Goals

1. Generate a broad definition of health.
2. Describe at least one determinant of non-communicable diseases.
4. Identify two barriers to health in the US.
5. Formulate personal goals in professional formation as a physician.
6. Demonstrate use of core curricular tools.
First Course
Session Learning Objectives

Community Activity: Exploring our surrounding neighborhoods
1. Describe the determinants of health in a neighborhood surrounding the AMC.
2. Describe how the determinants of health and healthcare systems may impact health, health disparities, and societal problems such as obesity, tobacco use, drug abuse, health care inequity (including homelessness, access to health care), and violence.

Diversity's Critical Role in Healthcare
1. Identify the importance of work force diversity.
2. Describe how bias can impact health and healthcare.
3. Identify steps to mitigate bias.
4. Identify strategies to repair relationships if you accidentally offend someone.

Exploring Health
1. Analyze how your personal perspectives and experiences may impact your view of health and health care perspectives and experiences may impact your view of health and healthcare.
2. Utilize self-reflection to gain greater insight into self.
3. Identify examples of personal bias that you may experience/observe.

Health Disparities and Determinants of Health
1. List at least 3 personal, environmental, and health systems factors that may impact an individual’s health.
2. List at least 3 tools/skills a healthcare provider can use to address the personal, environmental, and/or health systems factors that impact an individual’s health.
3. Describe how the social determinants of health impact an individual's personal health.

Hopes and Fears Reflective Writing
1. Define and describe the Positive Deviant approach.
2. Identify and explore Gawande’s five suggestions for becoming a positive deviant in medicine.
3. Reflect and record personal goals and personal concerns on entering medical school.
Improving Health - From Awareness to Action

1. Consider multiple avenues to improving the health of others.
2. Recognize the importance of personal resilience in improving health.
3. Develop an individualized plan to improving health.

Lunch and Opportunity Fair

1. Identify opportunities to do community service or service learning.

Presentation of Photo Essays

1. Appraise the determinants of health in neighborhoods surrounding AMC.
2. Distinguish the assets and barriers to health in neighborhoods surrounding AMC.
3. Recognize potential opportunities to improve the health in neighborhoods surrounding AMC.

Welcome & Overview - What is health?

1. Define health.
2. Provide a systems framework of health.
3. Describe the concept of systems thinking.

What Kind of Doctor Will You Be?

1. Explore what kind of doctor you will be.