



# Summer Health Professions Education Program (SHPEP)

**June 3, 2024 – July 12, 2024**

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# About SHPEP and Eligibility

## About SHPEP

The program has been shaping careers and changing the lives of premedical and pre-dental college students for 33 years, formerly the Summer Medical and Dental Education Program (SMDEP). Today, the SHPEP initiative has expanded to include other health careers, such as nursing, pharmacy, physician assistant, and public health.

Hosted at 12 institutions nationwide, SHPEP aims to strengthen the academic proficiency and career development of students underrepresented in the health professions and prepare them for a successful application and matriculation to health professions schools. These students include, but are not limited to, individuals who identify as African American/ Black, American Indian and Alaska Native, and Hispanic/ Latino and who are from communities of socioeconomic and educational disadvantage. For additional information, please visit [www.shpep.org](http://www.shpep.org).

*“SHPEP’s goal is to strengthen the academic proficiency and career development of students underrepresented in the health professions and prepare them for a successful application and matriculation to health professions schools.”*

## Eligibility

All students who meet the SHPEP eligibility requirements are encouraged to apply.

### Applicants must meet the following requirements:

- Be a college freshman or sophomore at the time of application
- Have a minimum overall GPA of 2.5
- Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services
- Not have previously participated in the program.
- Other factors for consideration include that a student:
  - Comes from an economically or educationally disadvantaged background and/or
  - Has demonstrated an interest in issues affecting underserved populations.
  - Submits a compelling personal statement and a strong letter of recommendation.

## Admission Process

The SHPEP application deadlines are listed below. Interested students are encouraged to apply. Applications will open in November.

The following chart highlights the application, review, and notification process:

Application Opens	November 1
Application Closes	February 5
Notification	March 15
Response to Offer	Within 48 hours of notification
Waitlist Offered	Yes

Application materials must include the SHPEP online application form, official transcripts from all post-secondary schools attended, and one letter of recommendation from either a pre-health advisor or a college professor within your major field of study. For more information regarding the SHPEP application and notification process please visit [go.uth.edu/shpep](http://go.uth.edu/shpep).

## About Our UT Health SHPEP

UTHealth is an academic health center that educates more than 5,000 professionals annually and delivers health care to patients with diverse cultures, beliefs, and nationalities. UTHealth is committed to creating an environment that values inclusion, collaboration, partnerships, and teamwork to accomplish its mission.



The UTHealth SHPEP is grounded in collaborative relationships between the UTHealth McGovern Medical School, School of Dentistry, and Cizik School of Nursing, which are the three health professions of interest for our program. The curriculum focuses on Basic Sciences, Academic Enrichment, and *Professional Development*.

The *Basic Sciences* core curriculum is structured around courses relevant to health professionals, including Anatomy and Physiology, Statistics, Organic Chemistry, and an appropriate entry-level course for students interested in nursing.

The UTHealth SHPEP leaders recognize that the skills of well-rounded health professions students and health care providers go beyond competency in basic sciences. Changes in US demographics and issues of access to care create the need for *individuals able to work across cultures*. New models of health care delivery, such as accountable care organizations, create the need for *individuals with the*

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*leadership skills* to make these new models a successful part of our health care culture. As we create a culture of health, those within the professions must understand the broad definitions of *individual and collective community wellness* and engage in practices that promote both. And finally, as we move towards patient centered, team-based care, having *individuals who understand, value and work towards the goal of interprofessional education and practice* is essential for these models to be effective. Our *Academic Enrichment and Professional Development curricula* will help prepare students in these areas and serve to augment the *Basic Sciences curriculum*.

Interwoven throughout the curriculum and student experiences is the central theme of wellness and nutrition. This topic spans beyond basic and clinical sciences in nursing, medicine, dentistry and public health and highlights how the lack of wellness and poor nutrition contributes to obesity, the leading health problem in the US. This theme also allows the program to highlight the interprofessional collaboration between healthcare providers needed to address this multi-faceted healthcare challenge.



## UT Health SHPEP Academic Program

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## ***Core Academic Curriculum***

The core academic curriculum will have courses in organic chemistry, physics (for those interested in medical and dental careers), anatomy and physiology, microbiology, statistics and fundamentals of public health (for those interested in public health and nursing careers). Lab experience in the human anatomy facility at the medical school will be offered through the six-week experience. Examples of the topics covered in the core curriculum are listed below:

### ***Organic Chemistry***

Organic chemistry is a specific discipline within chemistry which involves the scientific study of the structure, properties, composition, reactions, and preparation (by synthesis or by other means) of chemical compounds consisting primarily of carbon and hydrogen. Class time will be a mix of lecture and group work to aid in the understanding of key concepts. Homework assignments will reinforce and develop the ideas discussed in class.



### ***Physics***

This course will provide students with an introduction to some of the key concepts in physics, such as motion, force, heat, fluids, and waves. An emphasis will be placed on how the physical principles apply to the mechanics of the human body. Class time will consist of a combination of lecture, demonstrations, and hands-on group work. Homework assignments will reinforce and develop the ideas discussed in class.

### ***Microbiology***

This course will serve as a general introduction to pathologies caused by microorganisms from the perspective of etiologic agents, symptoms, prevention, and treatment. Interactive lectures will provide theoretical background for diagnosis of real-world case studies in general medicine and dentistry.

### ***Anatomy and Physiology***

The lecture portion of A &P emphasizes problem solving with clinical situations that involve anatomical terminology, homeostatic mechanisms and pathologies associated with the skeletal, muscular and nervous systems. The lab portion includes hands-on gross anatomy lab experiences with bones, joints, muscles, brains and other internal organs.

### ***Statistics***

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Statistics is the study of research outcomes. Over the six weeks, you will be introduced to the concepts that are used in reporting the results of research. Even if you will not be producing research in your practice, you will likely be reading the results of others' research.

An understanding of statistics is essential if you want to read the reports in academic journals. Class time will be a mix of lecture and group work. Homework assignments will reinforce and develop critical thinking based on the ideas learned in class.

- Calculator Requirement for Statistics Course
- Accepted scholars are required to bring a statistics-friendly calculator for the Statistics course: Texas Instruments 83+ or 84. Specs/features and user guide may be accessed by clicking on the following links:
  - [TI-83 Plus](#)
  - [TI-84 Plus Silver Edition](#)
  - [Guide for TI-83, TI-83 Plus, or TI-84 Plus Graphing Calculator](#)

## ***Fundamentals of Public Health***

The Centers for Disease Control defines public health as *“the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases. Overall, public health is concerned with protecting the health of entire populations.”* ([www.cdcfoundation.org](http://www.cdcfoundation.org)). This course will introduce each of the core disciplines of public health, as well as some of the areas that span the health disciplines of nursing, medicine and dentistry. Class time will be a combination of lectures, discussions, and demonstrations.

## ***Academic Enrichment and Professional Development Curriculum***

Examples of topics to be covered in the academic enrichment and professional development curriculum are listed below:

### ***Health Policy***

Health Policy is the study to improve health systems to meet their objectives in terms of health outcomes, financial protection and responsiveness to the population’s legitimate expectations. This six-week educational experience will focus on key principles in policy making and health policy and exposure to critical health care issues.

### ***Professionalism and Cultural Competency***

Scholars will experience special topics in humanism, professionalism, ethics and cultural competency. These topics will be introduced by highly regarded faculty with known expertise in these areas.



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## ***Communication Skills***

Small-group experiences in the Art of Communication course will help develop communication skills relevant to health professionals. Scholars also will prepare for health professions school interviews by working on mock interviews with the tutors.

## ***Clinical Exposure***

Scholars will experience limited clinical exposure through a diverse range of settings including shadowing individual clinicians, small-group clinical rotations and full-group seminars with highly experienced and expert clinicians.

## ***Learning Skills Development***

Emphasis is placed on developing learning strategies to be a successful student in professional school. Topics may include strategies to improve study habits, note-taking strategies, test-taking skills, time management, and use of information resources (*library and Web*).

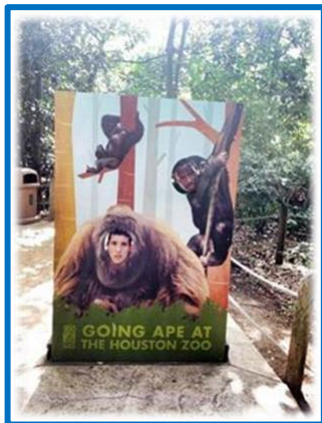
## ***Financial Planning***

A nationally recognized expert in financial planning will work with the scholars to assist them in developing individualized career plans and in implementing financial management strategies.



## UT Health SHPEP Scholar Life

### Student Life



Houston is a diverse city with a large and growing international community. Many annual events celebrate the diverse cultures of Houston. The largest and longest running is the annual [Houston Livestock Show and Rodeo](#), held over 20 days from late February to early March, which is the largest anywhere in the world. Another large celebration is the annual night-time [Houston Pride Parade](#), held at the end of June. Other annual events include the [Houston Greek Festival](#), [Art Car Parade](#), the [Houston Auto Show](#) and the [Bayou City Art Festival](#), which is considered to be one of the top five art festivals in the United States.

Houston has an active visual and performing arts scene. The Theater District is located downtown and is home to nine major performing arts organizations and six performance halls. Houston is one of few US cities with permanent, professional, resident companies in all major performing arts disciplines; [Houston Grand Opera](#), [Houston Ballet](#), [Houston Symphony Orchestra](#), and [The Alley Theater](#).



The Museum District has many popular cultural institutions and exhibits, which attract more than 7 million visitors a year. Notable facilities include [The Museum of Fine Arts, Houston](#), [Houston Museum of Natural Science](#), the [Contemporary Arts Museum, Houston](#), the [Station Museum of Contemporary Art](#), [Holocaust Museum Houston](#), and the [Houston Zoo](#). Located outside, but within proximity of the Museum District are [The Menil Collection](#) and [Rothko Chapel](#). Houston has teams for nearly every major professional sport. The [Houston Astros](#) (MLB), [Houston Texans](#) (NFL), [Houston Rockets](#) (NBA), [Houston Dynamo](#) (MLS), [Houston Dash](#) (NWSL), [Houston Energy](#) (IWFL), [Houston Power](#) (WFA) all call Houston home.



## Social Activities (Free)

SHPEP-sponsored events include a Welcome Dinner at check-in, scholar talent show, and Graduation Ceremony with reception. Scholar-organized events have included movie nights in the dorm and cookouts on the Rice campus. Additional activities in the Houston metro area are listed below:

Free Activities	Walkable	Metro	Car/ Other
The Museum of Fine Arts, Houston <i>(Free on Thursdays)</i>	X	X	X
The Menil Collection			X
Holocaust Museum	X	X	X
Houston Museum of Natural Science	X	X	X
Miller Outdoor Theatre	X	X	X
Buffalo Soldiers National Museum <i>(Free Thursday 1-5pm)</i>		X	X
Children's Museum of Houston <i>(Free Thursday 5-8pm)</i>	X	X	X
The Health Museum <i>(Free Thursday 2-5pm)</i>	X	X	X

## Social Activities (For a fee \$)

Free Activities	Walkable	Metro	Car/ Other
Houston Zoo	X	X	X
Astros		X	X
The Health Museum	X	X	X
San Jacinto Monument and Museum of History			X
Battleship Texas			X
Downtown Aquarium		X	X
Alley Theatre			X
Kemah Boardwalk			X
Moody Gardens			X
NASA			X
Space Center Houston			X
Ice Skating at the Galleria		X	X

## Dress Code

Students are expected to maintain a professional personal appearance at all times. During operating hours, infection control mandates that students may not wear any of the following:

- Shorts
- Mini-skirts
- Open-toed shoes
- Tank tops
- Capri pants
- Muscle shirts
- Halter tops
- Baseball caps
- Jeans
- Tennis shoes (unless wearing scrubs)

**Scrubs are required in order to participate in the Clinical Observation and Simulation Lab sessions for nursing, medicine and dentistry participants. In this instance, you MUST also wear tennis shoes that are CLEAN and covering the entire foot.**

These personal appearance standards are in effect from 7:00 a.m. to 6:00 p.m. Monday through Friday. Students who are not in compliance with these minimal dress requirements will not be allowed to remain in the building and will be required to return to the dorm to change clothes.



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## UT Health SHPEP Meals, Stipends, Housing and Travel Assistance

### Meals

**Meals:** While on campus, at least two meals per day, Monday-Sunday will be provided. Students may also have the opportunity to purchase Tetra cards (*Rice U. meal cards*) during the check-in process, to be used on the Rice campus only (*eateries & the “convenience stores only.”*)



Shared dormitory rooms at Rice University

**Student stipends** of \$1000.00 will be distributed in three installments during weeks 2, 4, and 6. The dollar amounts of each stipend will be calculated according to the total number of days of the program/number of days in each pay period.

### Housing: Rice University Dorm Information

Rice is a private, independent university dedicated to the "*advancement of letters, science, and art.*" Occupying a distinctive, tree-shaded, nearly 300-acre campus only a few miles from downtown Houston, Rice attracts a diverse group of highly talented students with a range of academic studies that includes humanities, social sciences, natural science, engineering, architecture, music, and business management.

Rice University is approximately three blocks from the [UTHealth McGovern Medical School \(MS\)](#). Scholars will walk to the MS for classes/events when scheduled in that building. When scheduled at the [UTHealth School of Dentistry \(SOD\)](#), [Cizik School of Nursing \(SON\)](#), or [School of Public Health \(SPH\)](#), scholars will use the UTHealth Shuttle which picks up outside the MS. **UTHealth ID Badges are REQUIRED to board the shuttles.** Laundry Facilities are available in each residential college free of charge.

### Travel Assistance to/from Houston

Variable and based on need and distance and/or state of residence up to \$500.

If you have questions contact Griselda Avila ([UTHealth-SHPEP@uth.tmc.edu](mailto:UTHealth-SHPEP@uth.tmc.edu)), SHPEP Coordinator.

### Things to bring to the Rice Dorm

Each student will be assigned a twin bed/mattress, closet or wardrobe, desk and desk chair.

Things TO bring	Things NOT TO bring
Linens - Single Twin Sheets (2 each, flat, not fitted)	Air conditioning units (window or room units)
Blanket	Candles
Pillow and Pillowcase	Box fans
Bath Towels (2 each)	Charcoal grills
Wash Cloths (2 each)	Electrical cooking appliances
Bath Robe & Slippers	Crock pots
Toiletries	Electric skillets (microwaves available for rent)
Toilet paper	George Foreman Grills
Clothing detergent	Halogen lamps
Alarm clock or clock radio	Hot oil popcorn poppers
Umbrella	Power tools
Insect repellent	Rice cookers/steamers
Sun screen	Space heaters
Calendar (daily planner)	Toasters or toaster ovens
Camera	<b>DO NOT BRING FITTED SHEETS (Beds are extra-long)</b>
First aid supplies	<b>DO NOT BRING REFRIGERATORS OR MICROWAVES</b> – RENTAL AVAILABLE Request rental application form and email to H&H Home Services at <a href="mailto:hghomeservices@att.net">hghomeservices@att.net</a> Gary & Yvonne Harvin H & H Home Services P.O. Box 2373 Cypress, TX 77410 Phone: 281-379-2045 Fax: 281-379-7394
Flashlight	
TV (can be rented through H&H Home Services)	
Iron and Ironing board, Hangers	
Lamps – small, for studying	<b><i>No painting, paneling, construction, nails, screws or tape on walls or doors.</i></b>
Money for meal supplement/unexpected costs	
Tape, scissors, stapler	

Telephone cards (long distance)

## Transportation

### Travel to the Dorm at Rice University

From	Cost
Uber/Lyft* William P. Hobby Airport (HOU) to Rice University	\$30.00-\$35.00
Uber/Lyft* George Bush Intercontinental Airport (IAH) to Rice University	\$40.00-\$60.00
Super Shuttle Hobby to Rice University	\$23.00
SuperShuttle Intercontinental to Rice University	\$27.00

*\*Uber/Lyft was chosen only to provide an estimate of the cost for taxi fares. No endorsement or recommendation is intended or implied. Costs may vary depending on traffic and route.*

## Shuttle Transportation

[SuperShuttle](#) operates from both airports.

## Travel Around Houston

Houston has an excellent mass transit system through the Metropolitan Transit Authority of Harris County. The Metro [website](#) provides information about bus and light rail routes, schedules and fares.

## Parking

- [Rice Campus Map](#)
- [Driving Directions to Rice Campus](#)



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## SHPEP- Contact Us

### Program Coordinator



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