

PROJECT TITLE: SP0196: EXPLORE! CAREERS IN HEALTH

Please answer the following questions and return the completed form to the [SPF Staff](#) via e-mail.

Final Report prepared by Nam Nguyen, Salima Ramdani

E-mail nam.nguyen4@mail.mcgill.ca,
salima.ramdani@mail.mcgill.ca

Actual Project Start Date 2019-07-01 Actual Project End Date 2019-07-04

Questions

1. Please summarize the project and its key accomplishments to date in 1-2 sentences.
(400 characters maximum)

Explore! Careers in Health is an annual 3-day event where high school students from underprivileged backgrounds get to discover careers in health through hands-on workshop in McGill state-of-the-art facilities.

2. Your team listed the following goal in your project application:

We are a student-led outreach initiative that aims to promote equity and diversity in healthcare. Our primary goal is to promote careers in health science to adolescents from underprivileged backgrounds and rural areas of Quebec. We achieve this through three days of hands-on workshops that cover a wide variety of academic disciplines, organized by an inter-professional team of volunteers.

Did your team achieve your project's goal? In your answer, please describe the impact your project had on McGill's structures, processes, and/or systems. Also, please specify how this positively transformed people's behaviors/perspectives/habits on McGill campus(es).

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

By allowing students from underprivileged and rural backgrounds to explore careers in health, we hopefully were able to spark an interest in them so that they are inspired to pursue a career in healthcare, and if not, we at least made them feel welcome at McGill University and willing to give back to their community. To make sure that their goals can be achieved, we put a mentorship program in place this year to ensure follow-up on their questions and make sure to assist them further in their future and even current aspirations. This will also allow us to qualify and quantify our impact on these participants on their later career choices. Our initiative will positively impact the McGill community and the healthcare professional body by increasing the social diversity of its members, to ultimately provide a better care to underserved communities.

This project also had a positive impact on the volunteers that participated in the event. It allowed interprofessional collaboration by involving 10 different programs and allowed the volunteers to give back to their community. Through our numerous fundraiser initiatives and media coverage, we were also able to raise awareness about our project and the importance of diversity in healthcare in the McGill community.

3. Please describe the key successes and challenges of your project. (Minimum of two examples for each)
(Unlimited characters, suggested minimum ½ page or approximately 250 words)

Logistics have been quite a challenge this year. Getting access to our funds revealed itself challenging, participants cancelled last minute, McGill facilities refused to host us, and much more. Nevertheless, our executive team worked tirelessly all year to deal with all the administrative hoops and we were able to put together the event without compromising the participants' experience. One of our successes this year has been to put in place a dietetics workshop at Macdonald campus, where the participants got to discover the McGill food laboratory. Another success has been our alumni dinner in which we introduced a panel of two researchers, where participants got to chat with previous participants that are now studying in health-related fields.

4. What key points of advice or *lessons learned* would you give to other SPF teams either regarding your experience managing your project or the project itself?

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

To target underprivileged students, we selectively contacted key personnel from school with a low IMSE (indice de milieu socio-économique) as well as contact certain organizations known to reach out to those populations. To raise awareness about our project, we held many fundraisers (Seeds of Change campaign, skipping rope class, Christmas ornament decoration night), which made volunteer recruitment much easier as well as more interprofessional. We also recommend early start with the planning of the project: despite starting to prepare Explore! Almost a year in advance, many different challenges presented themselves. Finally, we learned the importance of adequate documentation and institutional memory: meeting with past year's team as well as their report was of a huge help with organizing this edition of Explore!, and was especially helpful with finding solutions to any problems that arose.

5. What recommendations do you have for the future of this project to be continued and are there any opportunities for complementary projects? Who will take responsibility for the project's future and how can interested persons be in touch? The SPF team will also be in touch with this contact for updates on the project's progress in coming years, if ongoing.

(Unlimited characters, suggested minimum 1 paragraph)

We plan on continuing to hold this event on an annual basis as well as starting a mentorship program and to hold a post-camp event where previous participants will be paired up with a mentor and get to participate to various workshops on other themes like financial management and career planning. Recruitment for the vacant positions on the executive committee will be done in the McGill community. Anyone interested can contact the team at mcgill.explore@gmail.com!

6. Would you or your project team member(s) be willing to serve as a mentor to SPF project teams? Please choose one. If yes, SPF Staff will contact you with more information.

(800 characters maximum)

Yes No

7. In your application, you listed the following sources of funding:

Faculty of Medicine SACE Office (\$16,866.07)
 SSP + Award for Equity and Community Building (\$450)
 Seeds of Change Campaign (\$1,125)

Please confirm if you received this funding in the space below. In your response, please list the actual amount (in dollars) that you received. Note: If you received funding from a McGill Department or Unit, please attach a letter from its Financial/Budget Officer confirming the actual amount of support.

(1,800 characters maximum)

| | |
|------------------------------------|---------|
| Fundraiser events | 301.7 |
| Seeds of Change Campaign | 694 |
| SPCI | 750 |
| Sustainability Projects Fund (SPF) | 1750 |
| SSMU Funding | 1842.51 |
| Faculty of Medicine SACE Office | 22365 |
| McGill Alumni Association | 350 |

8. Did you purchase equipment or make an installation on campus? Yes No
 If yes, please briefly describe how these items will be maintained and used in the future.
(1,800 characters maximum)

N/A

9. The following Key Success Indicators were indicated in your project application and selected for tracking. Please indicate the actual results that you have achieved in the “Actual” column.

| Selected Key Success Indicators | Target | Actual |
|--------------------------------------------------------------------------------------------------|--------|--------|
| sustainability action implemented at 2018 conference | 1 | 1 |
| program evaluation and future goals document created, including at least one sustainability goal | 1 | 1 |
| schools selected on IMSE criteria or rurality | ≥ 8 | >8 |

If there is a significant difference in the target numbers and the actual numbers achieved, please explain. If you have any additional information to share about these success indicators, please also include it below.
(1,800 characters maximum)

N/A

10. Please report on your progress with the standard SPF Key Success Indicators in the “Actual” column.

| Standard SPF Key Success Indicators | Actual |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| # of volunteers directly or indirectly engaged in the project | 88 |
| # of people (student, staff, or other) trained in the context of the project | 0 |
| \$ raised for project activities subsequent to SPF funding | 995.70 |
| # of tons of GHG emissions reduced by your project | 0 |
| # of partnerships or collaborations developed between the project team and other McGill administrative units, student groups, community groups, other universities, and/or other groups/organizations. | 12 |

Regarding the last Key Success Indicator, please list the groups and/or organizations that you counted.
(Unlimited characters; point form acceptable.)

SSMU, McGill Alumni Association, Special Project and Community Involvement committee, Les Petites Mains, McGill School of Physical and Occupational Therapy, School of Human Nutrition, Faculty of Medicine, Department of Human Genetics, Ingram School of Nursing, Faculty of Dentistry, School of Communication Sciences and Disorders, Department of Anatomy and Cell Biology

If you have any additional information to share about the Standard SPF Key Success Indicators, please include it below.
(1,800 characters maximum)

X

11. Please indicate the McGill stakeholder groups that were involved with your project as a team member or collaborator/partner. Choose all that apply.

Undergraduate Postgraduate Administrative Staff Academic Staff Alumni

12. Please rate your project team's overall satisfaction with the support provided by the SPF Staff. Choose only one response.

Very Dissatisfied Dissatisfied Neither Satisfied Nor Dissatisfied Satisfied Very Satisfied

13. Please provide any feedback or recommendations regarding your team's experience with the SPF
(Unlimited characters, suggested minimum 1 paragraph)

It was a pleasure to work with the SPF team. The website was very clear and gave us many suggestions to make our event more sustainable. The staff was very responsive and always willing to help. We would have liked a list of recommended sustainable companies to work with.

14. If there is additional information you would like to share about your project, please use the field below.
(Unlimited characters)

15. Has involvement in this SPF project positively impacted your team in the area of professional growth? Please choose one. If you would like to elaborate, please use the field below.
(800 characters maximum)

Yes No Prefer Not to Share

16. Has involvement in this SPF project positively impacted your team in the area of personal growth? Please choose one. If you would like to elaborate, please use the field below.
(800 characters maximum)

Yes No Prefer Not to Share

17. Which of the following skills or attributes has your team improved through involvement in your SPF project? Choose all that apply.

- | | | |
|---------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------|
| <input checked="" type="checkbox"/> Budgeting | <input type="checkbox"/> Networking | <input type="checkbox"/> Systems Thinking |
| <input checked="" type="checkbox"/> Communications | <input checked="" type="checkbox"/> Planning | <input checked="" type="checkbox"/> Teamwork |
| <input checked="" type="checkbox"/> Conflict Resolution | <input checked="" type="checkbox"/> Problem Solving | <input type="checkbox"/> Technology |
| <input checked="" type="checkbox"/> Leadership | <input checked="" type="checkbox"/> Project Management | <input checked="" type="checkbox"/> Time Management |
| <input checked="" type="checkbox"/> Listening | <input type="checkbox"/> Public Speaking | <input checked="" type="checkbox"/> Writing |
| <input checked="" type="checkbox"/> Mentoring | <input type="checkbox"/> Stakeholder Engagement | <input type="checkbox"/> Other (Please specify in |
| <input type="checkbox"/> Negotiating | <input type="checkbox"/> Stakeholder Identification | the field below) |

Other:

18. Since starting your SPF project, has your team improved its knowledge of sustainability? Please choose one. If you would like to elaborate, please use the field below.

(800 characters maximum)

Yes No Prefer Not to Share

Many areas of improvements were underlined thanks to our involvement with SPF and we will continue working on them in the subsequent years.

19. (Optional) If applicable, please list the total number of team members voluntarily self-identifying as members of marginalized communities:

Please identify the represented communities below. (e.g. women, Indigenous people, people of colour, LGBTTTQI, student parents, members of ethnic minorities, immigrants, people with disabilities)

(1,800 characters maximum)

THANK YOU FOR COMPLETING YOUR FINAL REPORT!

Please e-mail your report to the [SPF Staff](#) attaching any additional information that you would like to share about your project (e.g. other reports, research, documents, photos, etc.). Please note that this Final Report will be shared publicly on your SPF project's webpage.