_  
 Total Time Spent at event 1 hr

Evaluation	Excellent				Poor
Climate/Environment	(2)	4	3	2	1
Content	(4)	4	3	2	1
Presentation	(3)	4	3	2	1
Usefulness	(2)	4	3	2	1

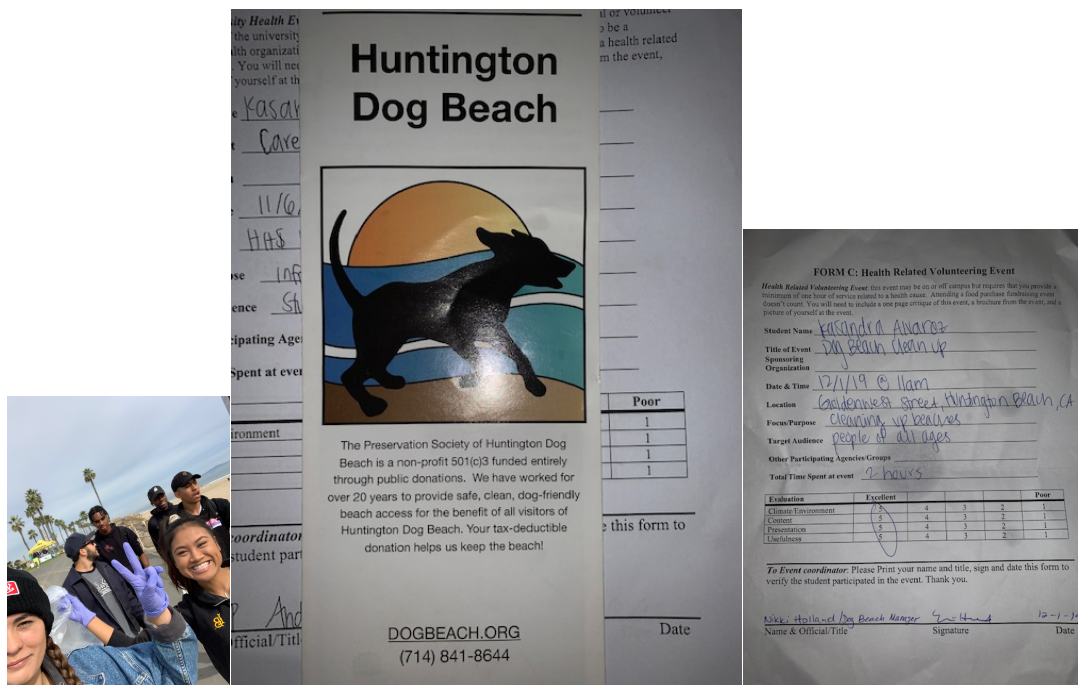
*To Event coordinator:* Please Print your name and title, sign and date this form to verify the student participated in the event. Thank you.

Heldi Ortiz ARD COO. [Signature] 10/2/19  
 Name & Official Title Signature Date

Form C: Dog Beach Clean Up

This is definitely the event that I enjoyed the most. Getting to help your local beach by picking up trash that can harm sea life and the community while having a pretty view surrounded by dogs. That pretty much summed up my two hours at this event. The Dog Beach that we attended was in Huntington Beach California right off Goldenwest street. It was the

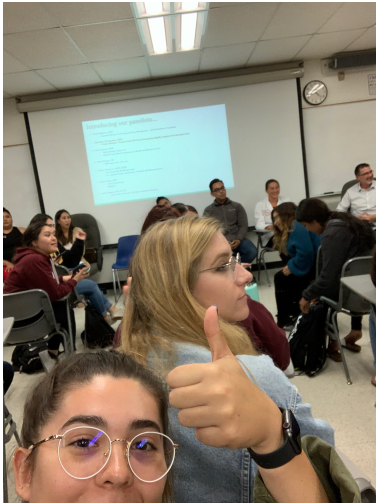
perfect day to go to the beach since it wasn't too hot or cold. When we first arrived the director of the program informed us on what we are looking for and what trash does to the environment. There were bags provided and trash bins all around. We walked along watching the dogs and surfers go about their day. The trash collected was primarily cigarettes/e-cig packages and Styrofoam. We found so much trash that we had to go back and get another bag. It is sad that people are willing to harm the lives of innocent sea creatures and locals because they are too lazy to throw trash away. I am glad that beach clean ups are becoming more relevant so that we can eventually change the amount of trash that is dumped on the beach. I will definitely be coming back with family and friends to spread awareness and make sure more people know about the occasional beach clean ups. The more people know about them, the bigger the turn out, and less trash to pick up. I really enjoyed the freedom of this event. You are welcome to enjoy the beach and do a good deed at the same time. I wish more people would be aware, but to be honest I was unaware of how to sign up for the program. If I weren't in school I would not know where to start to look for sign ups. There should definitely be more promotion on social media to have bigger turn outs every clean up! Overall this experience will be something I never forget and I am thankful for this class for opening new opportunities for us.



## Career Panel Form D: Networking

The panel consisted of individuals who got their bachelors in Health Science and obtained a career of their liking. There was a physician's assistant student, a nurse practitioner, a retired epidemiologist, a women's studies public speaker, and environmental researcher, and a director of HIV/Aids campaign. The two that interested me the most, just like the majority of the audience, were the nurse practitioner and the physician's assistant student. Although they were the two that I was interested in, I still asked questions to the other panels to broaden my intake just in case I do end up changing my career. Also, the advice I gained from the panel can help me get different viewpoints so that once I get into my career I have the knowledge that the epidemiologist gave me or the women studies teacher in the back of my head. The nurse that was there gave me advice to take a gap year in order to gain experience in the field such as interning and volunteering. Most of this information was very helpful to see what I will be getting myself into. Asking questions that would help like what they did for volunteering, where

they interned, which clubs they joined, and which class helped them figure out what they wanted to do in life.



**Form D: Outside University Health Event or Health Networking Event**

*Outside University Health Event or Health Networking Event:* this may be an educational or volunteer event outside of the university and not related to any university organizations. It could also be a professional health organization networking event such as a meeting for SOPHE, APHA, a health related conference, etc. You will need to include a one-page critique of this event, a brochure from the event, and a picture of yourself at the event.

Student Name Kassandra Alvarez

Title of Event Career Panel Networking

Sponsoring Organization \_\_\_\_\_

Date & Time 11/6/19 7pm

Location HHS 1 105

Focus/Purpose info on careers

Target Audience Students

Other Participating Agencies/Groups \_\_\_\_\_

Total Time Spent at event 2 hours

Evaluation	Excellent				Poor
Climate/Environment	5	4	3	2	1
Content	5	4	3	2	1
Presentation	5	4	3	2	1
Usefulness	5	4	3	2	1

*To Event coordinator:* Please Print your name and title, sign and date this form to verify the student participated in the event. Thank you.

HSA-VP Andrea Luna [Signature] 11/6/19

Name & Official/Title Signature Date