

SEPTEMBER 2020

COURSE CATALOG

CUPS FALL 2020

Contact Information

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02

COURSE FORMAT

Due to COVID-19 health and safety concerns, we have decided to provide all of our course in a **hybrid** format as standalone, monthly workshops. This means that each course will have a **synchronous session** on Zoom each month and several **asynchronous modules** found on zoom.

Each month you will have the opportunity to choose a **minimum of 2 classes** to participate in. Please ensure that you can attend the synchronous session before registering for the course. While the general topic of the courses will remain the same each month, the particular focus will change. Feel free to try different classes or repeat classes, as you will always be learning something new.

Program Requirements:

1. Submit monthly calendar
2. Participate in at least two workshops (attend Zoom meeting and complete all work)
3. Check in with mentor monthly

COURSE REGISTRATION

To Register:

1. Go to your cohort page on Canvas
2. Go to the "Register for Courses Fall Semester" module
3. Complete the next months "Calendar" activity
 - a.i.e. In September you will complete the "October Calendar" activity
4. Turn in the "Calendar" activity on **Canvas by the 20th of the month**

Once you have registered, you will receive a Canvas invitation for each class. Please respond to these quickly to begin the class.

Thank you and we look forward to a great semester!

03

ANATOMY FROM THE LENS OF HEALTHCARE PROVIDERS

Canaan Kerr & Deion Pena

Day: 3rd Saturday

Time: 11 am - 12 pm

This course is designed to introduce students to the various disciplines of human anatomy. Students will gain additional insight into the application of anatomical sciences through the lens of healthcare experts such as MD/DOs, nurses, professors, and graduate students. Health disparities affecting various racial and social populations in the medical field will also be discussed in regards to pathology and patient outcomes.

04

FORENSIC SCIENCE: UNCOVERING THE HEALTH SCIENCE OF SOLVING CRIMES

Canaan Kerr & Deion Pena

Day: 2nd Saturday

Time: 11 am - 12 pm

Students will learn how the biomedical sciences are applied in the collection, analysis, and evaluation of evidence in the field of forensic science. Topics include DNA analysis, crime scene investigation, pattern evidence, and the autopsy process. Student will also learn about criminal cases that forensic scientists have helped solve and how bias in the criminal justice system affects the outcome of the scientific processes.

05

EXPLORING THE CONNECTIONS BETWEEN CREATIVITY, HEALTH CARE, AND YOU!

Celeste Moreno

Day: 4th Saturday

Time: 10 am - 11 am

In this class we will explore the connections between creativity and healthcare by trying out a new skill, craft, or challenge each month. Each month, this class will help you develop skills that are relevant to health professions such as creative problem solving, communication, and hand-skills like suturing or medical device prototyping. Many of these activities are designed to be screen-free and to give you a mental break from computer work, while still working towards making something new and meaningful.

Here are some examples of the activities you will explore: Create and 3D print an assistive device that can support people with different abilities, sew your own patch to make a statement or express your personal style, design and make a medical training tattoo that can be applied to help teach a medical concept, learn how to suture using real medical practice tools.

06

DISRUPTING BIAS FOR A BETTER FUTURE IN HEALTHCARE

Daniel Martinez

Day: 2nd Saturday

Time: 10 am - 11 am

The healthcare field is not immune from bias. This bias continues to be institutionalized in healthcare practice with negative effects to marginalized communities. In this course we will be focusing on understanding our own identities and our own biases in order to recognize them and disrupt those biases. We will be focusing on different communities each month and learning about how the healthcare field has historically marginalized and harmed them and discuss ways we can change that to make the healthcare field more equitable.

07

KNOW THYSELF: EXPLORING OUR CULTURAL KNOWLEDGE AND COPING STYLES

Leanna Luney

Day: 1st Saturday

Time: 10 am - 11 am

The transition from high school into college is difficult. This transition is particularly difficult for those of us from marginalized communities continuing our education in colonial institutions that have historically deemed us as deficient. For this reason, it is important for marginalized students to decolonize the strategies that they use to navigate their educational spaces. This workshop encourages scholars to seek a critical understanding of how the world impacts them, and how they can impact the world, by exploring decolonial ways of resilience. LeAnna, the workshop facilitator, will guide scholars through any of four interactive workshops to recognize their intersectional identities and cultural knowledges to better identify psychological triggers, symptoms, and skills to mitigate stressors. Scholars will become proficient in realizing and appreciating the coping techniques they have developed and learned from their communities in order to exercise resiliency as they continue their education.

08

COLLEGE PREP

Dianna Casillas

Day: 3rd Saturday

Time: 10 am - 11:30 am

In this course, scholars in their **senior year** of high school will be focusing on various topics each month, including: college applications, scholarships, personal statements, FAFSA, and other skills to aid in your transition into college.

CREATIVE POWER HOUR!

JUST HAVE FUN & DO WHAT YOU WANT!

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"You can't use up creativity. The more you use the more you have."

-- Maya Angelou

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1. Let's Make a Cookbook
2. Gardening from Scratch
3. Crafting
4. Photography
5. More options coming soon!

During registration, please indicate which elective module(s) you would like to participate in so that we can get you all the necessary supplies.